

Aquatics

TERRA LINDA POOL

670 Del Ganado Road, San Rafael
Office (415) 485-3344 | Pool (415) 485-3346



HAMILTON POOL

203 El Bonito Road, Novato
Office (415) 485-3344 | Pool (415) 883-7126



DAILY ADMISSION RATES FOR COMMUNITY POOLS

YOUTH RATES	12 months-17 years	\$5R/\$8N
ADULT RATES	18 years-61 years	\$7R/\$10N
OLDER ADULTS	62+ years	\$5R/\$8N

SWIM PUNCH CARD: 15 Admissions	
YOUTH/OLDER ADULTS	\$65R/\$104N
ADULT	\$91R/\$130N

Proof of residency or employment is required for resident rate.

TERRA LINDA COMMUNITY CENTER

POOL PARTY PACKAGE

Come enjoy your birthday at the Terra Linda Community Center's pool and park!



Your party package includes two reserved tables under a shade structure, pool entry, in & out privileges and free entry for the party organizer and birthday person.



Pool parties can be booked during public swim times. Please note, for children under 10 years of age, we require the presence of at least two adults for every 10 children.

For patrons between the ages 10-17 years, we require one adult for every 20 children. Please call for fees.

(415) 485-3344 terralindapool@cityofsanrafael.org

LIFEGUARDING @ TERRA LINDA POOL

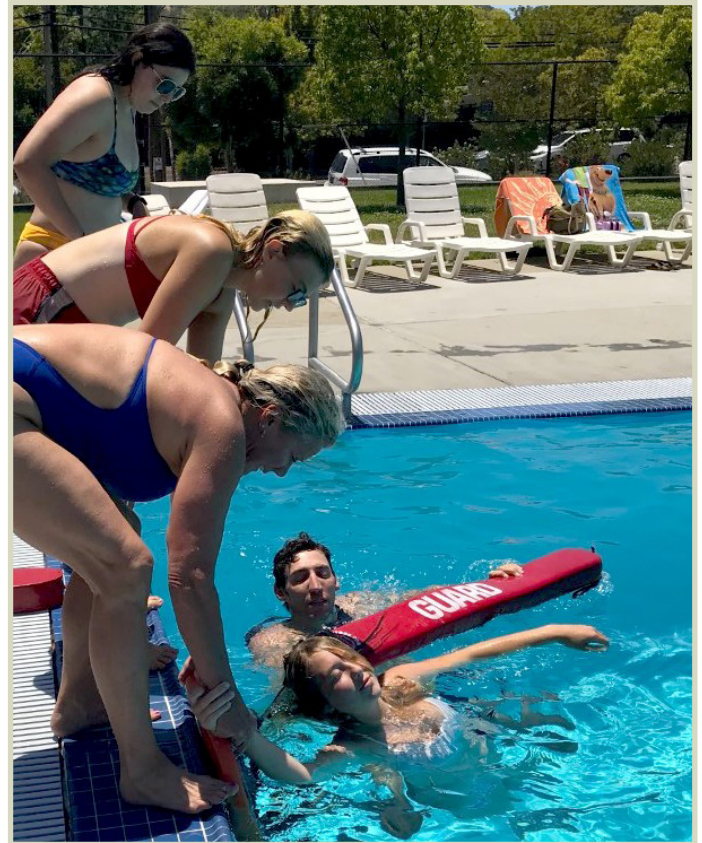
Lifeguard Training

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.

Age: 15Y & Up

Terra Linda Community Pool
\$250R/\$275N

Tu/W/Th	9:00am-5:00pm	2/22-2/24	5107
F	4:00pm-9:00pm	3/18	
Sa/Su	8:30am-5:30pm	3/19-3/20	5109
F	4:00pm-9:00pm	4/8	
Sa/Su	8:30am-5:30pm	4/9-4/10	5108
F	4:00pm-9:00pm	5/13	
Sa/Su	8:30am-5:30pm	5/14-5/15	5110
F	4:00pm-9:00pm	5/27	
Sa/Su	8:30am-5:30pm	5/28-5/29	5111



