SUMMER JCC MEMBERSHIP SPECIALS!

3 GREAT OPTIONS FOR JCC SUMMER MEMBERSHIP:

To register visit jccabq.org, call 505•348•4455 or visit in person.

Early registration discount February 26 - March 5
Use promo code eb10 online

SAVE 10% ON ALL SUMMER CAMPS & AQUATICS!

SUMMER JCC MEMBERSHIP SPECIALS! 3 GREAT OPTIONS FOR JCC SUMMER MEMBERSHIP:

1. $520 Paid in Full Summer Special
   *Membership valid 5/1/2017—8/31/2017
   NO COMMITMENT NO CANCELLATION FEES NO REG FEES

2. Sign up for a Monthly Membership and only pay $75 registration fee
   NO COMMITMENT NO CANCELLATION FEES

3. $780 Membership Special
   *Membership valid 3/1/2017—8/31/2017
   NO COMMITMENT NO CANCELLATION FEES NO REG FEES
THE JCC HAS SO MUCH TO OFFER!

MAY 30 - AUGUST 4, 2017

A high quality summer camp experience is an investment in your child that lasts a lifetime. For nearly two decades, JCC Summer Camp and Aquatics programs have set a standard of excellence—creating memories, forging friendships, teaching life skills, building self-confidence, and providing weeks of pure fun for kids. JCC’s outstanding facilities, terrific activities, and supportive counselors create a perfect setting for children to flourish. JCC Camp Director Matt Westerlund returns for his 8th year and has planned exciting summer programs for children ages 5–16. JCC is open to the entire community. Our camps fill quickly, so register now! Sign up for a JCC membership to take full advantage of the facility and member discounts. We look forward to playing, learning, laughing, and growing with your family this summer!

Sincerely,
Dave Simon, Executive Director
Matt Westerlund, Camp Director

Join us!

JCC SUMMER CAMPS

Join our JCC family and community and take full advantage of the special benefits we offer to members at our wonderful facility.

Total Access to Gymnasium, Fitness & Aquatics Complex, which includes:

- Members-only fitness center featuring state-of-the-art Technogym and Cybex equipment
- Heated 25-meter competition pool (open year-round); therapy pool and kids pool.
- Full gymnasium; active basketball, volleyball, and indoor soccer programs.
- Over 70 Free fitness classes a month; Pilates, Yoga, Zumba, Spinning classes, and much more
- 2 FREE consultations with a certified trainer; FREE Functional Movement Screening
- Crossfit Gym & Crossfit Kids
- Dance, karate, art and other special programs
- Specialized Adaptive Sports Programs
- Personal training available
- Access to soccer field, outdoor track and playground equipment

JCC MEMBERS RECEIVE:

- Free Drop-in Childcare and J Zone (with expanded programs and homework help)
- Substantially reduced tuition for Family Enrichment Center, Summer Camp and Swim Lessons.
- Outstanding cultural, education and performing arts programs
- Discounted fees for JCC programs, special classes, and facility rentals.
- Access to Social Work and Senior programs
2017 JCC Camp Chai

10% OFF ALL JCC SUMMER CAMPS WITH EARLY REGISTRATION 2/26–3/5

Camp Chai JUNE 5 – JULY 28, 2017

Session 1-4: $425 member / $525 non-member (per 2 week session) Ages 5–13
Campers are grouped by age and may choose from a variety of activities to create their session schedule. This schedule includes four structured time periods and two elective time periods taught by specialists in their field of expertise. During each two-week session, your child will participate (each day) in the following structured activities: daily swim lessons, recreational swimming, sports, arts and crafts, dance, gymnastics (K-2), martial arts, science, outdoor education, movie making and drama, social studies, and others (depending on the Camp Chai session). Electives for all sessions include: archery, cooking and candy making, sports, jewelry making, story time, a variety of dance and performing arts options, computer games and programming, junior robotics, sports performance training, and many more specific to each session (see Camp Chai Session Elective schedule below). Themed weeks, special events, cook-outs, and field trips are part of all 4 sessions. Before and after care services are available from 7–9 am and 4–6 pm. Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.

