

# Aquatics AT A GLANCE

Closed for the following holidays: Memorial Day-Mon, May 27 • Juneteenth-Wed, June 19 • Independence Day: Thurs, July 4

## ADMISSION RATES

Fees Valid April 2 - September 30.

### DAILY DROP-IN

Youth (1-17 yrs)	\$5/Residents	\$8/Non-Residents
Adult (18-61 yrs)	\$7/Residents	\$10/Non-Residents
Older Adult (62 & older)	\$5/Residents	\$8/Non-Residents

### 15 ADMISSION PUNCH CARD

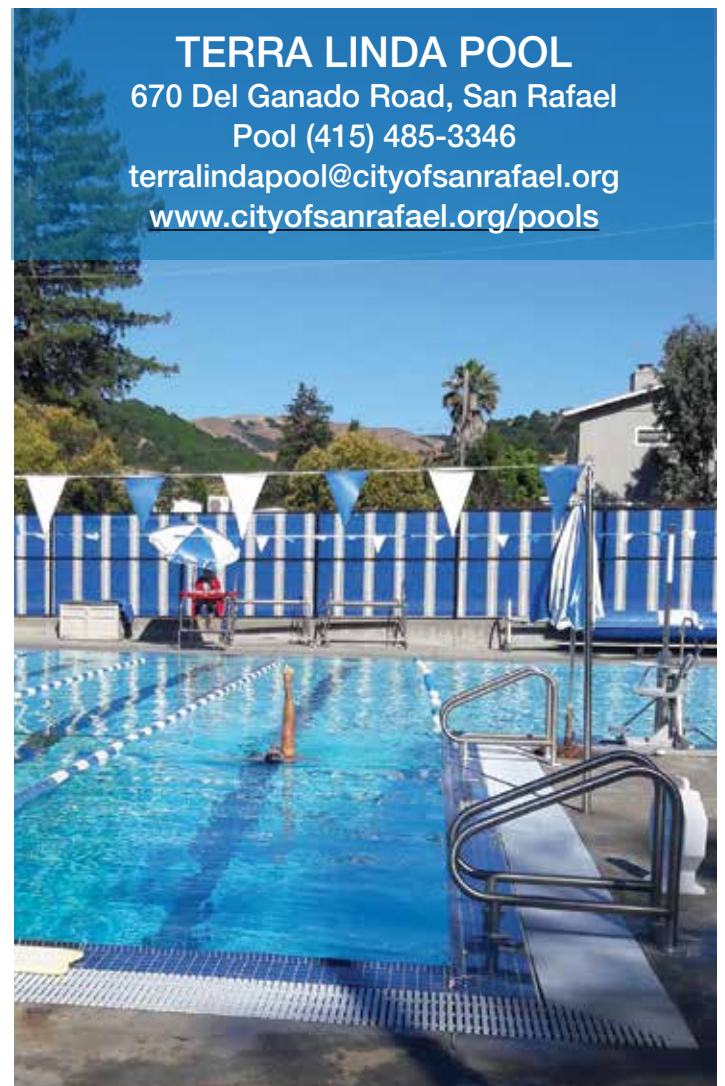
Youth (1-17 yrs)	\$67/Residents	\$107/Non-Residents
Adult (18-61 yrs)	\$94/Residents	\$134/Non-Residents
Older Adult (62 & older)	\$67/Residents	\$107/Non-Residents

### SEASON PASSES On sale beginning May 13

Valid for use between May 24 – September 5, 2024.

Youth (1-17 yrs)	\$103/Residents	\$124/Non-Residents
Adult (18-61 yrs)	\$144/Residents	\$165/Non-Residents
Older Adult (62 & older)	\$103/Residents	\$124/Non-Residents

For more information or to purchase a season pass, please go to [www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools) or scan the code below.



**TERRA LINDA POOL**  
 670 Del Ganado Road, San Rafael  
 Pool (415) 485-3346  
[terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org)  
[www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools)

# Aquatics

## Lifeguard Training

**Age: 15Y & Up**

**Location: Terra Linda Community Pool**

**Fees: \$255 res / \$281 non-res**

This course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. To be eligible, candidates must be 15 years of age on or before the final scheduled session of the course and have access to a computer to do the online components required for class completion.

Certification includes ARC Lifeguard Training, First Aid, and CPR/AED for the Professional Rescuer. In addition, candidates must successfully complete various swimming prerequisites. Attendance is mandatory. No refunds or make-up classes offered. Students not passing the course are not eligible for a refund or a discounted price on another session. Books available on loan at no additional cost. Requires tablet or computer technology.

