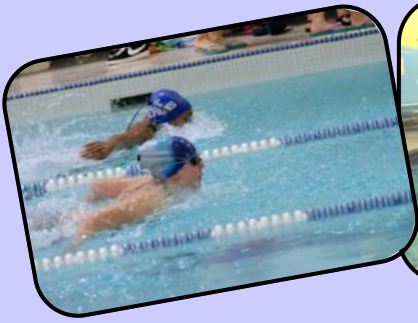




1775 Oak Tree Road, Edison, NJ 08820

732-494-3232 www.jccmc.org



SWIM LESSONS

&

SPORTS PROGRAMS



WINTER 2 SESSION
February 26 - April 22, 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

February 26 - April 22, 2018 Registration starts February 12, 2018

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 CLINIC

Skills such as handling the ball, dribbling and shooting will be taught and refined. Game play rules and strategies will also be addressed.

Grades 1-3 Wednesdays 6:00-6:45pm

Grades 4-6 Wednesdays 6:45-7:30pm

Dates: April 4, 11, 18, 25, May 2, 9, 16 (7 classes)

Cost: \$69/Family Member \$88/Youth Member \$99/Basketball Member

KIDSAFE KARATE

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: March 1,8,15,22 April 5,12

For more information, call 732-396-3371

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 |



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