1. Safety first; caring counselors and staff.
2. State-of-the-art complex with on-site pool, gym, recreational facilities, a wide variety of activities, and weekly cookouts and field trips.
3. Swim lessons and recreational pool time for all campers.
4. Enriched learning programs.
5. Open to All!

Schedule

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues, May 23</td>
<td>Parent Orientation Meeting</td>
</tr>
<tr>
<td>Tues, May 30</td>
<td>Specialty Camps Session 1 Begins</td>
</tr>
<tr>
<td>Mon, June 5</td>
<td>Camp Chai Session 1 Begins</td>
</tr>
<tr>
<td></td>
<td>Exclusive Electives: Star Wars Class, Stained Glass Art, Basketball Training, No-Sew Blankets and Clothes, Cheerleading, Karaoke Club, Sports Performance Training, Dance: Hip Hop</td>
</tr>
<tr>
<td>Mon, June 19</td>
<td>Camp Chai Session 2 Begins</td>
</tr>
<tr>
<td></td>
<td>Exclusive Electives: Soccer Training, Rockery, Ceramics, Drama &amp; Improv for Kids, Marvels Avengers, Dance: Jazz Duck Tape Art &amp; Origami, Making Models, Outdoor Survival Activities</td>
</tr>
<tr>
<td>Mon, July 3</td>
<td>Camp Chai Session 3 Begins</td>
</tr>
<tr>
<td></td>
<td>Exclusive Electives: Flag Football, Tennis Training, iPad Stop Action Movies, Pokemon, Performing Arts: Disney, Chess, Brain Teaser Puzzle Club, World Travelers Cooking Activity, Lacrosse, Dance: Ballet</td>
</tr>
<tr>
<td>TUES, July 4</td>
<td>NO CAMP</td>
</tr>
<tr>
<td>Thurs, July 13</td>
<td>Camp Overnight</td>
</tr>
<tr>
<td>Mon, July 17</td>
<td>Camp Chai Session 4 Begins</td>
</tr>
<tr>
<td></td>
<td>Exclusive Electives: Jump Rope Team, Volleyball Training, Camp Chai News, Costuming and Prop Making, Music of the World, Magic</td>
</tr>
<tr>
<td>Fri, July 28</td>
<td>Last day of Champ Chai Dance: Modern</td>
</tr>
<tr>
<td>Mon, July 31</td>
<td>Specialty Camps Session 2 Begins</td>
</tr>
</tbody>
</table>
From Nucleus to Nuclear Science Camp
5/30-6/2, 9am-4pm, $310 member / $385 non-member, Ages 6 -13
Discover and explore, from cell biology to nuclear energy, and journey through science wonders. Design and test physics machines and gravity-defying vehicles, blast above our amazing planet Earth and return gliding and floating, break apart and see DNA (our cellular coding), then with your senses travel into an individual cell. Science made alive through hands-on experiments and field trips, ending with a field trip to Explora science center. Join us on our exciting science journey, which also includes daily swimming opportunities in the JCC pool! Capacity: 18 campers. Contact Matt Westerlund at 348-4466 or mattw@jccabq.org with any questions.

LEGO® Robotics Camp
7/31-8/4, 9 am-4 pm Cost: $325 member / $415 non-member
Ages Entering 3rd Grade for 2017-18 school year Capacity: 18
During this 5-day camp, participants will investigate the fundamentals of designing, constructing, and bringing their own robots to life with LEGO® bricks, motors, gears, and many other electronic devices. Campers will learn about mechanical and software design, engineering principles, physics, and exploring their imagination through the LEGO® Mindstorms NXT system, all while developing problem solving skills in both individual and small group activities. All materials are provided just bring your creativity and an open mind to join in the fun! Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.