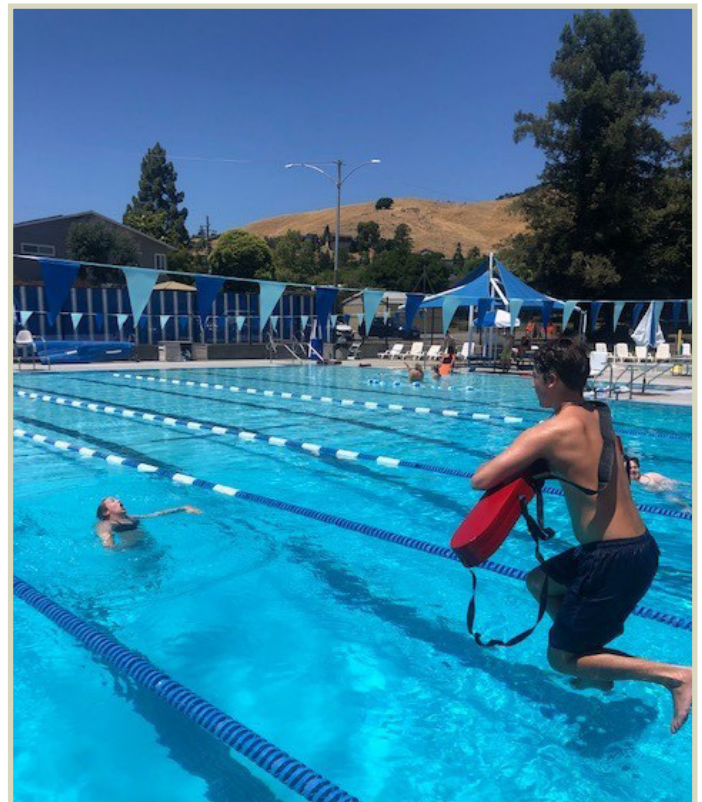
Lifeguarding Instructor Course

Looking to teach Lifeguard Training Classes? The American Red Cross (ARC) Lifeguard Instructor course trains instructor candidates to teach the basic-level ARC Lifeguarding course. Participants must be at least 17 years old on or before the final scheduled sessions of the course and have a current basic-level certification in Lifeguarding/First Aid/CPR/AED. Participants will need to perform lifeguard skills to the standard and will conduct courses in manner that helps participants learn and meet course objectives. Participants who successfully complete the Lifeguarding Instructor course will be issued a Lifeguarding Instructor certification, valid for two years. ARC Lifeguarding Instructor Manual and Participants Manual must be picked up prior to the first day of the course. Successful completion of this course will allow you to teach LGT courses. Students must attend all scheduled classes and pass the course in order to receive instructor status. This course is non-refundable.

Age: 17Y & Up

Terra Linda Community Pool
\$310R/\$341N

M-Th	8:30am-3:00pm	2/28-3/3	5105
M-Th	8:30am-3:00pm	4/25-4/28	5106
M-Th	8:30am-3:00pm	5/17-5/20	5112



Terra Linda & Hamilton Swim Lessons

Private Swim Lessons - Children & Adults

We offer private, 30-minute lessons with a one-on-one student-to-teacher ratio or you may request for a semi-private lesson, which is designed for two students at a similar swim level, assigned to one instructor. Private lessons will be offered in June, July and August and can be scheduled weekdays or weekends. For more information or to request a private or semi-private lesson, please email terralindapool@cityofsanrafael.org. Lessons will be offered at both the Terra Linda and Hamilton Pools.

PRIVATE/SEMI-PRIVATE SWIM LESSON FEES

You may sign up for one lesson or a block of five lessons at a discounted rate. Please note, you must pay for your lesson in advance. Refunds are not available for no-shows.

Private Lessons for One Student

One Lesson \$35 residents / \$40 non-residents

Semi-Private Lessons for Two Students at Similar Swim Level

One Lesson \$50 residents / \$58 non-residents



Group Swim Lessons - Happy Fish Swim School

We offer a wide variety of group lessons for children as young as six months to 12 years old. The Happy Fish Swim School emphasizes 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.

Lessons begin as early as mid-April and continue through the summer! Our intensive summer swim program starts in June

GROUP 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 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.

