

PJCC Group Swim Lesson Schedule



MONDAY	WEDNESDAY	TUESDAY/THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:05 - 10:35 am Tadpoles	10:05 - 10:35 am Tadpoles	10:05 - 10:35 am Frogs	10:05 - 10:35 am Water Babies, Water Wrigglers	9:30 – 10:00 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Gobies	9:30 – 10:00 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Gobies, Stingrays
10:40 - 11:10 am Water Babies	10:40 - 11:10 am Water Babies	10:40 - 11:10 am Water Babies	10:40 - 11:10 am Water Babies, Water Wrigglers	10:05 – 10:35 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Puffers, Otters	10:05 – 10:35 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Puffers, Gobies
11:15 - 11:45 am Frogs	11:15 - 11:45 am Frogs	11:15 - 11:45 am Tadpoles	11:15 - 11:45 am Water Babies, Water Wrigglers	10:45 – 11:15 am Water Babies, Tadpoles, Frogs, Puffers, Otters, Stingrays	10:45 – 11:15 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Otters
3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Tiger Barbs, Puffers Gobies	3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Tiger Barbs, Puffers Gobies	3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Puffers Gobies, Otters	11:50 – 12:20 pm Tadpoles, Frogs	11:20 – 11:50 am Water Babies, Tadpoles, Tiger Barbs, Gobies, Otters, Dolphins	11:20 – 11:50 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Tiger Barbs, Otters, Dolphins
3:35 - 4:05 pm Tadpoles, Frogs, Tiger Barbs, Gobies, Otters, Stingrays	3:35 - 4:05 pm Tadpoles, Frogs, Tiger Barbs, Puffers, Gobies, Otters, Stingrays	3:35 - 4:05 pm Tadpoles, Frogs, Guppies, Tiger Barbs, Gobies, Dolphins	12:25 – 12:55 pm Tadpoles, Frogs	11:55 am – 12:25 pm Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Dolphins, Stingrays	11:55 am – 12:25 pm Water Babies, Tadpoles, Frogs, Guppies, Dolphins, Stingrays
4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Puffers, Otters, Dolphins	4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Puffers, Otters, Dolphins	4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Puffers, Otters, Stingrays		12:30 – 1:00 pm Water Wrigglers, Tadpoles, Frogs, Stingrays, Seals, Adult Beginner	
4:45 - 5:15 pm Tadpoles, Frogs, Gobies, Otters, Stingrays, Seals	4:45 - 5:15 pm Tadpoles, Frogs, Gobies, Otters, Stingrays	4:45 - 5:15 pm Water Babies, Tadpoles, Frogs, Gobies, Otters, Dolphins			
5:25 - 5:55 pm Water Babies, Tadpoles, Frogs, Puffers, Otters, Stingrays, Seals	5:25 - 5:55 pm Water Babies, Tadpoles, Frogs, Stingrays, Seals	5:25 - 5:55 pm Tadpoles, Frogs, Puffers, Otters, Dolphins, Stingrays			
6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Tiger Barbs, Puffers, Gobies, Dolphins	6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Tiger Barbs, Puffers, Gobies, Seals	6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Puffers, Stingrays, Seals			
		6:35 - 7:05 pm Water Babies, Tadpoles, Frogs, Tiger Barbs, Gobies, Seals			
		7:10 – 7:40 pm Tadpoles, Frogs, Guppies, Gobies, Dolphins, Stingrays, Seals			
		7:45 – 8:15 pm Teen & Adult Beginner			

ANNOUNCEMENTS:

- Group lessons in the 3-5 and 6-12 year old age ranges have all had the instructor to participant ratio dropped by 1 child. Please enjoy the smaller classes!

For more information, contact: Aquatics Registration Desk at 650.378.2782 or aquatics@pjcc.org. Schedule subject to change.

All fees are based on a 7 class session. Sessions with more than 7 classes are considered bonus classes with no extra fee. M, W, F, Sat/Sun classes run for 2 months, T/TH classes run for one month.

Effective 11/30/11 - There are NO make-up classes for missed classes.

Member rates are for Center Members only. Discounts on Public rates available to Foster City residents. Quantities are limited.

