

Rafael Racquet Club  
95 Racquet Club Drive  
San Rafael, CA 94901  
415-456-1153



# RRC Swim School

Aquatics Program Director: Marc Detraz  
Private and Group Lessons

The teachers at the Rafael Racquet Club have two passions, children and water. We want your child to learn to swim as much as you do. We teach them about the dangers and the benefits of swimming throughout our lessons. Our teaching techniques help students understand what they do and learn a correct stroke for life.

**Call 456-1153 to schedule your lesson.**  
**Scheduling begins:**  
**RRC members-March 28**  
**Non-members-April 18**

[www.rafaelracquetclub.com](http://www.rafaelracquetclub.com)  
415.456.1153 ~ [detraz@comcast.net](mailto:detraz@comcast.net)

## Swim School Scheduling

### Booking your Lesson

#### Scheduling begins:

RRC members: March 28

Non-members: April 18

#### To schedule swim lessons, follow these steps:

1. Call **456-1153** or email **detraz@comcast.net**
2. Choose a **format** (Group, private, semi-private)
3. Choose **week**
4. Choose a **time**

### Lesson Prices

		Member	Non-Member
Fees are per student			
4 x :20min	Private (P)	\$92	\$104
4 x :30min	Private	\$140	\$160
4 x :30min	Semi-Private (SP)	\$90	\$102
4 x :30min	Group (G)	\$60	\$70
4 x :30min	Private Group (PG)	\$60	\$70

### Dates & Times

#### Lessons Available

Week of	Days	Times	P	G	SP	PG
May 30	Tuesday-Friday	11am-3pm	•		•	•
June 6	Monday-Thursday	11am-3 pm	•		•	•
June 13 June 20 June 27						
July 4 July 11 July 18 July 25 Aug 1 Aug 8	Monday-Thursday	10am-5pm	•	•	•	•

## More Information

### Location

The Rafael Racquet & Swim Club is located at 95 Racquet Club Drive in San Rafael.

### RRC

RRC is a member owned Club. Recreational swim in both pools before and after lessons is strictly prohibited to non-members.

Non-members may check in 10 minutes before their lesson and must check out 10 minutes after their lesson.

If you are interested in joining RRC, you may speak with any staff member or find more information at [www.rafaelracquetclub.com](http://www.rafaelracquetclub.com).

### RRC Summer Programs

#### Totally Tennis Summer Camp

Lisa: 456-1837

#### RRC Summer Day Camp

(Includes Summer Swim & Totally Tennis)

Ariel: 456-5522

Both programs are offered in a Mon-Thurs format.



## Program Description

### Private Lessons:

RRC Swim School offers two different private lesson formats depending on the age of the student. 20 minute lessons work great for first timers (3 and 4 year-olds) whose attention span is best suited for this time frame. 30 minute lessons offer more time for the teacher to reinforce drills through repetitions. Private lessons do wonders for kids that require more attention, allowing the teacher to move through the stroke progression at the student's pace & truly customizing the teaching process.

### Semi-Private Lessons:

Following the same goals established for private lessons, this format is very successful when the students' abilities are similar and they both respond well to peer pressure. This allows the teacher to use the strength of one student to encourage the other, and vice versa. We recommend a 30 minute format.

### Private Group Lessons:

When the schedule and pool space allows it, a teacher can be made available for a group of 3 to 4 kids who would like to take their lessons together. The students should be as close as possible in their swimming ability and require similar needs in order for the teacher to make this work.

### Group Lessons:

This format is ideal for a motivated student that responds well to peer dynamics. The ratio of 2 teachers for up to 6 students offers more flexibility when it comes to juggling all the different levels we are bound to see in such class and help us keep the kids moving, doing and learning.

### Adult Lessons:

Our Aquatics Director, Marc Detraz is available to teach adult who would like to learn to swim, improve their strokes, learn new one, refine training routines or do some underwater video work.

