

GROUP SWIM SCHEDULE

MARCH-MAY 2010

DAY	SESSION 1	SESSION 2	SESSION 3	CLASS - LEVEL	TIME	AGES
Monday	Mar 1-22 (4-classes)	Mar 29-Apr 26 (4-classes) <i>no class 4/5</i>	May 3-24 (4-classes)	*First Fins - 1	9:30 - 10:00am	3-6 years
				*First Fins - 2	10:00 - 10:30am	3-6 years
				*Strokes for Kids - 3	10:30 - 11:00am	3-7 years
				First Fins - 1	11:30am - 12:00pm	3-6 years
				Splash! / Adv. Splash!	11:30am - 12:00pm	9 mos-4 years
				First Fins - 1	3:30 - 4:00pm	3-6 years
				First Fins - 2	4:05 - 4:35pm	3-6 years
				Strokes for Kids - 3	4:40 - 5:10pm	3-7 years
				Strokes for Kids - 4	5:15 - 5:45pm	4-9 years
				First Fins - 1	10:00 - 10:30am	3-6 years
Tuesday	Mar 2-23 (4-classes)	Apr 6-27 (4-classes)	May 4-25 (4-classes)	First Fins - 2	10:30 - 11:00am	3-6 years
				Splash!	11:00 - 11:30am	9-36 months
				Strokes for Kids - 3	11:30am - 12:00pm	3-7 years
				**Swim Club	3:30 - 4:15pm	5-12 years
				Strokes for Kids - 3 & 4	3:45 - 4:15pm	3-9 years
				First Fins - 2	4:20 - 4:50pm	3-6 years
				First Fins - 1	9:30 - 10:00am	3-6 years
				Splash!	10:00 - 10:30am	9-36 months
				First Fins - 2	10:30 - 11:00am	3-6 years
				Advanced Splash!	11:00 - 11:30am	2-4 years
Wednesday	Mar 3-24 (4-classes)	Apr 7-28 (4-classes)	May 5-Jun 2 (4-classes) <i>(no class 5/19)</i>	First Fins - 1	11:30am - 12:00pm	3-6 years
				First Fins - 1	3:30 - 4:00pm	3-6 years
				First Fins - 2	4:05 - 4:35pm	3-6 years
				Strokes for Kids - 3	4:40 - 5:10pm	3-7 years
				Strokes for Kids - 4	5:15 - 5:45pm	4-9 years
				Teen / Adult	6:00 - 6:30pm	13+
				Advanced Splash!	10:00 - 10:30am	2-4 years
				First Fins - 1	10:30 - 11:00am	3-6 years
				First Fins - 2	11:00 - 11:30am	3-6 years
				Strokes for Kids - 3	11:30am - 12:00pm	3-7 years
Thursday	Mar 4-25 (4-classes)	Apr 8-29 (4-classes)	May 6-27 (4-classes)	Strokes for Kids - 3 & 4	3:45 - 4:15pm	3-9 years
				**Swim Club	4:00 - 4:45pm	5-12 years
				First Fins - 2	4:20 - 4:50pm	3-6 years
				Mommies-in-Motion	11:15am - 12:00pm	6-36 months
				First Fins - 2	11:30am - 12:00pm	3-6 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 1	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
Friday	Mar 5-26 (4-classes)	Apr 9-30 (4-classes)	May 7-28 (4-classes)	Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
Saturday	Mar 6-27 (4-classes)	Apr 10-May 1 (4-classes)	May 8-29 (4-classes)	Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
Sunday	Mar 7-28 (4-classes)	Apr 11-May 2 (4-classes)	May 9-30 (4-classes)	First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	2-4 years
*Classes available Session 1 only						

