



1775 Oak Tree Road, Edison, NJ 08820
732-494-3232 www.jccmc.org

SWIM LESSONS & SPORTS PROGRAMS



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 24, 2019 Registration starts December 24, 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

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

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

(Beg/Int)

(Beg/Int)

(3 person min.-Beg)

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)

KINDERGARTEN BASKETBALL CLINIC

***Kindergarteners** will be taught in a 35 minute clinic on Sundays, 12:30-1:05pm 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 6th.

COST: \$55 w/Family Membership

\$63 w/ Youth Membership

For more information, call 732-494-3232



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