7510	F Sa/Su	4:30pm-9:00pm 8:30am-5:30pm	6/7-6/9
7633	F Sa/Su	4:30pm-9:00pm 8:30am-5:30pm	7/12-7/14

**See our Junior Lifeguard Camps  
in the Camps Section!**

## Volunteer Opportunity!

### AQUATIC AIDES

**Grades: Entering 6th Grade – Entering 9th Grade**

This is your chance to make a difference while having fun and gaining on-the-job experience. Serve as an aide for swim lessons. This time commitment is Monday-Thursday, 10:15am-2:15pm. Includes set up, break down and making certificates with your instructor(s). You must be responsible, professional, reliable, and willing to interact with children.

If accepted, fee is \$50. Each accepted participant will receive a free season pass to the Terra Linda Community Pool, a certificate of completion and a letter verifying volunteer hours.

**Apply online by May 30:**  
[www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools)

## Rent a Picnic Site or Party Room at the Pool!



**\$43/hour | Residents**  
**\$49/hour | Non-residents**



Each Picnic Site includes two tables under a shade structure. Rentals are for a two-hour minimum.

Pool entry fees charged separately.

Our indoor Party Room, adjacent to the pool, includes air conditioning, tables and chairs. You may bring your own food or have it delivered.

Saturday/Sunday bookings only  
with a three-hour block between 12-5 pm



**\$361 | Residents**  
**\$397 | Non-residents**  
\$100 refundable deposit  
Includes 30 guest entrees

[www.cityofsanrafael.org/pools](http://www.cityofsanrafael.org/pools) | [terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org) | (415) 485-3344

# Swim Lessons

## GROUP SWIM LESSONS

We offer a wide variety of group lessons for children as young as six months to 12 years old. Group Swim Lessons emphasize fun and safety in the aquatic environment through guided instruction by a professional swim instructor. It's never too late to start thinking about skills that are not only fun but could also save you or your child's life.

Group swim lessons are held Monday-Thursday.

Please check the website for additional classes offered throughout the summer.

## FEES

### Parent Tot – Level 4

#### Levels 2-3 (ages 6 & up)

#### 30-minute classes

Three-Day Session \$46 residents / \$57 non-residents

Four-Day Session \$62 residents / \$76 non-residents

#### Levels 5 – 7

#### 40-minute classes

Three-Day Session \$54 residents / \$63 non-residents

Four-Day Session \$72 residents / \$84 non-residents

GROUP SESSIONS	SESSION 1 6/17-6/20*	SESSION 2 6/24-6/27	SESSION 3 7/8-7/11	SESSION 4 7/15-7/18	SESSION 5 7/22-7/25	SESSION 6 7/29-8/1	SESSION 7 8/5-8/8
Parent Tot 11:05am-11:35am				7159		7160	
Level 1 10:30am-11:00am	7009	7012	7018	7021	7024	7027	7030
Level 1 11:05am-11:35am	7010	7013	7019	7022	7025	7028	7031
Level 1 11:40am-12:10pm	7011	7014	7020	7023	7026	7029	7032
Level 2 10:30am-11:00am	7036	7039	7045	7048	7051	7054	7057
Level 2 11:05am-11:35am	7037	7040	7046	7049	7052	7055	7058
Level 2 11:40am-12:10pm	7038	7041	7047	7050	7053	7056	7059
Level 3 10:30am-11:00am		7063	7069	7072	7075	7078	7081
Level 3 11:05am-11:35am	7061	7064	7070	7073	7076	7079	7082
Level 3 11:40am-12:10pm	7062	7065	7071	7074	7077	7080	7083
Level 4 10:30am-11:00am		7087	7092	7095	7097	7100	7102
Level 4 11:05am-11:35am	7085	7088	7093		7098		7103
Level 4 11:40am-12:10pm	7086	7089	7094	7096	7099	7101	7104
Level 5 10:20am-11:00am	7106	7107	7109	7110	7111	7112	7113
Level 6/7 10:20am-11:00am	7116	7117	7119	7120	7121	7122	7123
<b>Age 6 years &amp; up:</b>							
Level 2 11:05am-11:35am		7125	7129	7131	7133	7135	7137
Level 2 11:40am-12:10pm		7126	7130	7132	7134	7136	7138
Level 3 11:05am-11:35am		7143	7147	7149	7151	7153	7155
Level 3 11:40am-12:10pm		7144	7148	7150	7152	7154	7156

\*No class on Wednesday, June 19th (Juneteenth)

For more information and to sign up for lessons, please visit [www.cityofsanrafael.org/swim-lessons/](http://www.cityofsanrafael.org/swim-lessons/)

To find and register for swim lessons, please refer to the 4 digit code in the table above.

# Swim Lessons

## SWIM LESSON POLICIES

### Swim Levels

If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level (space permitting) at no charge to you. During the lesson, instructors may move your child up or down a level to accommodate your swimmer's abilities. If a level does not meet the minimum registration, we may combine levels of students with similar skill ability. Once your child has successfully demonstrated all required skills in his/her lessons, he or she is eligible to move to the next level.

If your child is 6 or older and registering for levels 2 or 3, please look for classes that say **6 & up Level 2** or **6 & up Level 3**.