JUNE-AUGUST 2010

Registration begins 3/31

DAY	SESSION 4	SESSION 5	SESSION 6	CLASS - LEVEL	TIME	AGES
Monday	June 7-28 (4-classes)	July 5-26 (4-classes)	Aug 2-23 (4-classes)	First Fins - 1	9:30 - 10:00am	3-6 years
				First Fins - 2	10:00 - 10:30am	3-6 years
				Strokes for Kids - 3	10:30 - 11:00am	3-7 years
				First Fins - 1	11:30am - 12:00pm	3-6 years
				Splash! / Adv. Splash!	11:30am - 12:00pm	9 mos-4 years
				First Fins - 1	10:00 - 10:30am	3-6 years
				First Fins - 2	10:30 - 11:00am	3-6 years
				Splash!	11:00 - 11:30am	9-36 months
				Strokes for Kids - 3	11:30am - 12:00pm	3-7 years
				**Swim Club	3:45 - 4:30pm	5-12 years
Tuesday	June 8-29 (4-classes)	July 6-27 (4-classes)	Aug 3-24 (4-classes)	First Fins - 1	9:30 - 10:00am	3-6 years
				Splash!	10:00 - 10:30am	9-36 months
				Advanced Splash!	11:00 - 11:30am	2-4 years
				First Fins - 1	11:30am - 12:00pm	3-6 years
				Teen / Adult	6:00 - 6:30pm	13+
				Advanced Splash!	10:00 - 10:30am	2-4 years
				First Fins - 1	10:30 - 11:00am	3-6 years
				First Fins - 2	11:00 - 11:30am	3-6 years
				Strokes for Kids - 3	11:30am - 12:00pm	3-7 years
				Strokes for Kids - 3 & 4	3:45 - 4:15pm	3-9 years
Wednesday	June 9-30 (4-classes)	July 7-28 (4-classes)	Aug 4-25 (4-classes)	**Swim Club	3:45 - 4:30pm	5-12 years
				First Fins - 1	9:30 - 10:00am	3-6 years
				Splash!	10:00 - 10:30am	9-36 months
				First Fins - 2	10:30 - 11:00am	3-6 years
				Advanced Splash!	11:00 - 11:30am	2-4 years
				First Fins - 1	11:30am - 12:00pm	3-6 years
				Teen / Adult	6:00 - 6:30pm	13+
				Advanced Splash!	10:00 - 10:30am	2-4 years
				First Fins - 1	10:30 - 11:00am	3-6 years
				First Fins - 2	11:00 - 11:30am	3-6 years
Thursday	June 3-24 (4-classes)	July 8-29 (4-classes)	Aug 5-26 (4-classes)	Strokes for Kids - 3	11:30am - 12:00pm	3-7 years
				Strokes for Kids - 3 & 4	3:45 - 4:15pm	3-9 years
				**Swim Club	3:45 - 4:30pm	5-12 years
				First Fins - 1	9:30 - 10:00am	3-6 years
				First Fins - 2	10:00 - 10:30am	3-6 years
				Splash! / Adv. Splash!	10:30 - 11:00am	9 mos-4 years
				Mommies-in-Motion	11:00 - 11:45am	6-36 months
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
Friday	June 4-25 (4-classes)	July 9-30 (4-classes)	Aug 6-27 (4-classes)	Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	9 mos-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	9 mos-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
Saturday	June 5-26 (4-classes)	July 10-31 (4-classes)	Aug 7-28 (4-classes)	First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	9 mos-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	9 mos-4 years
Sunday	June 6-27 (4-classes)	July 11-Aug 1 (4-classes)	Aug 8-29 (4-classes)	Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years
				Splash!	10:45 - 11:15am	9-36 months
				Advanced Splash!	11:20 - 11:50am	9 mos-4 years
				Strokes for Kids - 4	11:55am - 12:25pm	4-9 years
				First Fins - 1	9:00 - 9:30am	3-6 years
				First Fins - 2	9:35 - 10:05am	3-6 years
				Strokes for Kids - 3	10:10 - 10:40am	3-7 years

**See pricing next page under Swim Club description.

KID SWIM CLASSES

GROUP SWIM DESCRIPTIONS

MOMMIES-IN-MOTION

Ages: 6-36 months

A challenging and fun aerobic workout for mom, and a way to practice introductory water skills for baby – a bonding experience for both!

SPLASH! (Water Play)

Ages: 9-36 months

Prerequisite: None

Goal: Parents and their babies are introduced to the water through songs and play enhancing the child's mental and physical development. Ratio 10:1

ADVANCED SPLASH!

