

Year-round swim lessons in our 90° indoor pool for all ages.

SUMMER 1: JUNE 15 TO JULY 19, 2024
SUMMER 2: JULY 20 TO AUGUST 23, 2024



Online Registration: marinjcc.org/swim
Registration opens Wednesday, May 15



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 \$25 / Public \$35



SPLASH!

Water Play (ratio 10:1)
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 10:1) 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 FINN

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.

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



Osher Marin JCC
200 N. San Pedro Rd, San Rafael CA
415.444.8000 | www.marinjcc.org

Swim Hotline: 415-444-8005 • swimlessons@marinjcc.org

Group Swim Lesson Schedule

ODP=Outdoor Pool

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

Summer Consecutive Afternoon Swim Lessons

Members: \$90 / Public: \$113 Monday-Thursday: (week-long sessions) June 24 - August 16 (no classes week of July 1)

First Fins: 3:30 - 4pm Level 1: 4:05 - 4:35pm Level 2: 4:40 - 5:10pm Level 3: 5:15 - 5:45pm

Summer 1

Day	Dates	# Classes	Member Price	Public Price
Monday	6/17/2024-7/15/2024	4 classes (no class 7/1)	\$100	\$140
Tuesday	6/18/2024-7/16/2024	4 classes (no class 7/2)	\$100	\$140
Wednesday	6/26/2024-7/17/2024	3 classes (no class 6/19+7/3)	\$75	\$105
Thursday	6/20/2024-7/18/2024	4 classes (no class 7/4)	\$100	\$140
Friday	6/21/2024-7/19/2024	4 classes (no class 7/5)	\$100	\$140
Saturday	6/15/2024-7/13/2024	4 classes (no class 7/6)	\$120	\$160
Sunday	6/16/2024-7/14/2024	4 classes (no class 7/7)	\$120	\$160

Summer 2

Day	Dates	# Classes	Member Price	Public Price
Monday	7/22/2024-8/19/2024	5 classes	\$125	\$175
Tuesday	7/23/2024-8/20/2024	5 classes	\$125	\$175
Wednesday	7/24/2024-8/21/2024	5 classes	\$125	\$175
Thursday	7/25/2024-8/22/2024	5 classes	\$125	\$175
Friday	7/26/2024-8/23/2024	5 classes	\$125	\$175
Saturday	7/20/2024-8/17/2024	5 classes	\$150	\$200
Sunday	7/21/2024-8/18/2024	5 classes	\$150	\$200

Private Lessons

(1) 30-minute Private Lesson \$65 members / \$75 public	(5) 30-minute Private Lessons \$293 members / \$338 public	(10) 30-minute Private Lessons \$520 members / \$600 public
(5) 30-minute Semi-Private Lessons — 2 per group Per student: \$158 members / \$203 public	(5) 30-minute Private Group Lessons — 3-4 per group Per student: \$135 members / \$185 public	(10) 30-minute semi-private lessons — 2 per group Per student: \$280 members / \$360 public