



Year-round swim lessons in our 90° indoor pool for all ages.  
**FALL 1: SEPTEMBER 9 TO OCTOBER 29, 2023**  
**FALL 2: OCTOBER 30 TO DECEMBER 22, 2023**

**Online Registration: [marinjcc.org/swim](http://marinjcc.org/swim)**  
**REGISTRATION OPENS WEDNESDAY, AUGUST 16**

**The Swim Hotline: 415-444-8005 • [swimlessons@marinjcc.org](mailto:swimlessons@marinjcc.org)**



**FRIDAY FUNDAY  
AQUA BABIES**

Ages 6 months–3 years  
Parent Child Classes

Parents and children explore the pool together, while they sing songs, engage in beginning swim activities and play with toys at a variety of play stations all under the guidance of a JCC trained swim instructor. Drop-in available.  
Member \$20 / Public \$30



**SPLASH!**

Water Play (ratio 8:1)  
Ages 6 months–2 years  
Parent Child Classes

Parents and their babies are introduced to the water through songs and play, enhancing their mental and physical development. Designed to be a positive and safe water experience while practicing introductory water skills.



**ADVANCED SPLASH!**

Water Exploration  
(ratio 8:1) Ages 2–4 years  
Parent Child Classes

Parents and their toddlers are introduced to basic swim skills in a slightly more structured program.

Skills: bubbles, floating both front and back, and kicking.



**FIRST FINS**

Water Introduction  
(ratio 4:1) Ages 3+

Prerequisite:  
Child can participate unaccompanied by a parent.

Introduces basic swim skills including bubbles, getting face wet, floating both front/back with assistance, and exploring arm and leg locomotion.

Goal: Torpedoes



**LEVEL 1  
PRIMARY SKILLS**  
(ratio 4:1) Ages 3+

Prerequisite:  
First Fins skills

Breath control, begin to float unsupported on front/back and beginning locomotion with arm and leg combinations.

Goal: Freestyle 5 yards and back floats



**LEVEL 2  
STROKE READINESS**  
(ratio 4:1) Ages 3+

Prerequisite:  
Level 1 skills

Improving coordination of leg and arm actions on front/back, introduction to freestyle and backstroke and learning unassisted floating and breath control.

Goal: Freestyle 10 yards with unassisted back float



**LEVEL 3  
STROKE DEVELOPMENT**  
(ratio 5:1) Ages 4+

Prerequisite: Level 2 skills and water independence

Coordination of freestyle and backstroke, elementary backstroke, introduction of butterfly kick, breaststroke, breaststroke kick, safety skills, treading water and water entries (jumping and diving).

Goal: Freestyle with 15 yards side breath



**LEVEL 4  
STROKE IMPROVEMENT**  
(ratio 6:1) Ages 5+

Prerequisite: Level 3 skills and swim 25 yards

Build endurance for freestyle, backstroke and elementary backstroke. Learn the fundamentals of breaststroke and intro to butterfly kick. Intro to diving.

Goal: 25 yards freestyle, backstroke, elementary back stroke and breaststroke



**LEVEL 5  
ORCAS!**

(ratio 6:1) Ages 5+  
Prerequisite: Level 4

Improve all strokes, learn butterfly and sidestroke. Learn all forms of diving, open turns and circle swim.

Goal: 50 yards freestyle, backstroke, and breaststroke. 25 yards sidestroke and butterfly.



**PRE-SWIM TEAM** (ratio 6:1)  
Ages 5+

Prerequisite: Able to swim 25 yards freestyle, backstroke and breaststroke.

Goal: Fundamentals of swimming in a team environment including circle swim. Focus on competitive swimming while developing and refining open turns, dives and conditioning.



**Osher Marin JCC**

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415.444.8000 | [www.marinjcc.org](http://www.marinjcc.org)

**ADULT LEARN TO SWIM** (ratio 6:1)

Classes for Adults Ages 18+

Class Focus:

Basic swim skills are introduced, developed and improved. Class will work on endurance and becoming comfortable in the shallow and deep water.

**Swim Lesson Policies**

We do not offer refunds or credits for missed classes nor do we prorate early withdrawals. Instructors schedules are subject to change. We encourage you to enroll early due to limited space in classes. Registrants may only attend the class session for which they are registered. Credit issued for canceled group lessons, no refunds.

**To schedule private lessons: call the swim hotline at 415-444-8005 or email [swimlessons@marinjcc.org](mailto:swimlessons@marinjcc.org)**

Private lessons policy: 48 hour cancellation policy. No refunds. Unused lessons expire one year from purchase date. On occasion, instructor substitutions are necessary.

