

Winter & Spring 2008

Swim Classes for All Ages

Class Sessions and Dates

Winter Session (Must Register by January 31)

Sunday February 3 – March 30

Sunday classes (6 weeks; no class February 17 or 24)

Monday classes (6 weeks; no class February 18 or March 24)

Tuesday classes (7 weeks; no class March 25)

Wednesday classes (7 weeks; no class March 26)

Thursday classes (7 weeks; no class March 27)

Friday classes (7 weeks; no class March 28)

Spring Session (Must Register by March 27)

March 31 – May 23

Sunday classes (5 weeks; no class April 20 or April 27 and May 11)

Monday classes (7 weeks; no class April 21)

Tuesday classes (7 weeks; no class April 22)

Wednesday classes (7 weeks; no class April 23)

Thursday classes (7 weeks; no class April 24)

Friday classes (7 weeks; no class April 25)

Classes for Infants and Preschoolers

Winter Fees

Sunday	&	Monday	Fees:	\$84/Members,	\$120/Community	Participants
Tuesday	–	Friday	Fees:	\$98/Members,	\$140/Community	Participants

Spring Fees

Sunday Fees: \$70/Members, \$106/Community Participants

Monday Fees: \$84/Members, \$120/Community Participants

Tuesday	–	Friday	Fees:	\$98/Members,	\$140/Community	Participants
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Water Babies (Parent and Child Class for Ages 9 – 24 Months)

24601-01 (Winter) Sunday, 9:00 – 9:30 a.m.

24601-02 (Winter) Friday, 10:15 – 10:45 a.m.

24601-03 (Spring) Sunday, 9:00 – 9:30 a.m.

24601-04 (Spring) Friday, 10:15 – 10:45 a.m.

This class introduces water in a fun way to infants, toddlers, and a parent. Children learn basic arm and leg movements while playing games and singing songs. Basic water adjustment is taught while ensuring a comfortable and enjoyable experience in the water with the instructor and a parent. Children who are not toilet trained must wear swimming diapers and rubber pants under their swimsuits. Maximum number of students to instructor: 8 to 1.

Aqua Tots (Parent and Child Class for Ages 2 – 3 Years)

24602-01 (Winter) Sunday, 10:20 – 10:50 a.m.

24602-02 (Winter) Wednesday, 10:15 – 10:45 a.m.

24602-03 (Spring) Sunday, 10:20 – 10:50 a.m.

24602-04 (Spring) Wednesday, 10:15 – 10:45 a.m.

Aqua Tots have had two or more previous sessions of water adjustment lessons, are reluctant to enter the water or be submerged, require flotation or support all the time, or may benefit from parental presence and support in the water. Children learn basic arm and leg movements while playing games and singing. Basic water adjustment and pool safety are taught while ensuring a comfortable and enjoyable experience in the water with the instructor and a parent. Children who are not toilet trained must wear swimming diapers and rubber pants under their swimsuits. Maximum number of students to instructor: 8 to 1.

Seahorse (Ages 3 – 5 Years)

Winter

24604-01 Sunday, 9:40 – 10:10 a.m.

24604-02 Sunday, 11:40 a.m. – 12:10 p.m.

24604-03 Monday, 12:45 – 1:15 p.m.

24604-04 Tuesday, 3:45 – 4:15 p.m.

24604-05 Thursday, 12:45 – 1:15 p.m.

Spring

24604-06 Sunday, 9:40 – 10:10 a.m.

24604-07 Sunday, 11:40 a.m. – 12:10 p.m.

24604-08 Monday, 12:45 – 1:15 p.m.

24604-09 Tuesday, 3:45 – 4:15 p.m.

24604-10 Wednesday, 3:45 – 4:15 p.m.

24604-11 Thursday, 12:45 – 1:15 p.m.

Students become comfortable with water entry, and begin front and back floats. Students wear bubbles to assist with flotation; arm and leg movements are introduced. Children who are comfortable putting their faces in the pool are also ready for this class, which will help them begin the transition to swimming on their own. Deep water is introduced. Swimmers progress from large to small bubbles and to no bubble when ready. The parent/caregiver must return to the pool area 5 minutes prior to the end of class. Maximum number of students to instructor: 5 to 1.

Advanced Seahorse (Ages 3– 5 Years)

Winter

24605-01 Sunday, 9:00 – 9:30 a.m.

24605-02 Sunday, 11:00 – 11:30 a.m.

24605-03 Tuesday, 12:45 – 1:15 p.m.

24605-04 Wednesday, 3:45 – 4:15 p.m.

Spring

24605-05 Sunday, 9:00 – 9:30 a.m.

24605-06 Sunday, 11:00 – 11:30 a.m.

24605-07 Monday, 3:45 – 4:15 p.m.

24605-08 Tuesday, 12:45 – 1:15 p.m.

24605-09 Wednesday, 3:45 – 4:15 p.m.

Swimmers must be able to swim freestyle and backstroke without any support. Parents should not register their child for this class unless approved by a JCC Water Safety Instructor or tested by the Aquatics Director. This is an advanced swimming class geared for preschoolers who can demonstrate two strokes or more but cannot be advanced due to their age. In this class they will be taught higher-level skills in an appropriate-age group. Maximum number of students to instructor: 5 to 1.

