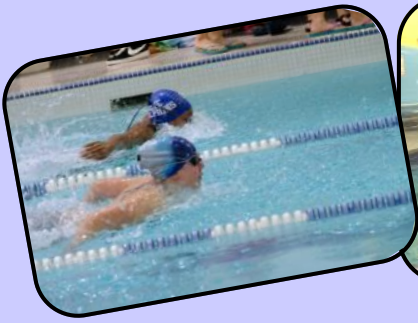




1775 Oak Tree Road, Edison, NJ 08820

732-494-3232 www.jccmc.org



SWIM LESSONS

&

SPORTS PROGRAMS



WINTER 1SESSION

January 2 - February 25, 2018

AMERICAN RED CROSS SWIM LESSONS

SWIM LEVEL DESCRIPTIONS

Level 1: Fully submerge face in water • Front & back float with support • Kicking on front & back with support • Enter & exit water independently • Learn to swim without flotation aid.

Level 2: Float on front & back unsupported for 25 seconds • Swim on front 10 yards without assistance • Swim on back 10 yards without assistance • Begin freestyle & rotary breathing • Elementary backstroke.

Level 3: Begin to swim proper freestyle the length of the pool • Learn to swim proper backstroke the length of the pool • Introduction to breaststroke • Kneeling dives.

Level 4: Swim freestyle, backstroke & breaststroke the entire length of pool • Standing dive & introduction to butterfly stroke • Treading water for 1 minute.

Level 5: Freestyle, backstroke, breaststroke & butterfly stroke • Diving & flip turn techniques • Treading water for 2 minutes • Retrieve objects from underwater.

Pre-Teen/Teen: A beginner course with people your own age. Pre-Teens Ages 8-12; Teens Ages 13-17.

Adult Beginner: A course designed to learn to swim at any age • Learn to float on back & begin front crawl • Elementary backstroke • Water safety skills.

Adult Intermediate: Refining freestyle & backstroke • Beginning breaststroke & other more advanced swimming skills • Treading water for 2 minutes.

Water Babies: A parent-child interactive swim class designed to learn to be comfortable in water. We kick, splash & bubble our way to learning to love the pool.

Swim Team Prep: Three weeks of practice & drills to prepare for swim team tryouts.

FOR MORE INFORMATION ABOUT SWIM LESSONS OR TO SCHEDULE PRIVATE OR SEMI-PRIVATE LESSONS, CALL JANICE CLARK, AQUATICS DIRECTOR AT 732-494-3232 EXT. 3610.

SWIM LESSON SCHEDULE

January 2 - February 25, 2018 Registration starts December 18, 2017

30 minutes per class ● Maximum 6 students per class with 1 instructor

Class Fee: \$69 with Family Membership \$93 with Child or Youth Membership

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
LEVEL 1	9:30-10:00am 10:00-10:30am 11:30am-12:00pm	4:00-4:30pm	4:00-4:30pm 7:30-8:00pm		5:00-5:30pm 7:30-8:00pm	
LEVEL 2	10:30-11:00am 11:00-11:30am	4:30-5:00pm	4:30-5:00pm 8:00-8:30pm	4:00-4:30pm	4:00-4:30pm	
LEVEL 3	10:00-10:30am 11:00-11:30am		5:00-5:30pm 8:00-8:30pm	4:30-5:00pm	4:30-5:00pm 8:00-8:30pm	
LEVEL 4	11:30am-12:00pm	5:00-5:30pm	7:30-8:00pm			
LEVEL 5	11:00-11:30am		8:30-9:00pm	5:00-5:30pm		
Pre-Teen	10:30-11:00am		8:30-9:00pm			
ADULT BEG/INT	9:30-10:00am Beg/Int				8:30-9:00pm Beg/Int	10:30-11:00am Beginner w/Janice (3 person minimum)
WATER BABIES	9:30-10:00am					

Private Lessons: 1 Student/1 Instructor \$34/30 minutes

Semi-Private Lessons: 2 Students/1 Instructor (member must provide both students)

\$39/30 minutes (\$19.50 each)

Private Group Lesson: 3 Students/1 Instructor (member must provide all students) \$58.50/45 minutes (\$19.50 each)

JCC YOUTH BASKETBALL LEAGUE

*Kindergarten Clinic

***Kindergarteners** will be taught in a 35 minute clinic on Sundays, 12:30-1:05. Basic skills such as handling the ball, dribbling and shooting will be taught. Games will be played on the last 2 dates. **Kindergarteners begin January 7th.**

Cost: \$55 Fam Member \$63-Youth Member \$72-Basketball Member
Basketball Membership: \$29.00

KIDSAFE KARATE

Register Thursday, January 18th ONLY 5-7pm
at the JCC of Middlesex County
1775 Oak Tree Road, Edison, NJ 08820

Register on this date please....classes fill up quickly!
Register in person....NO telephone registration please!

For more information, call 732-396-3371

Class Fees: \$10.00 per class with a \$15.00 Registration Fee. (Paid once per semester.)
You may pay weekly or in full and receive a discount!

Class Dates: January 25 February 1,8,15,22 March 1,8,15,22 April 5,12

Class Times:

All New Students Ages 5-8	4:50-5:30pm
New Students Ages 9/over & White Belts w/stripes	5:40-6:20pm
All Yellow Belts & Low-Orange	6:30-7:10pm
All High Rank Orange & Higher	7:20-8:00pm

