

MARINWOOD SWIM ACADEMY GROUP LESSONS

The Marinwood Swim Academy is not your average swim lesson program. Our instructors are dedicated to connecting with your child on a personal level, customizing each class to make the learning experience exciting and worthwhile. For our lower levels we utilize our Jr. Lifeguards as swim buddies so that each child receives individual attention the whole lesson.



Group lessons offer swimmers the chance to learn from our instructors with the support and encouragement of their peers. All group lessons are open to individuals with special needs. Please contact John Paul Kessler at jpkessler@marinwood.org or (415) 479-0775 x105 if you or your child have special needs that require individual attention.

Please note: If your child is enrolled in Marinwood summer camps, staff will escort them to and from group lessons.

Dates:

- Monday - Thursday
- Session 1: 6/15-6/18
- Session 2: 6/22-6/25
- Session 3: 6/29-7/2
- Session 4: 7/6-7/9
- Session 5: 7/13-7/16
- Session 6: 7/20-7/23
- Session 7: 7/27-7/30
- Session 8: 8/3-8/6
- Session 9: 8/10-8/13

Times:

- 10:45-11:15am
- 11:20-11:50am

Fees:

\$76/week for Pool Members, \$95/week for Non- Pool Members



MARINWOOD SWIM ACADEMY GROUP LESSONS

Level 1: Guppy

Required Skills: No swimming experience needed, just familiarity with being in the water.

Week at a glance: Swimmers will spend the week playing games with the instructors, gaining comfort putting their face in the water and floating on their own.



Level 2: Sea Horse

Required Skills: Comfortable floating unassisted with face in the water for 5 seconds.

Week at a glance: A focus on the fundamentals, including kicks and arm circles unassisted on their front and back.

Level 3: Otter

Required Skills: Freestyle 10 feet and backstroke 5 feet.

Week at a glance: An attempt at proficiency in the water. Swimmers learn side breath, tread water and the foundations of diving.

Level 4: Sting Ray

Required Skills: Freestyle with side breathing 15 feet, backstroke 15 feet, comfortable jumping into the pool and swimming back to the wall unassisted.

Week at a glance: Swimmers will refine the fundamentals and put together the components of butterfly and breaststroke.

Level 5: Shark

Required Skills: Mastery in freestyle, side breathing, and backstroke. Proficiency in breaststroke and butterfly.

Week at a glance: A taste of swim team. Swimmers will work on flip turns, break out dives and long distance swimming.

Parent-Tot Swim Lessons (ages 6 months-3 years)

Introduce your child to the water through songs, games, and basic swimming skills in this fun filled class. Each participant is required to have a parent or guardian in the water.

- Monday - Thursday, 11:20-11:50am
- Sessions 4 and 7 only

MARINWOOD SWIM ACADEMY PRIVATE LESSONS

Private Swim Lessons are great for anyone looking for individualized instruction and fast track swimming success. Must be at least 3 years or older to participate in swim lessons. Private Swim Lessons are available for ages 3+, all levels! Lessons are available in 5-day blocks (M-F) on weekday afternoons and individually on weekends.

All private lessons are open to individuals with special needs.

Please note: For kids enrolled in Marinwood's Camp Program, staff will escort campers to lessons that take place between 12:30-2:00pm and 3:30-5:00pm, (if enrolled in After Care). **Parents are responsible for escorting campers to swim lessons scheduled at 2:30pm or 3:00pm.**

Semi-Private lessons are available for up to two swimmers of the same or similar swimming abilities. To enroll in a semi-private, please enroll the first swimmer online; the second swimmer can be added over the phone, please call 415-479-0775.



Dates:

Monday - Friday Block

Session 1: 6/15-6/19

Session 2: 6/22-6/26

Session 3: 6/29-7/2 (No Friday 7/3)

Session 4: 7/6-7/10

Session 5: 7/13-7/17

Session 6: 7/20-7/24

Session 7: 7/27-7/31

Session 8: 8/3-8/7

Session 9: 8/10-8/14

Time slots: Monday-Friday

12:30-5:00pm. Lessons run every half hour, last time slot is 4:30pm. (Lesson is 25 minutes.)

Time slots: Saturday/Sunday

12:00-12:25pm

12:30-12:55pm

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Fees:

M-F Block Private Lessons

| | Private | Semi-Private |
|-----------------------|---------|--------------|
| Pool Member | \$170 | \$215 |
| *Session 3 (Mon-Thur) | \$136 | \$172 |
| Non-Member | \$190 | \$240 |
| *Session 3 (Mon-Thur) | \$152 | \$192 |

Sat. and/or Sun. Private Lessons

| | Private | Semi-Private |
|-------------|---------|--------------|
| Pool Member | \$34 | \$43 |
| Non-Member | \$38 | \$48 |

[ENROLL HERE](#)



Marinwood Swim Academy