Private or Semi-Private Lessons

24600

The JCC offers one-on-one swim instruction for all ages with a certified Water Safety Instructor to fit your needs and goals. Whether you want to overcome a fear of the water or are seeking a master swim workout, these lessons are for

you. If you have a busy schedule, custom design these lessons to meet your needs. (Please note that make-ups are available for up to 2 lessons.)

Fees (for 5 lessons):

24600-01	One	Student:	\$135/Members,	\$165/Community	Participants
24600-02	Two	Students:	\$165/Members,	\$195/Community	Participants
24600-03	Three	Students:	\$210/Members,	\$240/Community	Participants

Classes for Adults

Winter Fees

Sunday	&	Monday	Fees:	\$84/Members,	\$120	Community	Participants
Tuesday	-	Friday	Fees:	\$98/Members,	\$140	Community	Participants

Spring Fees

Sunday Fees:	\$70/Members,	\$106/Community	Participants			
Monday	-	Friday	Fees:	\$98/Members,	\$140/Community	Participants

Adult Beginner

24633-01 (Winter) Sunday, 10:20 – 10:50 a.m.

24633-02 (Spring) Sunday, 10:20 – 10:50 a.m.

This is the chance for you to catch up to your kids—don't put off learning to swim for one more day! The JCC's certified Aquatics staff will help you gain the confidence you need to learn the strokes and swim into a healthier lifestyle.

Adult Fitness Swimming/Adult Masters Workout

Winter

24634-01 Tuesday, 9:15 – 10:00 a.m.

24634-02 Thursday, 9:15 – 10:00 a.m.

Spring

24634-03 Tuesday, 9:15 – 10:00 a.m.

24634-04 Thursday, 9:15 – 10:00 a.m.

Master swim workouts are a terrific, non-weight-bearing way to improve your cardiovascular system and stay fit. They're also a great way for triathletes to train for the swimming portions of their competitions. Our coaches will help swimmers to finesse stroke techniques, improve endurance, and encourage a healthy and safe swim routine. There is no need to be an extraordinary swimmer; you just need to enjoy swimming.

Aqua Jam

Winter

24638-01 Monday, 9:15 – 10:00 a.m.

24638-02 Wednesday, 9:15 – 10:00 a.m.

24638-03 Friday, 9:15 – 10:00 a.m.

Spring

24638-04 Monday, 9:15 – 10:00 a.m.

24638-05 Wednesday, 9:15 – 10:00 a.m.

24638-06 Friday, 9:15 – 10:00 a.m.

Looking for something different? Try Aqua Jam—our fun, safe and effective aquatic fitness class that focuses on all those body parts we always wish we could strengthen and tone, and does so with great music! These workouts are in shallow and deep water, using training aids. Aqua Jam will work on strengthening muscle, improving cardiovascular efficiency, and increasing overall flexibility. Participants don't have to know how to swim but they should be comfortable in the deep water. This class is excellent for prenatal moms.

Personal Fitness Training in the H2O

24636

Need a custom workout that fits your schedule and your ability? Have Physical Therapist Naomi Schaffer plan an aquatic therapy/exercise program for your specific needs. This one-on-one hour-long aquatic program is ideal for rehabilitation from surgery or back injury, isolating specific muscle groups, and arthritis therapy with minimal joint stress. Aquatic exercise also provides a means of cross-training and an alternative to land-based exercise for fit participants because it is fun, personally challenging, and aerobic. Contact the Aquatics Director at esoder@jccnj.org or ext. 219 to arrange for a session.

Fees: \$70/Members, \$85/Community Participants

NEW! Swim Training for Triathletes

Winter: March 9 – April 9 (no class March 23)

24635-01 Wednesday, 6:00 – 7:00 p.m.

24635-02 Sunday, 8:00 – 9:00 a.m.

Spring: April 13 – May 14 (no class April 20, May 11)

24635-03 Wednesday, 6:00 – 7:00 p.m.

24635-04 Sunday, 8:00 – 9:00 a.m.

Are you getting ready to compete in a triathlon soon and need a little help improving your swimming? Are you looking for a workout to improve your endurance? If so, then this is the class for you! Work on your stroke technique and maximize your endurance to get ready for race day.

Fees: \$117/Members, \$160/Community Participants

American Red Cross Learn-to-Swim Program (Ages 5 & Up)

Winter Fees

Sunday & Monday	Fees:	\$84/Members,	\$120	Community	Participants
Tuesday – Thursday	Fees:	\$98/Members,	\$140	Community	Participants

Spring Fees

Sunday Fees: \$70/Members, \$100/Community Participants

Monday – Thursday	Fees:	\$98/Members,	\$140/Community	Participants
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Level 1

Winter

24611-01 Sunday, 9:00 – 9:30 a.m.

24611-02 Monday, 4:30 – 5:00 p.m.

24611-03 Thursday, 3:45 – 4:15 p.m.

Spring

24611-04 Sunday, 9:00 – 9:30 a.m.

