



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

Fall 1: September 14 to October 30, 2026

Fall 2: November 2 to December 20, 2026

Online Registration: marinjcc.org/swim
REGISTRATION OPENS WEDNESDAY, AUGUST 19

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



**Friday Funday
Aqua Babies**

**Ages 6 months–3years
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**

Parent 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, face in the water with bubbles



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 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 50 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

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415.444.8000 | www.marinjcc.org

Group Swim Lesson Schedule

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

Fall 1

Day	Dates	# Classes	Member Price	Public Price
Monday	9/14/2026-10/26/2026	6 classes (no class 9/21)	\$150	\$210
Tuesday	9/15/2026-10/27/2026	7 classes	\$175	\$245
Wednesday	9/16/2026-10/28/2026	7 classes	\$175	\$245
Thursday	9/17 /2026-10/29/2026	7 classes	\$175	\$245
Friday	9/18/2026-10/30/2026	6 classes (no class 10/16)	\$150	\$210
Saturday	9/19/2026-10/24/2026	6 classes	\$210	\$240
Sunday	9/20/2026-10/25/2026	6 classes	\$210	\$240

Fall 2

Day	Dates	# Classes	Member Price	Public Price
Monday	11/2/2026-12/14/2026	6 classes (no class 11/23)	\$150	\$210
Tuesday	11/3//2026-12/15/2026	6 classes (no class 11/24)	\$150	\$210
Wednesday	11/4/2026-12/16/2026	6 classes (no class 11/25)	\$150	\$210
Thursday	11/5/2026-12/17/2026	6 classes (no class 11/26)	\$150	\$210
Friday	11/6/2026-12/18/2026	6 classes (no class 11/27)	\$150	\$210
Saturday	11/7/2026-12/19/2026	6 classes (no class 11/28)	\$210	\$240
Sunday	11/8/2026-12/20/2026	6 classes (no class 11/29)	\$210	\$240

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

(10) 30minute- Semi-Private Lessons- 2 per group
Per Student: \$280 members/\$360 public

(5) 30-minute Private group Lessons 3-4 per group
Per student: \$150 members/\$200 public