“Be a Star” Theater Camp
5/30-6/2, 9am-4pm, $235 member / $270 non-member Ages 5-13
Does your child dream about being on the big stage, on TV, or in the movies? If so, this is the camp for you! In this 4-day camp, participants will learn what it takes to be the next up and coming star! Led by long time JCC Camp instructors Sarah Custer and Erin Gruen, activities include: auditioning skills for the stage, TV and Movies, creating and performing their own commercials, as well as theater games, dance, singing, arts and crafts, and more! Campers need to bring a sack lunch and water daily. Contact Matt Westerlund at 348-4466, mattw@jccabq.org or Sarah Custer sarahwesterlund@gmail.com.

Outdoor Adventure Camp
5/30-6/2 9am-4pm $310 member / $385 non-member Ages, 8yr @ start of Camp. Capacity: 16
Excited about exploring the great outdoors this summer? Get a great head start on this journey with our 4-day Outdoor Adventure Camp, where campers will experience and learn a variety of hands-on activities, both at the JCC and off-site field trips into nature around Albuquerque. Topics during the week will include general camping introduction (tent set-up, knot tying, and etiquette), general wilderness survival (including map & compass reading, water filtration, cooking, plant identification, survivalist fire starting), outdoor activities, and many more (including making gadgets/tools). Led by outdoor educators, your camper will stay active and engaged in a safe, experiential-learning environment. Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.
Art Specialty Camp

Session 1: 5/30–6/2, (4 days) 9am-4pm $235 member / $270 non-member
Session 2: 7/31–8/4, (5 days) 9am-4pm $295 member / $335 non-member Ages 4 1/2–13 Capacity: 14

Art camp is a great opportunity for young artists to spend an entire, fun packed week immersed in art making! Fun, creative themes will be woven into a full day of clay, two days of 2-D multi-media projects (drawing, painting, collage), and a day of 3-D recycled art. August camp will spend an awesome afternoon at the Art Museum! On the final afternoon, an art exhibit has become a tradition of this camp as parents and family will be invited to view the Feats de Petit Artistes. Projects will vary between June camp and August camp.

Art in the morning, art in the afternoon, throw in a daily swim at the pool, a few gentle yoga classes, and some free-form dancing; what more could an artist's heart desire? Sorry parents, this camp is just for kids! Taught by Celeste Boals, 6 years JCC Art Teacher, 27 years Art Educator.

Contact Matt Westerlund phone: 348-4466 & email: mattw@jccabq.org or Celeste Boals boalsart@gmail.com.

Performing Arts Camp

7/31-8/4, $295 member / $335 non-member Ages 6–13

In this week-long camp, participants will learn specific songs, dance, and scenes from real-life musicals and have an opportunity to incorporate everything they have practiced into a fun end-of-camp performance. Led by JCC Camp Dance Specialist, Sarah Custer and Erin Kruen, activities will include instruction in jazz, ballet, tumbling, floor gymnastics, musical theater, choreography, arts and crafts, song, set design, costuming, and so much more. Campers need to bring a sack lunch and water daily.

Contact Matt Westerlund phone: 348-4466 & email: mattw@jccabq.org or Sarah Custer sarahwesterlund@gmail.com.

JCC & Albuquerque United Football Club (AUFC) Soccer Camp

Session 1 (4-day camp): 5/30-6/2, Half-Day (9:00am-12:30pm): $145 mem/$175 nm, Full-Day: $250 mem/$300 nm Ages 5–13
Session 2 (5-day): 7/31–8/4, Half-Day (9:00am-12:30pm): $180 mem/$220 nm, Full-Day: $315 mem/ $375 nm

The JCC & AUFC soccer camp is designed for players of all ages and levels. Most activities are designed with the ball and to improve each individual players abilities; improving technical skills, tactical awareness, soccer-specific conditioning, and players cognitive abilities. Kids want to have fun! That’s why we offer a large variety activities and games that motivate players. Kids need to experience success. That’s why we work in small groups which guarantees lots of touches on the ball for each individual and we divide players by age and ability to ensure success for each player. Kids don’t make mistakes, instead they gather experience in physical exercise and movement. Our coaches instruct players in a positive way and correct them when something goes wrong. We use praise as a means to increase the growth of learning and to promote self-confidence. All players must bring shin guards and soccer shoes, and full-day campers should bring a sack lunch and snacks, sunscreen, athletics shoes (for indoor soccer), and a swimsuit and towel (as swimming will be included to cool down in between afternoon playing sessions).

Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.

JCC Basketball Camp

Session 1: (4 days) 5/30–6/2 $245 mem/$315 nm, Session 2: (5 days) 7/30-8/4 $305 mem/$390 nm, Ages 5–13

This camp offers the opportunity for boys and girls to work on their skills. Coaches from schools around Albuquerque focus on skill development through the use of proper fundamental and game situations. Individual instruction will include passing, ball handling, post play, defense, rebounding, and reading the game. Coaches also talk about proper strength and conditioning, work ethic, attitude, teamwork, and more. This is a great opportunity to learn new skills that will elevate your game. Prepare like the pros and discover your potential. The cost of the camp includes a basketball and T-shirt for each camper. Campers should bring athletic shoes, shorts, tank-top or T-shirt, bathing suit, towel, and a daily sack lunch, drinks and snacks. Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.
If registering online at jccabq.org, please submit the following:
Permission/Emergency, and Medical History Forms to Member Services Office.

If submitting by paper, please deliver:
Camp Chai Registration Form, Permission/Emergency, and Medical History Forms to Member Services Office.
Fax: 505-275-1307   Email: mattw@jccabq.org

Golf Camp at Sandia Golf Club
7/31–8/4 $310 member / $385 non-member Ages 7–14 Capacity: 16
These comprehensive and exciting lessons will include the basic fundamentals necessary to learn the golf swing and all side-components of golf. They consist of learning the skills required for short game execution, specialty shots, course management and play. In addition, tips are provided on how to effectively get the most out of practice time, and what drills are helpful based on individual skill levels. Following lunch every day, campers will get actual course play. Campers will work with the highest quality teaching professionals in the area who will instruct them with sound fundamentals to help them quickly reach their golf goals. Children need to bring a sack lunch, water bottle, sunscreen, hat and golf clubs to camp daily. Drop-off is at 9am at Sandia Golf Club at the main entrance to the pro shop. Sandia Golf Club is located at 30 Rainbow Road, NE. Campers will be bused back to the JCC starting at 3:15pm. Pick up time is 4pm at the JCC.
Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.

Counselor in Training (CIT) Program
Camp Chai Sessions 1-4, $275 per camp session Ages 13 1/2-16
If your child is 13-16 years of age and wants to explore taking on more responsibilities within camp, working on becoming a leader, then the Counselor in Training (CIT) Program is the perfect opportunity for them. After the application and interview process, selected candidates will go through a variety of intensive trainings, with Camp Chai Directors, Specialists, and Counselor staff, to learn how to effectively communicate and work with children in the wide array of setting and situations that will arise during camp. Upon completion of training, CITs will work in a real-life camp village setting alongside their counselor mentors, participating with campers in daily activities, becoming a leader while making lifelong friends and memories. Any individuals interested in applying to the CIT Program can obtain an application in the JCC Member Services Office or online at jccabq.org. Contact Matt Westerlund at 348-4466 or mattw@jccabq.org with any questions.
“Around New Mexico in 5 Days” Geography and Social Studies Camp
July 10-14, 9am-4pm, $310 member / $385 non-member (Camp Chai Add-On $125), Ages 6 -13
In this week-long camp, which can be registered for in addition to or independent of Camp Chai Session 3, campers will learn about the history of New Mexico through daily lessons and projects, partnered with off-site field trips to locations around Albuquerque and the surrounding areas including museums, state parks, and other locations of historical significance to our state. Approaching this camp from the perspectives of both science and history, instructor Shirley Munoz will have students explore the changing landscapes of New Mexico’s geology, geography, social frameworks, and much more. Capacity: 12 campers.
Contact Matt Westerlund at 348-4466 or mattw@jccabq.org with any questions.

Shirley Munoz
Ms. Munoz is an APS instructor that specializes in science and social studies. She has years of experience teaching elementary and middle school students. She loves teaching and working with students, with her primary goal always being to excite students while teaching them to learn to love science, history, and geography, while using language arts and math skills, in interactive, hands-on settings.

