

PJCC Group Swim Lesson Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:05 - 10:35 am Tadpoles				10:05 - 10:35 am Water Wrigglers Tadpoles	9:30 – 10:00 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Gobies	9:30 – 10:00 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Gobies, Stingrays
10:40 - 11:10 am Water Babies			11:15- 11:45 Tadpoles	10:40 - 11:10 am Water Babies, Water Wrigglers	10:05 – 10:35 am Water Babies, Water Wrigglers, Tadpoles, Guppies, Puffers, Otters	10:05 – 10:35 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Otters
11:15-11:45am Adult Beginner	3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Otters		3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Otters	11:15 - 11:45 am Frogs, Adults	10:45 – 11:15 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Puffers, Gobies, Stingrays	10:45 – 11:15 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Gobies, Otters, Dolphins
3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Seals	3:35 - 4:05 pm Tadpoles, Frogs, Guppies, Gobies, Dolphins, Seals	3:00 - 3:30 pm Tadpoles, Frogs, Guppies, Seals	3:35 - 4:05 pm Tadpoles, Frogs, , Gobies, Seals	11:50 – 12:20 pm Water Wrigglers, Tadpoles	11:20 – 11:50 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Tiger Barbs, Gobies, Otters, Dolphins	11:20 – 11:50 am Water Babies, Water Wrigglers, Tadpoles, Frogs, Guppies, Tiger Barbs, Dolphins, Stingrays
3:35 - 4:05 pm Tadpoles, Frogs, Otters, Tigerbarbs, Stingrays	4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Stingrays	3:35 - 4:05 pm Tadpoles, Frogs, Tiger Barbs, Stingrays, Seals	4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Stingrays	12:25p-12:55p Tadpoles	11:55 am –12:25 pm Water Wrigglers, Tadpoles, Frogs, Guppies, Otters, Dolphins, Stingrays	11:55 am –12:25 pm Water Wrigglers, Tadpoles, Frogs, Guppies, Puffers, Dolphins, Stingrays
4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Dolphins, Stingrays, Seals	4:45 - 5:15 pm Tadpoles, Frogs, Puffers, Gobies, Otters, Dolphins, Seals	4:10 - 4:40 pm Tadpoles, Frogs, Guppies, Otters, Dolphins, Seals	4:45 - 5:15 pm Tadpoles, Frogs, Puffers, Gobies, Otters, Dolphins, Seals		12:30 – 1:00 pm Tadpoles, Frogs, Otters, Dolphins, Stingrays, Seals, Adults	12:30 – 1:00 pm Tadpoles, Otters, Dolphins, Stingrays, Seals
4:45 - 5:15 pm Tadpoles, Frogs, Gobies, Otters, Stingrays, Seals	5:25 - 5:55 pm Tadpoles, Frogs, Otters, Dolphins, Stingrays	4:45 - 5:15 pm Tadpoles, Frogs, Guppies, Otters, Stingrays, Seals	5:25 - 5:55 pm Tadpoles, Frogs, Otters, Dolphins, Stingrays			
5:25 - 5:55 pm Tadpoles, Frogs, Puffers, Otters, Dolphins, Stingrays, Seals	6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Puffers, Dolphins, Stingrays, Seals	5:25 - 5:55 pm Water Babies, Tadpoles, Frogs, Otters, Dolphins, Stingrays	6:00 - 6:30 pm Tadpoles, Frogs, Gobies, Guppies, Puffers, Dolphins, Stingrays, Seals			
6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Gobies, Dolphins, Stingrays, Seals	6:35 - 7:05 pm Tadpoles, Frogs, Dolphins, Otters, Stingrays, Seals	6:00 - 6:30 pm Tadpoles, Frogs, Guppies, Dolphins, Stingrays, Seals	6:35 - 7:05 pm Tadpoles, Frogs, Dolphins, Otters, Stingrays, Seals			
	7:10 – 7:40 pm Tadpoles, Frogs, Guppies, Dolphins, Stingrays, Seals 7:45-8:15pm- Adult Beg/Int		7:10 – 7:40 pm Tadpoles, Frogs, Guppies, Dolphins, Stingrays, Seals 7:45-8:15pm- Adult Beg/Int		CLOSURES: NO LESSONS: December 23th- January 5th	

Notes:

- Reminder – there are **no make-up classes for missed classes and we do not accept specific teacher requests for classes!** For a complete listing of all of our policies please ask the Aquatics Registration Office for our Swim School Handbook (also available at www.pjcc.org)!
- Please note level availability is subject to change. Levels listed are a general guideline of when specific levels may be available. Classes are constantly added/removed as needed. Please check with the Registration Office or online for up to date class changes.

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

All classes are part of a monthly swim membership with fees based on 3 or more classes a month.

*****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 (not eligible for online registration).

Weekday	Begins	Ends	No class on these dates	Member / Public
Monday Only	1/7	monthly ongoing	12/23	\$68 / \$96 monthly
Tuesday Only	1/8	monthly ongoing	12/24	\$68 / \$96 monthly
Wednesday Only	1/9	monthly ongoing	12/25	\$68 / \$96 monthly
Thursday Only	1/10	monthly ongoing	12/26	\$68 / \$96 monthly
Friday Sessions	1/11	monthly ongoing	12/27	\$68 / \$96 monthly
Saturday Session	1/5	monthly ongoing	12/28, 1/4	\$73 / \$105 monthly
Sunday Sessions	1/6	monthly ongoing	12/1, 12/29, 1/5	\$73 / \$105 monthly

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 non-preferred 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. Weekdays available. Member: \$63, Public: \$80

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. Weekdays available.

Member: \$46, Public: \$56 (per child)