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. Children who are three and under

GROUP SWIM LESSON FEES

Parent Tot – Level 4

Three-Day Session \$45 residents / \$54 non-residents

Four-Day Session \$60 residents / \$72 residents

Levels 5 – 7

Three-Day Session \$51 residents / \$60 non-residents

Four-Day Session \$68 residents / \$80 residents

Terra Linda & Hamilton 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



Terra Linda Swim Lessons

GROUP SESSION FEES

Parent Tot – Level 4

Four-Day Session \$60 R / \$72 N

Levels 5 – 7

Four-Day Session \$68 R / \$80 N

SUMMER INTENSIVE SWIM LESSONS

Session 1:	Monday–Thursday	6/20-6/23
Session 2:	Monday–Thursday	6/27-6/30
Session 3:	Monday–Thursday	7/11-7/14
Session 4:	Monday–Thursday	7/18-7/21
Session 5:	Monday–Thursday	7/25-7/28
Session 6:	Monday–Thursday	8/1-8/4



SESSION 1 Dates: 6/20-6/23

Level 1	10:30am-11:00am	5131
Level 1	11:05am-11:35am	5132
Level 2	11:05am-11:35am	5144
Level 2	11:40am-12:10pm	5154
Level 3	10:30am-11:00am	5157
Level 3	11:40am-12:10pm	5158
Level 4	11:05am-11:35am	5170
Level 4	11:40am-12:10pm	5171
Level 5	10:20am-11:00am	5183
Level 6/7	10:20am-11:00am	5190
6&UP Lev 2	11:05am-11:35am	5197
6&UP Lev 3	11:40am-12:10pm	5204

SESSION 2 Dates: 6/27-6/30

Parent Tot	11:05am-11:35am	5497
Level 1	10:30am-11:00am	5133
Level 1	11:05am-11:35am	5134
Level 2	11:05am-11:35am	5146
Level 2	11:40am-12:10pm	5147
Level 3	10:30am-11:00am	5159
Level 3	11:40am-12:10pm	5160
Level 4	11:40am-12:10pm	5173
Level 5	10:20am-11:00am	5184
Level 6/7	10:20am-11:00am	5191
6&UP Lev 2	11:05am-11:35am	5198
6&UP Lev 3	11:40am-12:10pm	5205

SESSION 3 Dates: 7/11-7/14

Level 1	10:30am-11:00am	5135
Level 1	11:05am-11:35am	5136
Level 2	11:05am-11:35am	5148
Level 2	11:40am-12:10pm	5149
Level 3	10:30am-11:00am	5161
Level 3	11:40am-12:10pm	5162
Level 4	11:05am-11:35am	5174
Level 4	11:40am-12:10pm	5175
Level 5	10:20am-11:00am	5185
Level 6/7	10:20am-11:00am	5192
6&UP Lev 2	11:05am-11:35am	5199
6&UP Lev 3	11:40am-12:10pm	5206

SESSION 4 Dates: 7/18-7/21

Parent Tot	11:05am-11:35am	5499
Level 1	10:30am-11:00am	5137
Level 1	11:05am-11:35am	5138
Level 2	11:05am-11:35am	5150
Level 2	11:40am-12:10pm	5151
Level 3	10:30am-11:00am	5163
Level 3	11:40am-12:10pm	5164
Level 4	11:40am-12:10pm	5177
Level 5	10:20am-11:00am	5186
Level 6/7	10:20am-11:00am	5193
6&UP Lev 2	11:05am-11:35am	5200
6&UP Lev 3	11:40am-12:10pm	5207

SESSION 5 Dates: 7/25-7/28

Level 1	10:30am-11:00am	5139
Level 1	11:05am-11:35am	5140
Level 2	11:05am-11:35am	5152
Level 2	11:40am-12:10pm	5153
Level 3	10:30am-11:00am	5165
Level 3	11:40am-12:10pm	5166
Level 4	11:05am-11:35am	5178
Level 4	11:40am-12:10pm	5179
Level 5	10:20am-11:00am	5187
Level 6/7	10:20am-11:00am	5194
6&UP Lev 2	11:05am-11:35am	5201
6&UP Lev 3	11:40am-12:10pm	5208

SESSION 6 Dates: 8/1-8/4

Parent Tot	11:05am-11:35am	5500
Level 1	10:30am-11:00am	5141
Level 1	11:05am-11:35am	5142
Level 2	11:05am-11:35am	5154
Level 2	11:40am-12:10pm	5155
Level 3	10:30am-11:00am	5167
Level 3	11:40am-12:10pm	5168
Level 4	11:40am-12:10pm	5181
Level 5	10:20am-11:00am	5188
Level 6/7	10:20am-11:00am	5195
6&UP Lev 2	11:05am-11:35am	5202
6&UP Lev 3	11:40am-12:10pm	5209

