



1775 Oak Tree Road, Edison, NJ 08820  
732-494-3232 [www.jccmc.org](http://www.jccmc.org)

# SWIM LESSONS



**WINTER 2**

**FEBRUARY 25 - APRIL 21, 2019**

**Registration begins, Monday, February 11th**

# 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 25 - April 21, 2019 Registration starts February 11, 2019

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

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

## LEVEL 1:

SUNDAY: 9:30-10:00am, 10:00-10:30am, 11:30am-12:00pm MONDAY: 4:00-4:30pm

TUESDAY: 4:00-4:30pm, 7:30-8:00pm THURSDAY: 5:00-5:30pm, 7:30-8:00pm

## LEVEL 2

SUNDAY: 10:30-11:00am, 11:00-11:30am MONDAY: 4:30-5:00pm

TUESDAY: 4:30-5:00pm, 8:00-8:30pm WEDNESDAY: 4:00-4:30pm THURSDAY: 4:00-4:30pm

## LEVEL 3

SUNDAY: 10:00-10:30am, 11:00-11:30am TUESDAY: 5:00-5:30pm, 8:00-8:30pm

WEDNESDAY: 4:30-5:00pm THURSDAY: 4:30-5:00pm, 8:00-8:30pm

## LEVEL 4

SUNDAY: 11:30am-12:00pm MONDAY: 5:00-5:30pm TUESDAY: 7:30-8:00pm

## LEVEL 5

SUNDAY: 11:00-11:30am TUESDAY: 8:30-9:00pm WEDNESDAY: 5:00-5:30pm

## PRE-TEEN

SUNDAY: 10:30-11:00am TUESDAY: 8:30-9:00pm

## ADULT BEGINNER/INTERMEDIATE

MONDAY: 10:30-11:00am SUNDAY: 9:30-10:00am THURSDAY: 8:30-9:00pm

(3 person min.-Beg)

(Beg/Int)

(Beg/Int)

WATER BABIES (3 PERSON MINIMUM) : SUNDAY: 9:30-10:00am

**Private Lessons:** 1 Student/1 Instructor \$35/30 minutes

**Semi-Private Lessons:** 2 Students/1 Instructor (member must provide both students)  
\$40/30 minutes (\$20 each)

**Private Group Lesson:** 3 Students/1 Instructor (member must provide all students)  
\$60/45 minutes (\$20 each)

## **STROKE & TURN CLINIC**

March 27 - May 15

Registration starts: March 1st

Refine strokes with drills for distance, speed & efficiency.

Also includes starts & turns

Ages 6-9: Mondays & Wednesdays 5:30-6:15pm

Ages 10-13: Mondays & Wednesdays 6:15-7:30pm

Fee: \$109 with Family or Teen Membership

\$129 with Child or Youth Membership

## **BASKETBALL CLINIC**

Drills and skills such as handling the ball, passing, dribbling and shooting will be taught. Footwork, game play strategies and defense will also be stressed.

Starts April 3rd. Clinic runs 8 weeks.

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

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

Fee: \$79 with Family Membership

\$99 with Youth Membership

\$109 with Basketball Membership