## Group Swim Lesson Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>10-10:30am</b> SPLASH! (Ages 6 months-2)	<b>10-10:30am</b> First Fins (Ages 3+)	<b>10-10:30am</b> First Fins (Ages 3+)	<b>10-10:30am</b> First Fins (Ages 3+)	<b>10-10:40am</b> Aqua Babies (Ages 6 months-3)	<b>9-9:30am</b> SPLASH! (Ages 6 months-2)	<b>9-9:30am</b> SPLASH! (Ages 6 months-2)
<b>10:30-11am</b> First Fins (Ages 3+)	<b>10:30-11am</b> Level 1 (Ages 3+)	<b>10:30-11am</b> Level 1 (Ages 3+)	<b>10:30-11am</b> Advanced Splash! (Ages 2-4)	*Drop in Available \$20 M / \$30 P	<b>9:35-10:05am</b> Advanced Splash! (Ages 2-4)	<b>9:35-10:05am</b> Advanced Splash! (Ages 2-4)
<b>11-11:30am</b> Advanced Splash! (Ages 2-4)		<b>11-11:30am</b> Advanced Splash! (Ages 2-4)	<b>11-11:30am</b> Level 1 (Ages 3+)		<b>10:45-11:15am</b> Advanced Splash! (Ages 2-4)	<b>10:10-10:40am</b> SPLASH! (Ages 6 months-2)
<b>11:30am-Noon</b> Level 1 (Ages 3+)				<b>11:20-11:50am</b> First Fins (Ages 3+)	<b>10:10-10:40am</b> First Fins (Ages 3+)	<b>10:10-10:40am</b> First Fins (Ages 3+)
					<b>10:45-11:15am</b> Advanced Splash! (Ages 2-4)	<b>10:45-11:15am</b> Advanced Splash! (Ages 2-4)
<b>3:30-4pm</b> Level 1 (Ages 3+)	<b>3:30-4pm</b> First Fins (Ages 3+)	<b>3-3:30pm</b> Level 1 (Ages 3+)	<b>3:30-4pm</b> First Fins (Ages 3+)	<b>3:30-4pm</b> First Fins (Ages 3+)	<b>10:45-11:15am</b> Level 1 (Ages 3+)	<b>10:45-11:15am</b> Level 1 (Ages 3+)
<b>4:05-4:35pm</b> Level 2 (Ages 4+)	<b>4:05-4:35pm</b> Level 1 (Ages 3+)	<b>3:35-4:05pm</b> Level 2 (Ages 4+)	<b>4:05-4:35pm</b> Level 1 (Ages 3+)	<b>4:05-4:35pm</b> Level 1 (Ages 3+)	<b>11:20-11:50am</b> First Fins (Ages 3+)	<b>11:20-11:50am</b> First Fins (Ages 3+)
<b>4:40-5:10pm</b> Level 3 (Ages 4+)	<b>4:40-5:10pm</b> Level 2 (Ages 3+)	<b>4:10-4:40pm</b> Level 3 (Ages 4+)	<b>4:40-5:15pm</b> Level 5 (Ages 6-12)	<b>4:40-5:10pm</b> Level 2 (Ages 4+)	<b>11:20-11:50am</b> Level 2 (Ages 4+)	<b>11:20-11:50am</b> Level 2 (Ages 4+)
<b>5:15-5:50pm</b> Level 4 (Ages 5+)	<b>5:15-5:45pm</b> Level 3 (Ages 4+)	<b>4:45-5:20pm</b> Level 4 (Ages 5+)	<b>5:20-5:55pm</b> Pre-Swim Team (Ages 5+)	<b>5:15-5:45pm</b> Level 3 (Ages 4+)	<b>11:55am-12:25pm</b> Level 1 (Ages 3+)	<b>11:55am-12:25pm</b> Level 1 (Ages 3+)
		<b>6:30-7:05pm</b> Beginner Adult (Ages 18+)			<b>11:55am-12:25pm</b> Level 3 (Ages 5+)	<b>11:55am-12:25pm</b> Level 3 (Ages 5+)
		<b>7:10-7:45pm</b> Intermediate Adult (Ages 18+)			<b>12:30-1:00pm</b> Level 2 (Ages 4+)	<b>12:30-1:00pm</b> Level 2 (Ages 4+)
					<b>12:30-1:00pm</b> Level 4 (Ages 5+)	<b>12:30-1:00pm</b> Level 4 (Ages 5+)

### Fall 1

Day	Dates	# Classes	Member Price	Public Price
Monday	9/11/2023 - 10/23/2023	6 classes (no class 9/25)	\$136	\$169
Tuesday	9/12/2023 - 10/24/2023	7 classes	\$158	\$197
Wednesday	9/13/2023 - 10/25/2023	7 classes	\$158	\$197
Thursday	9/14/2023 - 10/26/2023	7 classes	\$158	\$197
Friday	9/22/2023 - 10/27/2023	6 classes	\$136	\$169
Saturday	9/9/2023 - 10/28/2023	7 classes (no class 9/16)	\$186	\$218
Sunday	9/10/2023 - 10/29/2023	7 classes (no class 9/17)	\$186	\$218

### Fall 2

Day	Dates	# Classes	Member Price	Public Price
Monday	10/30/2023 - 12/18/2023	7 classes (no class 11/20)	\$158	\$197
Tuesday	10/31/2023 - 12/19/2023	7 classes (no class 11/21)	\$158	\$197
Wednesday	11/1/2023 - 12/20/2023	7 classes (no class 11/22)	\$158	\$197
Thursday	11/2/2023 - 12/21/2023	7 classes (no class 11/23)	\$158	\$197
Friday	11/3/2023 - 12/22/2023	7 classes (no class 11/24)	\$158	\$197
Saturday	11/4/2023 - 12/16/2023	6 classes (no class 11/25)	\$160	\$187
Sunday	11/5/2023 - 12/17/2023	6 classes (no class 11/26)	\$160	\$187

### Private Lessons

**(1) 30-minute Private Lesson**  
\$55 members / \$72 public

**(5) 30-minute Private Lessons**  
\$234 members / \$288 public

**(10) 30-minute Private Lessons**  
\$429 members / \$536 public

**(5) 30-minute Semi-Private Lessons** — 2 per group  
Per student: \$149 members / \$181 public

**(5) 30-minute Private Group Lessons** — 3-4 per group  
Per student: \$115 members / \$137 public