Weekday	Begins	Ends	No class on these dates	Member / Public
Monday Only Sessions	1/9	2/27	1/16, 2/20	\$99 / \$141
	3/5	4/30		\$115 / \$165
Wednesday Only Sessions	1/4	2/29		\$115 / \$165
	3/7	4/25		\$115 / \$165
Tuesday/Thursday Sessions	1/3	1/31		\$115 / \$165
	2/2	2/28		\$115 / \$165
	3/1	3/29		\$115 / \$165
	4/3	4/26		\$115 / \$165
Friday Sessions	1/6	2/24	4/13	\$115 / \$165
	3/2	4/27		\$115 / \$165
Saturday Sessions	1/7	2/25		\$125 / \$180
	3/3	4/28		\$125 / \$180
Sunday Sessions	1/8	2/26		\$125 / \$180
	3/4	4/29		\$125 / \$180

Water Babies — Ages 6 – 36 Months

This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool. Babies will learn to be relaxed while floating independently on their backs and swimming with their eyes down for a distance of three to five feet. They will also be introduced to pop-up breathing. **This is a parent-child class.**

Water Wigglers — Ages 2 – 3 Years

Children will work independently from their parents and master pop – up breathing. They will also learn how to do “big arms,” in which children learn to use their arms while swimming on their front. They will learn how to be comfortable kicking on their backs and how to complete an unassisted turnaround swim.

Successful completion of Water Babies required. This class is without a parent.

Tadpoles — Ages 3 – 5 Years

For children who are beginner swimmers or nervous in the water. Children will learn submersion and back floats while learning how to feel safe in the water. The foundation of streamlining will also be introduced, in which children learn the proper basic body position for all strokes.

Frogs — Ages 3 – 5 Years

For children who are comfortable in the water and are now ready learn the basics of freestyle, backstroke and streamlining, in which children learn the proper basic body position for all strokes. Successful completion of Water Wigglers or Tadpoles is required before enrolling in this class.

Guppies — Ages 3 – 5 Years

For children who are able to swim free and backstroke over a short distance and are now ready to learn freestyle side breathing, in which children learn to start breathing to the side while swimming. Successful completion of Water Wigglers or Frogs is required before enrolling in this class.

Tiger Barbs — Ages 3 – 5 Years

For children who know the backstroke and

freestyle with side breathing to the preferred side, and are now ready to learn freestyle side breathing to the nonpreferred side, butterfly and breaststroke kicks. Successful completion of Guppies is required before enrolling in this class.

Puffers — Ages 6 – 12 Years

For children who are beginner swimmers or nervous in the water. Children will learn submersion and back floats while learning how to feel safe in the water. The foundation of streamlining will also be introduced, in which children learn the proper basic body position for all strokes.

Gobies — Ages 6 – 12 Years

For children who are comfortable in the water and are now ready learn the basics of freestyle, backstroke and streamlining. Successful completion of Puffers is required before enrolling in this class.

Otters — Ages 6 – 12 Years

For children who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). Successful completion of Gobies is required before enrolling in this class.

Dolphins — Ages 6 – 12 Years

For children who know how to swim backstroke and freestyle with side breathing to the preferred side, and are now ready to learn freestyle side breathing to the non-preferred side, in addition to butterfly and breaststroke kicks. Successful completion of Otters required before enrolling in this class.

Stingrays — Ages 6 – 12 Years

For children who are comfortable with their side breathing to the preferred side, and are working on their freestyle progression with side breathing to the non – preferred side. Children are now ready to learn backstroke progression work and master the breaststroke and butterfly swim. Successful completion of Tiger Barbs or Dolphins required before enrolling in this class.

Seals - Pre-Swim Team — Ages 5 – 12

This is a pre-swim team class where the goals are to prepare the swimmers for participation

on a swim team. Successful completion of Stingrays is required to enroll in this class. In this level, the swimmers will learn:

- To swim 50 meters freestyle (no fins) with flip turns
- To swim 50 meters backstroke (no fins) with a crossover turn
- To swim 25 meters butterfly and breaststroke (no fins) with correct breathing
- The required list of nine stroke drills
- The correct use of a pace clock
- To develop a correct start from a sit-down dive for each of the four strokes
- The correct turns for all four strokes

Teen & Adult Beginner Class — Ages 13 and up

For beginner swimmers who wish to improve their swimming skills. Swimmers will learn to:

- Develop a high comfort level in and especially under the water
- Master a prone float, swim a short distance in a relaxed state and to return to a standing position unassisted
- Develop a relaxed back position
- Master the ability to prone float, turn over to back float, then return to prone float position

Private Swim Lessons Fees — Ages 3 through Adult

Supplement group swim lessons with a 30-minute **one-to-one** lesson. Member: \$50, Public: \$65

Semi-Private Swim Lessons Fees — Ages 3 through Adult

Two students per one instructor. Participants must find their own partner, and swimmers must be at same swimming ability. Member: \$35, Public: \$45