Horseback Riding/Aqua Camp
Start the day at beautiful Heartlane Farms. Campers will learn the fundamentals of horseback riding, experience hands-on grooming, leading and basic care for horses. Each morning campers will ride for approximately an hour and a half to two hours. Professional staff provide individual and group instruction. Campers must wear shoes with a heel for safety reasons; 1” (approximate) heel is recommended. NO tennis shoes. Children may bring their own approved horseback riding helmet. If your child does not own this type of helmet, a borrowed helmet will be provided by the barn (please no bicycle helmets). Finish the day with a refreshing splash in the beautiful JCC pool. Bring a swimsuit, sunscreen and towel daily. Parents will drop off and pick up children at the JCC campus. The JCC will provide transportation to and from Heartlane Farms. Bring a sack lunch and water bottle daily. You may also bring carrot snacks for your favorite horse.
Contact Matt Westerlund at 348-4466 or mattw@jccabq.org.

Special overnight camp offer
Camp Oranim
July 9-16, 2017 At Camp Kiwanis (south of Gallup, bus transportation provided)
Ages entering 2nd–10th grade for 2017-18 school year
New Mexico’s only Jewish sleep-away camp. Camp Oranim is an active and engaging experience that develops self confidence, encourages personal growth, and spiritual development in an enriching Jewish environment. Most of all...it is FUN!
HIGHLIGHTS Archery • Swimming • Kosher-style meals • Hiking & Sports • Kabbalat Glo-Shabbat • Arts and Crafts • Spirit—Ruach
Contact Congregation Albert for registration and details at 505-883-1818 or education@congregationalbert.org

Early registration discount February 26 - March 5
SAVE 10% ON ALL JCC SUMMER CAMPS & AQUATICS!
General Information

- Register your children at jccabq.org, in person at JCC Member Services office, by mail, or by calling 505-348-4455 or 505-348-4466.

- JCC membership is not required for camp. JCC members receive priority registration and a discounted rate. Your JCC membership must be current throughout the time of registration and remain active throughout your child’s camp session or non-member rates will be billed. Our camp programs have limited enrollment and fill quickly; therefore, we encourage you to register as soon as you receive this brochure. 90/90 memberships do not qualify for member rates.

- A $75 deposit is required per child per Camp Chai session. Full payment will be charged to your credit card two weeks prior to each camp session start date.

- 5% discount for sibling registration applies to siblings enrolled after first child at regular price; no sibling discounts on early-bird registrations.

- Camp Chai will have a parent orientation meeting prior to camp on May 23 from 6–7pm at the JCC.

- Specialty camps must be paid in full upon registration.

- Children will have the option of bringing a sack lunch or they may purchase through Rhubarb & Elliott (www.rhubarbandelliott.com) for $6 per day.

- The JCC welcomes campers with special needs. Please note that an interview with the camp director will be conducted prior to enrollment. Eligible candidates will be high functioning, ambulatory, and can take care of their physical/personal needs.

- Some financial assistance is available for Camp Chai and for Aquatic Programs. Download applications at jccabq.org or contact Kathie Casaus at 348-4452. Scholarship application deadline is April 3. Scholarship decisions will be made by April 24.

Cancellation & Refund Policy:

- Cancellations at least 14 days before camp starts will receive a refund less a $75 administration fee.

- Cancellations made less than 14 days prior to or after camp start dates will not be refunded.

- No refunds or credits will be issued for late withdrawal, no-shows, or expulsion from camp.

- Cancellations due to prolonged injuries and illness will receive a refund, less the $75 administration fee (requires physicians letter.)

- All refunds/credits requested after June 1st will be processed by August 31st.