### Instructor Requests

Unfortunately, we cannot take requests for specific instructors for group lessons. If you would like a specific instructor, please inquire about private lessons.

### Refunds, credits or transfers

Refunds, credits or transfers may be requested at a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates will be assessed a \$5 transfer fee. Requests must be done in writing or in person.

**Stay & Play** Student in lesson can stay and swim for no charge for that day. If other family members or friends would like to stay and swim, they must pay the daily admission fee or have a season pass.



## PRIVATE SWIM LESSONS Children & Adults, June-August

We offer private, 30-minute lessons with a one-on-one student-to-teacher ratio. Or semi-private lessons are designed for two students at a similar swim level and assigned to one instructor. You can submit a specific request detailing your schedule needs, you or your child's swim ability and we will pair you with an instructor. To request a private We accept private lesson requests after May 1 and to request private lessons, please fill out the Private Lessons Request Form at [www.cityofsanrafael.org/private-swim-lessons](http://www.cityofsanrafael.org/private-swim-lessons) or email [terralindapool@cityofsanrafael.org](mailto:terralindapool@cityofsanrafael.org).

If you are flexible on instructors, we also have private lessons that you can register for online. These lessons do not guarantee you a specific instructor but allow you to secure space and time as you need for lessons.

One Lesson	\$36 residents / \$41 non-residents
Additional Child	\$15 residents / \$19 non-residents

To request private lessons, please fill out the **Private Lessons Request Form** at [www.cityofsanrafael.org/private-swim-lessons](http://www.cityofsanrafael.org/private-swim-lessons)



# Swim Level Chart

## Parent Tot - Water Baby Advanced - 30 mins

Instructor/Student Ratio 1:12

- Blowing bubbles, jumping, basic arm swim skills
- Slight submersion practiced
- Begins to swim with instructor
- Songs and games
- Parent participation required
- Best for kids 6 - 36 months
- This is a water adjustment class
- Child comfortable in water with instructor for short periods
- Child must want to be there and has fun playing in the water

## Level 1 - 30 mins

Instructor/Student Ratio 1:3

- How to enter and exit water safely
- Learns basic water safety
- Actively interacts with instructor
- "Swimming is Fun!" emphasized with games
- No parent participation
- Good beginning class for kids age 3 or older
- Child is mainly on steps for entire class period
- Fully comfortable in water with instructor for entire class period
- Child is excited and pushes the learning process to try harder

## Level 2 - 30 mins

Instructor/Student Ratio 1:3

- Fundamental water skills and aquatic safety taught
- Full face submersion introduced
- Floating back & front
- Wall push offs on back and front
- Explores entire pool
- Supported alternating arm circles and kicking together
- Child pushes off wall alone on tummy
- Child jumps to instructor alone
- Must be able to use flotation device unsupported for two body lengths
- Must be able to float on back and front unsupported

## Level 3 - 30 mins

Instructor/Student Ratio 1:3

- Practices alternating arm circles and kicking together
- Begins discussion of side breathing
- Beginning backstroke
- Streamline swimming introduced
- Breaststroke arms and legs introduced separately
- Jumps in and swims directly to wall
- Fully submerges face three times with bobs
- Swims front crawl two body lengths
- Able to push off wall on back and float two body lengths

## Level 4 - 30 mins

Instructor/Student Ratio 1:4

- Builds swimming stamina
- Begins work on treading water and sitting/kneeling dives
- Works on streamline kick on back
- Ample practice time on breaststroke & backstroke
- Some refreshing of front crawl with side-breathing
- Begins dolphin kicking practice
- General technique work on front crawl, back and breast
- Able to swim front crawl at least 13 yards
- Able to streamline kick for 10 yards without kickboard
- Able to swim backstroke three body lengths
- Able to swim breaststroke three body lengths
- Recognizable side-breathing

## Level 5 - 40 mins

Instructor/Student Ratio 1:5

- Builds up to 25 yards front crawl with side-breathing
- Practices front crawl, breaststroke, backstroke & treading water
- Learns full butterfly
- Introduced to standing dives
- Builds stamina and technique on all strokes
- Able to swim 25 yards front crawl, 25 yards backstroke, 10 yards breaststroke and a recognizable butterfly for 2 body lengths
- Able to dive unperfected

## Levels 6 and 7 - 40 mins

Instructor/Student Ratio 1:6

- Works on swimming 50 yards front crawl
- Practices swimming refined strokes
- Begins work on flip turns
- Practice and stamina emphasized
- Students should swim multiple laps during lesson with instruction in between
- Provides skills needed to start a swim team.
- Able to swim multiple laps during lesson with breaks in between
- Swim strokes are all recognizable but need refinement
- Able to maintain streamline and balance in water

Para ver niveles de la clase de natación en la piscina comunitaria de Terra Linda en español escanea este código.

