



### Cheryll Boissevain Aquatic Program Manager

Call Cheryll at 444.8032  
for more information on  
designing a lesson program  
to meet your needs.



Bernard Osher Marin  
Jewish Community Center  
200 North San Pedro Road  
San Rafael, CA 94903

Non-Profit  
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STRAHMCOM  
.....



## PRIVATE AND SEMI-PRIVATE LESSONS for all ages

- (5) 20-minute Private Lessons:**  
\$130 members/\$155 public
  - (5) 30-minute, Private Lessons:**  
\$165 members/\$200 public
  - (5) 30-minute, Semi-private Lessons:**  
(2 per group)  
\$115 members/\$140 public (per student)
  - (5) 30-minute, Private Group Lessons:**  
(3-4 per group)  
\$75 members/\$90 public (per student)
  - (1) 30-minute, Private Lesson:**  
\$42 members/\$49 public
  - **48-hour notification required to reschedule (no refunds) - call 444.8005**
- We appreciate your cooperation.*



# Get in the SWIM of things!

## SEPTEMBER 2008 — FEBRUARY 2009



Create  
your own  
customized  
private,  
semi-private  
or group  
lessons that  
fit your  
lifestyle...  
Call  
444.8005



## Splash!

Water Play [Ratio 10:1]

**AGES: 9-36 months**

**Prerequisite:** None

**Goal:** Parents and their babies are introduced to the water through songs and play.

Studies show that water play between parent and baby enhances their natural bond and the child's mental and physical development.

## Advanced Splash!

Water Exploration [Ratio 10:1]

**AGES: 2-4 years**

**Prerequisite:** Splash!

**Goal:** Parent and child are taught introductory water skills to prepare the child for the transition to future independent swim lessons. These skills include bubbles, floating, and beginning arm and leg movements.

## Level 1 - First Fins

Water Introduction [Ratio 4:1]

**AGES: 3-6 years**

**Prerequisite:** Toilet-trained, no independence in water, can participate without assistance from a parent or caregiver.

**Goal:** Intro to safety skills, breath control, underwater swimming, buoyancy, and arm and leg movements on front and back with support.

## Level 2 - First Fins

Primary Skills [Ratio 5:1]

**AGES: 3-6 years**

**Prerequisite:** Level 1 skills, limited independence in water

**Goal:** Students learn safety skills, to float unassisted and begin to explore swimming unsupported on front and back using various simultaneous and alternating arm and leg actions.

## Level 3 - Strokes for Kids

Stroke Development [Ratio 6:1]

**AGES: 3-7 years**

**Prerequisite:** Level 2 skills; swim unassisted 15 feet on front and back

**Goal:** Confidence and independence in the water; safety and simple rescue skills, treading water, changing direction in the water, front/back crawl, dolphin and elementary backstroke kick.

## Level 4 - Strokes for Kids

Stroke Improvement [Ratio 6:1]

**AGES: 4-9 years**

**Prerequisite:** Level 3 skills

**Goal:** Becoming competent with buoyancy skills, treading water, personal water safety, diving and scissors kick. Improvement of front and back crawl; develop breaststroke, butterfly and elementary backstroke.

## Mommies-in-Motion

**AGES: 6-36 months**

A challenging and fun aerobic workout for mom, and a way to practice introductory water skills for baby – a bonding experience for both!

**Fri, 9:45-10:30am**

## Youth Swim Club

**AGES: 5-12 years**

Class will focus on the development of freestyle, backstroke, breaststroke and butterfly along with racing starts and turns.

*Classes held in indoor & outdoor pool weather permitting.*

**Sept-Feb, Thursdays**

**3:45-4:30pm OR 4:30-5:15pm**

**Monthly Charge:**

\$45 members/\$50 public

*Group Lesson Policy applies.*

## New! Teen/Adult Beginner/Intermediate

**AGES: 13 years to Adult**

Gain confidence in the water and develop swimming skills while improving your stroke techniques.