(Water Exploration)

Ages: 2-4 years

Prerequisite: Splash!

Goal: Parent and child are taught introductory water skills to prepare the child for the transition to future independent swim lessons. Ratio 10:1

LEVEL 1 - FIRST FINS

(Water Introduction)

Ages: 3-6 years

Prerequisite: Toilet-trained and can participate without assistance from a parent or caregiver.

Goal: Learn breath control, buoyancy, and beginning locomotion on front and back. Ratio 4:1

LEVEL 2 - FIRST FINS

(Primary Skills)

Ages: 3-6 years

Prerequisite: Level 1 skills, limited independence in water.

Goal: Learn safety skills to float unassisted and begin to explore swimming unsupported on front and back. Ratio 5:1

LEVEL 3 - STROKES FOR KIDS

(Stroke Development)

Ages: 3-7 years

Prerequisite: Level 2 skills; swim unassisted 15 ft. on front and back.

Goal: Independence in the water; safety and simple rescue skills, front/back crawl, dolphin and elementary backstroke. Ratio 6:1

LEVEL 4 - STROKES FOR KIDS

(Stroke Improvement)

Ages: 4-9 years

Prerequisite: Level 3 skills

Goal: Improvement of front and back crawl; develop breaststroke, butterfly, backstroke, diving, treading water, scissors kick and personal water safety. Ratio 6:1

GROUP SWIM PRICES

CALL 415.444.8005!

4-Class Sessions:

\$60 members / \$72 public

Swim Club

CALL 415.444.8005!

Prerequisite: Completion of Level 4 skills

Class will focus on the development of freestyle, backstroke, breaststroke and butterfly along with racing starts and turns.

Classes are held in the indoor & outdoor pool depending upon the weather.

Group Lesson Refund Policy applies.

• **March-May, Tue: 3:30-4:15pm**

OR Thur: 4-4:45pm

• **June-Aug, Tue OR Thur: 3:45-4:30pm**

Monthly Charge:

4-class session: \$45 Members / \$50 Public

Customized Group Lessons

CALL 415.444.8005!

Bring a friend or two or three for personalized group lessons with your own private instructor. Creating your own class times is a great alternative for busy families desiring convenient quality group instruction.

(5) 30-minute, Private Group Lessons

—3-4 per group

Per student: \$75 Members / \$90 Public

Private & Semi-Private Lessons

CALL 415.444.8005!

(1) 30-minute, Private Lesson

\$42 Members / \$49 Public

(5) 20-minute Private Lessons

\$130 Members / \$155 Public

(5) 30-minute Private Lessons

\$165 Members / \$200 Public

(5) 30-minute Semi-Private Lessons

—2 per group

Per student - \$115 Members / \$140 Public

Enhance your swim skills this summer... after camp!

1-WEEK CONSECUTIVE SUMMER AFTERNOON CLASSES

Registration begins 3/31

Now offering four consecutive days of classes for all levels. Call 444.8005 to register.

Weekly Session: \$60 members / \$72 public

Lessons Offered Mon thru Thurs:

First Fins - 13:30 – 4:00pm

First Fins - 24:05 – 4:35pm

Strokes for Kids - 34:40 – 5:10pm

Strokes for Kids - 45:15 – 5:45pm

Week 1 • June 14-17

Week 2 • June 21-24

Week 3 • June 28-July 1

Week 4 • July 5-8

Week 5 • July 12-15

Week 6 • July 19-22

Week 7 • July 26-29

Week 8 • August 2-5

Week 9 • August 9-12

Week 10 • August 16-19

JCC PRIVATE SWIM LESSON POLICY:

• 48-hour notification required to reschedule (no refunds) – call 444.8005.

JCC GROUP SWIM LESSON POLICY:

- 14 day notification required to cancel a session and reschedule to another session — no refunds. If you cancel within 13 days prior to your session, credit will only be given if we are able to fill your space.
- No make-up classes.
- We reserve the right to cancel any class with insufficient enrollment.