- EARLY-BIRD DISCOUNT: 10% discount applied for all camp registrations made by March 5. Sibling discounts do not apply; Speciality Camps must be paid in full; Camp Chai enrollment deposits required. 90/90 memberships do not qualify for member rates.
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   NO COMMITMENT NO CANCELLATION FEES NO REG FEES

riograndecrossfit.org

Kids physical activity,  
Teaching skill development, strength,  
coordination, gymnastics, and fun!  
Ages 3-12  
Tues & Thurs 3:30-4:15pm

Info at Member Services 505-348-4455 or Aaron Bubico, RCF Director 505-348-4448
SPORTS PERFORMANCE TRAINING
GET STRONGER, FASTER, PERFORM BETTER
Speed, Agility, Strength, Explosiveness and Conditioning

MAXIMIZE YOUR ATHLETIC PERFORMANCE AT THE JCC!

Summer is an optimal time for young athletes to enhance their athleticism and blow coaches away by next season. Increase your speed, agility and power with JCC’s Sports Performance coaching. One-on-One, Small Group & Team Training is available.

For more information call: Susanna Pier, Fitness Director 348-4521, susannap@jccabq.org

DONATE TO THE JCC TODAY!  Send a kid to camp or teach a kid to swim

The JCC of Greater Albuquerque serves the Albuquerque community as a whole. Attending camp or learning to swim can be a life-changing experience for children. JCC offers scholarships for camp and swim lessons to needy kids, including some who face homelessness. JCC’s 2017 goal is to offer $50,000 in camp and swim scholarships! It’s easy to help: when you register for JCC summer programs, add an extra donation for the Scholarship Fund.

Any amount makes a difference. Your gift will shape a young life forever.

$425 = two week camp session ● $43 = One day at camp ● $135 = six swim lessons

APS teacher Cookie Gillespie was a major supporter of JCC aquatics programs. JCC established the Cookie Gillespie Swimmer Fund in 2014 to provide scholarships for swim lessons and swim team.
Camp Chai Registration Form

Are you JCC Members? YES NO Member # __________________________ Email (required) __________________________

Camper Name: Last: __________________________ First: __________________________ Gender: Male or Female (circle one)

Parent 1: __________________________ Home or Work #: __________________________ Cell #: __________________________

Parent 2: __________________________ Home or Work #: __________________________ Cell #: __________________________

Address: __________________________ City: __________________________ State: __________________________ Zip: __________________________

DOB: __________________________ Age: ______ Grade (Emerging Gallions): ______ T-Shirt Size: Youth XS Youth S Youth M Youth L Adult S Adult M

Please indicate your camp selections by checking the colored boxes below.

<table>
<thead>
<tr>
<th>Camp Chai</th>
<th>Members</th>
<th>Non-Members</th>
<th>Before/After Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1 (June 5–16)</td>
<td>$425</td>
<td>$525</td>
<td>$50</td>
</tr>
<tr>
<td>Session 2 (June 19-30)</td>
<td>$425</td>
<td>$525</td>
<td>$50</td>
</tr>
<tr>
<td>Session 3 (July 3-14)</td>
<td>$425</td>
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<tr>
<td>Session 4 (July 17-28)</td>
<td>$425</td>
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<tr>
<td>All Sessions</td>
<td>$1,700</td>
<td>$2,100</td>
<td>$200</td>
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Counselor in Training Camp*

