

Summer Aquatics 2010



Group Swim Lessons

Parent & Child

(This is combining Levels A & B)
Ages 12-36 Months

Come and enjoy swimming with your baby or toddler. This water orientation class is designed to teach you how to work safely and effectively with your child. While having fun, you will learn the skills to help your child adapt to the water. A parent must be in the water with their child for this class.

Code 12080

Friday
9:00 AM – 9:30 AM
June 25, July 2, July 9, July 16
\$33M/\$47NM

Code 12081

Friday
9:00 AM – 9:30 AM
July 23, July 30, Aug. 6, Aug 13
\$33M/\$47NM

Ducks

Ages 3-5
Child's first water experience without a parent. Skills to be taught include: Enter and exit water safely, getting the face wet, blowing bubbles, front and back float, front and back kick, arm movement, jumping into the water and water safety skills. All skills to be performed with support from the instructor.

Code 12072

Monday & Wednesday
8:45 AM – 9:15 AM
June 21, June 23, June 28, June 30, July 5, July 7, July 12, July 14
\$66M/\$93NM

Code 12073

Monday & Wednesday
8:45 AM – 9:15 AM
July 19, July 21, July 26, July 28, Aug 2, Aug 4, Aug 9, Aug 11
\$66M/\$93NM

Preschool Advanced

Ages 3-5
After successful completion of the Ducks class, child will advance to this class. Skills to be taught include: Breath holding, bobbing, front and back float, front and back kick, front and back glide, front and back arm stroke, picking up submerged objects, jumping into the water and water safety skills. All skills to be performed unassisted.

Code 12074

Tuesday & Thursday
8:45 AM – 9:15 AM
June 22, June 24, June 29, July 1, July 6, July 8, July 13, July 15
\$66M/\$93NM

Preschool Advanced (cont'd)

Code 12075

Tuesday & Thursday
8:45 AM – 9:15 AM
July 20, July 22, July 27, July 29, Aug 3, Aug 5, Aug 10, Aug 12
\$66M/\$93NM

Levels I & II

Ages 6 - 12
For the child just learning to swim. Skills to be taught include: Enter and exit the water, front and back float, front and back kick, front and back glide, bobbing, picking up submerged objects, front and back arm movements, jumping in from the side, and water safety skills.

Code 12076

Monday & Wednesday
9:15 AM – 10:00 AM
June 21, June 23, June 28, June 30, July 5, July 7, July 12, July 14
\$66M/\$93NM

Code 12077

Monday & Wednesday
9:15 AM – 10:00 AM
July 19, July 21, July 26, July 28, Aug 2, Aug 4, Aug 9, Aug 11
\$66M/\$93NM

Levels III & IV

Ages 6 - 12
For the more advanced swimmer. Skills to be taught include: Front and back crawl, breaststroke, butterfly and elementary backstroke. Swimming underwater, gliding and floating, treading water, jumping and diving into the water, wearing life jackets and water safety rules.

Code 12078

Tuesday & Thursday
9:15 AM – 10:00 AM
June 22, June 24, June 29, July 1, July 6, July 8, July 13, July 15
\$66M/\$93NM

Code 12079

Tuesday & Thursday
9:15 AM – 10:00 AM
July 20, July 22, July 27, July 29, Aug 3, Aug 5, Aug 10, Aug 12
\$66M/\$93NM

Private Swim Lessons

Ages – 3 +
Available as an alternative to group lessons for those who wish to work one on one with an instructor. Lessons can be customized to meet your swimming needs. All sessions are half-hour. Please call Kim Field at 545-8650 to set up your lessons. Minimum of 5 is required for each set-up. We require 24 hours cancellation notification.
\$24M/\$32NM (each)
\$38M/\$50NM (semi-privates each)

Dolphin Summer Swim Team

Ages 5-18

*** Team officially begins May 9**

Join the fun...join the Dolphin Club Swim Team and be part of a winning team. Learn new skills; meet new friends while perfecting what you may already know. Practices are offered every day Monday thru Friday: some mornings, some afternoons, something for everyone. Come be a part of a tradition of Dolphin Club Swimming and the JCC. Most swim meets take place on Wednesday nights in June and July.

*** For those attending Camp Hilbert, practice will be offered in place of swim lessons**

Code 11739

Fees: \$120M/\$170NM

(May 9 – June 17)

SUNDAY	4:00 – 5:30 PM (All)
MONDAY	6:00 – 7:30 PM (All)
TUESDAY	5:00 – 6:30 PM (All)
WEDNESDAY	6:00 – 7:30 PM (All)
THURSDAY	5:00 – 6:30 PM (All)

(June 21 – July 21)

MONDAY	4:00 – 5:30 PM (All)
TUESDAY	4:00 – 5:30 PM (All)
WEDNESDAY	8:30 – 10:00 AM (All)
THURSDAY	4:00 – 5:30 PM (All)
FRIDAY	8:30 – 10:00 AM (All)

Pool Birthday Parties

Call Kim Field at 545-8650 to set up your pool Birthday Party. The party consists of one hour for the party room (which you supervise) and one hour of free play in the Sternheimer Recreational Pool. We supply the lifeguards. (Children must be 5 or over). *Preschool Party – Under age 5 requires 1 adult per child to include a maximum of 10 children.
\$225M – 20 or fewer kids
\$325NM – 20 or fewer kids