

RECREATION

The RRC pool thrives year-round with programming and classes, but is most active in the summer. Families find that poolside recreation at RRC provides them with the ease of backyard comforts

Furniture

Comfortable lawn furniture and umbrellas are made available to our members. Both chaise lounges and small chairs (perfect for kids) are great resting spots in between dips in the pool.

BBQ

The RRC pool has two portable gas grills available to members looking to host friends or family, or simply to lengthen their family's day at the pool.

Diving Board

One of the few remaining diving boards in the area, the RRC diving board stays busy from Memorial Day through Labor Day. The Diving Board is open only when at least two lifeguards are on duty. This pertains to the summer schedule (not open in early morning) and to the off-season.



Rafael Racquet & Swim Club

95 Racquet Club Drive, San Rafael, CA 94901

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RAFAEL RACQUET & SWIM CLUB

AQUATICS PROGRAMS

MARLINS SWIM TEAM

LAP SWIMMING

SUMMER SWIM LESSONS

WATER AEROBICS

INSTRUCTION

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INSTRUCTION

Summer Swim Lessons for Kids

Our Summer Swim program is the best opportunity for your child to learn and hone their swimming skills. Our program has expertly trained teachers, who focus on personal needs, supporting children through this difficult skill. In addition, our teachers work hard to keep kids on track, learning to swim quickly and safely.

Summer Swim lessons are taught daily, from June through August. Our warm and friendly pool is the perfect place to teach and learn.

Swim Lessons for Adults

Lessons are available to adults year round at RRC. While the times of participation vary, lessons may be booked with our Aquatics Director.

Adult lessons range from new swimmers to experienced racers. While lessons for non-swimmers require a teacher to be in the water (and therefore are only available in summer), any other lesson is offered year round.

Winter Swim Lessons for Kids

We are happy to offer swim lessons to children year round. As long as they are happy swimming in the winter, we're happy to teach them (limited to swimmers, non-swimmers who need a teacher in the water must take lessons in the summer).

Aquatics Director

Marc Detraz
(415) 456-1153

mdetraz@rafaelracquetclub.com

ADULT OPPORTUNITIES

Lap Swimming

The RRC pool is available for lap swimmers of all abilities and levels of interest. Our lap swimmers share lanes whether by circle swimming (3 or more swimmers per lane) or by splitting the lane (2 swimmers per lane).

While the hours dedicated to lap swimming vary, lap swimmers can generally count on having morning and evening hours set aside for them, as well as daytime hours in the off season.

Lap swimmers may find kickboards, workout binders and more tools at the pool to assist in their workout.

Water Aerobics

Adults looking for more structure in their aquatic workout will enjoy Water Aerobics; a tough cardio workout, designed to let you work out at a level of intensity that works for you.

Water Aerobics participants range from people recovering from injuries, to those looking for a unique cardio experience.

Water Aerobics is offered one to three times per week throughout the year, and is free for members.

Adult Programming

New in 2009, RRC is offering Adult Aquatics Programming during the work week. A weekly swim clinic, and a session-based Triathlon Class both offer daytime water workouts for anyone interested in improving their strokes or getting into better shape.

Facilities/Amenities

25 yard, 5 lane competition pool
1 meter diving board
Wading pool for toddlers

MARLINS SWIM TEAM

Overview

The Marlins Swim Team is a year-round competitive program, focusing the training of the swimmers on technique, personal improvement and healthy activity.

A part of RRC's landscape since it's inception, the Marlins today is a large, thriving team, hosting kids ages 6-16 from around San Rafael, San Anselmo and beyond. Swimmers enjoy the personal attention and the active practices.

The swim team operates in three distinct sessions; Fall, Winter and Spring/summer. Swim meets are held at home and away throughout the seasons.

Practices are held daily at the RRC pool, heated comfortably to 84 degrees.

www.pacificcoastmarlins.com



Ample lawn chairs and umbrellas
Kickboards available for use
Both pools heated to 84 degrees year round