24611-05 Monday, 4:30 – 5:00 p.m.

24611-06 Tuesday, 4:30 – 5:00 p.m.

24611-07 Wednesday, 3:45 – 4:15 p.m.

24611-08 Thursday, 3:45 – 4:15 p.m.

Students learn to feel comfortable in the water. Level 1 participants learn to enter and exit the water safely, pick up a submerged object, swim on their front and back using arm and leg actions, submerge their mouth, nose, and eyes, and float on their front and back.

Level 2

Winter

24612-01 Sunday, 9:40 – 10:10 a.m.

24612-02 Monday, 3:45 – 4:15 p.m.

24612-03 Wednesday, 4:30 – 5:15 p.m.

Spring

- 24612-04** Sunday, 9:40 – 10:10 a.m.
24612-05 Monday, 3:45 – 4:15 p.m.
24612-06 Tuesday, 4:30 – 5:00 p.m.
24612-07 Wednesday, 4:30 – 5:00 p.m.
24612-08 Thursday, 3:45 – 4:15 p.m.

Students master fundamental skills. Level 2 participants learn to enter the water by stepping or jumping from the side, roll over front to back and back to front, swim on their side, tread water using arm and leg motions, and swim on their front and back using combined strokes. This is for the beginner who is NOT afraid of the water and needs some assistance forward and backward. Deep water is introduced.

Level 3

Winter

- 24613-01** Sunday, 11:00 – 11:30 a.m.
24613-02 Wednesday, 3:45 – 4:25 p.m.
24613-03 Thursday, 4:30 – 5:30 p.m.

Spring

- 24613-04** Sunday, 11:00 – 11:30 a.m.
24613-05 Monday, 4:30 – 5:00 p.m.
24613-06 Tuesday, 3:45 – 4:15 p.m.
24613-07 Thursday, 3:45 – 4:15 p.m.
24613-08 Thursday, 4:30 – 5:00 p.m.

Students build on the skills mastered in Level 2 by receiving additional guided practice. Level 3 participants learn to jump into deep water from the side, perform the survival float, dive from a kneeling or standing position, use rotary breathing in a horizontal position, perform a front and back glide, and perform front and back crawl. Students can swim a length of the pool in freestyle and backstroke. Rotary breathing is introduced and students work on building endurance.

NEW! Level 4 Beginner

Winter

- 24614-01** Sunday, 9:40 – 10:10 a.m.
24614-02 Sunday, 11:00 – 11:30 a.m.
24614-03 Monday, 3:45 – 4:15 p.m.

Spring

- 24614-03** Sunday, 9:40 – 10:10 a.m.
24614-04 Sunday, 11:40 a.m. – 12:10 p.m.
24614-05 Wednesday, 3:45 – 4:15 p.m.
24614-06 Thursday, 3:45 – 4:15 p.m.

Students develop confidence in the strokes learned and improve other aquatic skills. Level 4 Beginner participants will focus on freestyle and backstroke in this level and begin to work on the breaststroke kick and butterfly kick. They will also improve their endurance to be very comfortable in the water. Individuals must have completed Level 3 in order to register for this class.

NEW! Level 4 Advanced

Winter

- 24615-01** Sunday, 10:20 – 10:50 a.m.
24615-02 Sunday, 11:40 a.m. – 12:10 pm
24615-03 Wednesday, 3:45 – 4:15 p.m.
24615-04 Thursday, 3:45 – 4:15 p.m.

Spring

- 24615-05** Sunday, 10:20 – 10:50 a.m.
24615-06 Sunday, 11:40 – 12:10 a.m.
24615-07 Monday, 3:45 – 4:15 p.m.
24615-08 Thursday, 4:30 – 5:00 p.m.

Students improve coordination and refinement of strokes. Level 4 Advanced participants will focus on breaststroke, butterfly, and sidestroke as well as refining freestyle and backstroke. Individuals must be able to swim a full lap of the pool with good technique in freestyle and backstroke in order to register for this class.

NEW! Stroke Refinement

Winter

24616-01 Sunday, 11:40 a.m. – 12:10 p.m.

24616-02 Wednesday, 4:30 – 5:00 p.m.

Spring

24616-03 Sunday, 11:40 a.m. – 12:10 p.m.

24616-04 Monday, 4:30 – 5:00 p.m.

24616-05 Tuesday, 4:30 – 5:00 p.m.

Students will refine the four major strokes (freestyle, backstroke, breaststroke, and butterfly) and learn to swim with ease, efficiency, power, and smoothness for greater distances. Flip turns and competitive aspects of swimming will be introduced. Individuals must have successfully completed Level 4 Beginner and Level 4 Advanced.

Sunday Pool Parties

Pool Time: 1:00 – 3:15 p.m.

Pool parties are for children ages 6 and older. There is one lifeguard for 20 swimmers; there will be an additional charge of \$20 if there are more than 20 swimmers, to cover an extra lifeguard. There is a maximum limit of 30 guests. For more information and to book your pool party now, please contact the Aquatic Director at esoder@jccnj.org or ext. 219.

Fees: \$250/Members, \$300/Community Participants