**Wed, 5:50-6:30pm**

**Fri, 1-1:40pm**

**Sat, 11:55am-12:35pm**

*See group swim prices.*

*Group Lesson Policy applies.*

DAY	SESSION 1	SESSION 2	SESSION 3	SESSION 4	SESSION 5	CLASS - LEVEL	TIME
	<i>Registration begins 7/28</i>			<i>Registration begins 10/20</i>			
<b>MONDAY</b>	<b>Sept 8-Oct 6</b> (4 classes) <i>no class 9/29</i>	<b>Oct 20-Nov 10</b> (4 classes)	<b>Nov 17-Dec 8</b> (4 classes)	<b>Jan 5-26</b> (3 classes) <i>no class 1/19</i>	<b>Feb 2-23</b> (3 classes) <i>no class 2/16</i>	First Fins - 1 First Fins - 2 Strokes for Kids - 3	9:30 – 10am 10 – 10:30am 10:30 – 11am
<b>TUESDAY</b>	<b>Sept 9-Oct 7</b> (4 classes) <i>no class 9/30</i>	<b>Oct 21-Nov 11</b> (4 classes)	<b>Nov 18-Dec 9</b> (4 classes)	<b>Jan 6-27</b> (4 classes)	<b>Feb 3-24</b> (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Strokes for Kids - 4	3:30 – 4pm 4:05 – 4:35pm 4:40 – 5:10pm 5:15 – 5:45pm
<b>WEDNESDAY</b>	<b>Sept 10-24</b> (3 classes)	<b>Oct 22-Nov 12</b> (4 classes)	<b>Nov 19-Dec 10</b> (4 classes)	<b>Jan 7-28</b> (4 classes)	<b>Feb 4-25</b> (4 classes)	First Fins - 1 Splash! First Fins - 2 First Fins - 1 First Fins - 2 Strokes for Kids - 3 Strokes for Kids - 4	9:30 – 10am 10 – 10:30am 10:30 – 11am 3:30 – 4pm 4:05 – 4:35pm 4:40 – 5:10pm 5:15 – 5:45pm
<b>THURSDAY</b>	<b>Sept 11-Oct 2</b> (4 classes)	<b>Oct 23-Nov 13</b> (4 classes)	<b>Nov 20-Dec 11</b> (3 classes) <i>no class 11/27</i>	<b>Jan 8-29</b> (4 classes)	<b>Feb 5-26</b> (4 classes)	Advanced Splash! First Fins - 1 First Fins - 2 Strokes for Kids - 3 Youth Swim Club Youth Swim Club Mommies-in-Motion Splash!/Adv Splash! Teen/Adult	10 – 10:30am 10:30 – 11am 1:20 – 1:50pm 1:50 – 2:20pm 3:45 – 4:30pm 4:30 – 5:15pm 9:45 – 10:30am 10:30 – 11am 1 – 1:40pm
<b>FRIDAY</b>	<b>Sept 12-Oct 3</b> (4 classes)	<b>Oct 17-Nov 7</b> (4 classes)	<b>Nov 14-Dec 12</b> (4 classes) <i>no class 11/28</i>	<b>Jan 9-30</b> (4 classes)	<b>Feb 6-27</b> (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Splash! Advanced Splash! Teen/Adult	9 – 9:30am 9:35 – 10:05am 10:10 – 10:40am 10:45 – 11:15am 11:20 – 11:50am 11:55am – 12:35pm
<b>SATURDAY</b>	<b>Sept 13-Oct 4</b> (4 classes)	<b>Oct 18-Nov 8</b> (4 classes)	<b>Nov 15-Dec 13</b> (4 classes) <i>no class 11/29</i>	<b>Jan 10-31</b> (4 classes)	<b>Feb 7-28</b> (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Splash! Advanced Splash! Teen/Adult	9 – 9:30am 9:35 – 10:05am 10:10 – 10:40am 10:45 – 11:15am 11:20 – 11:50am 11:55am – 12:35pm
<b>SUNDAY</b>	<b>Sept 14-Oct 5</b> (4 classes)	<b>Oct 19-Nov 9</b> (4 classes)	<b>Nov 16-Dec 14</b> (4 classes) <i>no class 11/30</i>	<b>Jan 11-Feb 1</b> (4 classes)	<b>Feb 8-Mar 1</b> (4 classes)	First Fins - 1 First Fins - 2 Strokes for Kids - 3 Splash! Advanced Splash! Strokes for Kids - 4	9 – 9:30am 9:35 – 10:05am 10:10 – 10:40am 10:45 – 11:15am 11:20 – 11:50am 11:55am – 12:25pm

## GROUP SWIM PRICES

**3-class sessions:**

\$45 members/\$54 public

**4-class sessions:**

\$60 members/\$72 public

**Call  
444.8000!**



## GROUP LESSON POLICY

- 14 day notification required to cancel a session and reschedule to another session — no refunds. If you cancel within 13 days prior to your session, credit will only be given if we are able to fill your space.

- No make-up classes.
- We reserve the right to cancel any class with insufficient enrollment.

*We appreciate your cooperation.*