

KIDS ONLY!

KidCare We'll watch the kids!

Ages 4-mos. - 10 years-old

Everyday 8:30am-2pm

Mon - Thurs 4-7:15pm

Location: 2nd floor in the
Toole Center for Youth & Family

Call 444.8004 or 444.8078 for more information.

JCare Special weekend program for children ages 4-10.

Join us Sundays,
from 9am-1pm,
in the Teen lounge.

*All of our KidCare staff are
trained in CPR & First Aid.*

KidCare/JCare Prices: Maximum stay – 2 hours

Member: One child: \$10 per visit / **Additional sibling:** \$8 per visit

Public: One child: \$14 per visit / **Additional sibling:** \$12 per visit



Parents' Night Out

For kids ages: 18 mos. – 10 years old

Offered on select Sundays from 3-6pm.

See the JCC website for dates.

Parents, here is your opportunity to enjoy some time for yourself, while your children are being cared for and served dinner by our warm and nurturing staff.

- \$25 for 1 child / \$12 per sibling – Register by calling 444.8000
24-hour notification required to cancel or reschedule.



Movement Classes

Taught in conjunction
with Marin Ballet

Instructor: Signe Lando

*Parents are invited to observe
the last class of the session.*

Movement Exploration

Age: 3 years old

A gentle introduction to movement with music for three year olds. Students work to develop the skills needed to work within a group dynamic, listen actively and follow directions. Classes are designed as structured play, using imagery & imagination to explore movement and develop gross motor skills.

Location: 4th floor studio

- **March 10 – May 12:** Wed, 1:20-2:05pm
8 classes (no class 3/31 & 4/14)
\$130 Members / \$144 Public

Creative Movement

Age: 4 & 5 years old

Students continue to develop the group dynamic skills in the Movement Exploration curriculum. Gross motor skills such as marching, galloping, skipping and leaping are expanded. Exercises for coordination and rhythm are introduced through creative games and dances.

Location: 2nd floor studio

- **March 11 – May 13:** Thur, 1:45-2:45pm
8 classes (no class 4/1 & 4/15)
\$160 Members / \$176 Public

Rhythmic Academy of Marin

Gymnastics Club (\$) Ages 5 and up

The only Rhythmic gymnastics program for girls ages 5 and up is located at the Osher Marin JCC. Combining athleticism, grace, and mental discipline, routines are choreographed to music involving body movements and dance and the use of rope, hoop, ball, clubs, and ribbon.

To sign-up: Natalia Makrushina at 415.464.9150
or rhythmicacademyofmarin@yahoo.com.

Policies for Kids

PARENTS MUST REMAIN IN FACILITY WITH KIDS 12 & UNDER!

FITNESS EQUIPMENT

- **13+** no parent required
- **10-12** with a parent
- **9 and under** may not use equipment

GROUP FITNESS CLASSES

- **13+** no parent required
- **10-12** with a parent
- **9 and under** may not attend classes

SAUNA & STEAM ROOMS

- **13+** no parent required
- **8-12** with a parent
- **7 and under** may not use sauna & steam room

GYM

- **13+** no parent required
- **10-12** may be in the gym on their own during open gym times. Parent must remain on-site at all times.
- **9 and under** with a parent

LOCKER ROOMS

- Parents with children of the opposite sex over the age of 4 must use the family changing room

SPA

- **Kids 4-13 must be supervised in the spa by a parent at all times.**
- **Kids 3 & under may not use the spa.**

POOL

- **13+** may use the pools without a parent
- **10-12** may use the pool on their own if they pass our swim test. Parent must remain in the facility.
- **8-9** may use the pool on their own if they pass our swim test. Parent must remain in view.
- **5-7** must have a parent in the pool with them regardless of their swimming ability.
- **4 and under** must remain within arms length of their parent while in the pool.