Hamilton Swim Lessons

GROUP SESSION FEES

Parent Tot – Level 4

Four-Day Session \$60 R / \$72 N

Levels 5 – 7

Four-Day Session \$68 R / \$80 N

SUMMER INTENSIVE SWIM LESSONS

Session 1:	Monday–Thursday	6/20-6/23
Session 2:	Monday–Thursday	6/27-6/30
Session 3:	Monday–Thursday	7/11-7/14
Session 4:	Monday–Thursday	7/18-7/21
Session 5:	Monday–Thursday	7/25-7/28
Session 6:	Monday–Thursday	8/1-8/4

SESSION 1	Dates: 6/20-6/23		
Parent Tot	11:05am-11:35am	5502	
Level 1	10:30am-11:00am	5211	
Level 1	11:05am-11:35am	5212	
Level 2	11:05am-11:35am	5224	
Level 2	11:40am-12:10pm	5225	
Level 3	10:30am-11:00am	5239	
Level 3	11:40am-12:10pm	5240	
Level 4	11:40am-12:10pm	5253	
Level 5	10:20am-11:00am	5266	
Level 6/7	10:20am-11:00am	5274	
6&UP Lev 2	11:05am-11:35am	5283	
6&UP Lev 3	11:40am-12:10pm	5292	

SESSION 3	Dates: 7/11-7/14		
Parent Tot	11:05am-11:35am	5503	
Level 1	10:30am-11:00am	5215	
Level 1	11:05am-11:35am	5216	
Level 2	11:05am-11:35am	5228	
Level 2	11:40am-12:10pm	5229	
Level 3	10:30am-11:00am	5243	
Level 3	11:40am-12:10pm	5244	
Level 4	11:40am-12:10pm	5257	
Level 5	10:20am-11:00am	5269	
Level 6/7	10:20am-11:00am	5278	
6&UP Lev 2	11:05am-11:35am	5285	
6&UP Lev 3	11:40am-12:10pm	5295	

SESSION 5	Dates: 7/25-7/28		
Parent Tot	11:05am-11:35am	5504	
Level 1	10:30am-11:00am	5219	
Level 1	11:05am-11:35am	5220	
Level 2	11:05am-11:35am	5233	
Level 2	11:40am-12:10pm	5234	
Level 3	10:30am-11:00am	5247	
Level 3	11:40am-12:10pm	5248	
Level 4	11:40am-12:10pm	5262	
Level 5	10:20am-11:00am	5271	
Level 6/7	10:20am-11:00am	5280	
6&UP Lev 2	11:05am-11:35am	5287	
6&UP Lev 3	11:40am-12:10pm	5297	

SESSION 2	Dates: 6/27-6/30		
Level 1	10:30am-11:00am	5213	
Level 1	11:05am-11:35am	5214	
Level 2	11:05am-11:35am	5226	
Level 2	11:40am-12:10pm	5227	
Level 3	10:30am-11:00am	5241	
Level 3	11:40am-12:10pm	5242	
Level 4	11:05am-11:35am	5254	
Level 4	11:40am-12:10pm	5255	
Level 5	10:20am-11:00am	5268	
Level 6/7	10:20am-11:00am	5277	
6&UP Lev 2	11:05am-11:35am	5284	
6&UP Lev 3	11:40am-12:10pm	5294	

SESSION 4	Dates: 7/18-7/21		
Level 1	10:30am-11:00am	5217	
Level 1	11:05am-11:35am	5218	
Level 2	11:05am-11:35am	5230	
Level 2	11:40am-12:10pm	5231	
Level 3	10:30am-11:00am	5245	
Level 3	11:40am-12:10pm	5246	
Level 4	11:05am-11:35am	5258	
Level 4	11:40am-12:10pm	5259	
Level 5	10:20am-11:00am	5270	
Level 6/7	10:20am-11:00am	5279	
6&UP Lev 2	11:05am-11:35am	5286	
6&UP Lev 3	11:40am-12:10pm	5296	

SESSION 6	Dates: 8/1-8/4		
Level 1	10:30am-11:00am	5221	
Level 1	11:05am-11:35am	5222	
Level 2	11:05am-11:35am	5235	
Level 2	11:40am-12:10pm	5236	
Level 3	10:30am-11:00am	5249	
Level 3	11:40am-12:10pm	5250	
Level 4	11:05am-11:35am	5263	
Level 4	11:40am-12:10pm	5264	
Level 5	10:20am-11:00am	5272	
Level 6/7	10:20am-11:00am	5281	
6&UP Lev 2	11:05am-11:35am	5288	
6&UP Lev 3	11:40am-12:10pm	5298	