<table>
<thead>
<tr>
<th>Specialty Camps</th>
<th>Members</th>
<th>Non-Members</th>
<th>Before/After Care</th>
</tr>
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<tbody>
<tr>
<td>Around New Mexico in 5 Days (July 10-14)</td>
<td>$310</td>
<td>$385</td>
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<tr>
<td>JCC Basketball Camp (May 30-June 2)</td>
<td>$245</td>
<td>$315</td>
<td>$25</td>
</tr>
<tr>
<td>“Be a Star” Theater Camp (May 30-June 2)</td>
<td>$235</td>
<td>$270</td>
<td>$25</td>
</tr>
<tr>
<td>JCC Basketball Camp (July 31-August 4)</td>
<td>$305</td>
<td>$390</td>
<td>$25</td>
</tr>
<tr>
<td>JCC/AUFC Soccer Camp (May 30-June 2)</td>
<td>$145 Half-Day</td>
<td>$250 Full-Day</td>
<td>$175 Half-Day</td>
</tr>
<tr>
<td>JCC/AUFC Soccer Camp (July 31-August 4)</td>
<td>$180 Half-Day</td>
<td>$310 Full-Day</td>
<td>$220 Half-Day</td>
</tr>
<tr>
<td>LEGO® Robotics Camp (July 31-August 4)</td>
<td>$325</td>
<td>$415</td>
<td>$25</td>
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<tr>
<td>Outdoor Adventure Camp (May 30-June 2)</td>
<td>$310</td>
<td>$385</td>
<td>$25</td>
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<tr>
<td>Golf Camp at Sandia (July 31-August 4)</td>
<td>$310</td>
<td>$385</td>
<td>$12.50</td>
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<tr>
<td>Horseback/Aqua Camp 4-days (May 30- June 2)</td>
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<td>Horseback/Aqua Camp 5-days (July 31-August 4)</td>
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<td>Art Specialty Camp (May 30 –June 2)</td>
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<td>Art Specialty Camp (July 31-August 4)</td>
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<td>Nucleus-Nuclear Science Camp (May 30-June 2)</td>
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<td>Performing Arts Camp (July 31-August 4)</td>
<td>$295</td>
<td>$335</td>
<td>$25</td>
</tr>
</tbody>
</table>

Total Camp Chai Early Bird (Paid in Full) | $__________ | Balance of Camp Chai to be deducted 2 weeks prior to session start date to the following credit card: (required unless paid in full)

Total Camp Chai Deposits ____ x $75 | $__________ |

Total Counselor in Training Camp | $__________ |

Total Specialty Camps (Paid in Full) | $__________ |

Donation to JCC Camp Scholarship Fund | $__________ |

Donation to Cookie Gillespie Swimmer Fund | $__________ | [ ] Cash [ ] Check #______ [ ] Credit Card: Last 4_______Staff Init:______

Total Paid Today | $__________ |

Cancellation Policy: Cancellations at least 14 days before camp start will receive a refund less a $75 administration fee. Cancellations made less than 14 days prior to or after camp start dates will not be refunded. Parent Initials: __________

I hereby grant the JCC full permission to use my name, personal success story, photograph and video of me/my child for the purpose of publicity.

Parent Signature: __________________________ Date: __________

☐ QB ☐ Daxko
Aquatics Registration Form

Sunday Group Swim Lessons
(5 classes per Session)
SESSION 1: 4/23-5/21
SESSION 2: 6/4-7/9 (NO CLASS 7/2)
SESSION 3: 7/16-8/13
SESSION 4: 8/20-9/24
Infant/Toddler (6-36 Months)
$72 mem per P&T session (25 min)
$87 nm per P&T session (25 min)

Parent & Tot Sessions
10:00–10:25am   11:00–11:25am   11:30–11:55am
Youth (Ages 3 & up)
$137 mem per session (45 min)
$152 nm per session (45 min)

American Red Cross Lifeguard Certification Course
Summer
Ages 15+, $110 mem/$130 nm

Masters Swim
MON/WED/FRI, 6am-7am, $25 mem/$35 nm
Mar Apr May Jun Jul Aug

Monday–Thursday Group Swim Lessons
(8 Classes per Session)
SESSION 1: 6/5–6/15
SESSION 2: 6/19–6/29
SESSION 3: 7/10–7/20
SESSION 4: 7/24–8/3
$107 mem per session/$137 nm per session
Infant/Toddler (6-36 Months)

Parent & Tot Sessions
11:00–11:25am
Youth (Ages 3 & up)
8:00–8:25am
9:00–9:25am
11:00–11:25am

Starfish Sessions
8:00–8:25am
9:00–9:25am
11:00–11:25am

Seahorse Sessions
8:30–8:55am
9:30–9:55am
11:30–11:55am

Barracuda Sessions
9:30–9:55am
11:00–11:25am
11:30–11:55am

Dolphin Sessions
9:00–9:25am
11:30–11:55am

Shark Sessions
11:00–11:25am

High School Stroke Clinic
MON - THU, 9/5–10/21, 6–7pm
$125 per swimmer

ASD Swim Program
SESSION 1: TUES/THUR June 19–June 29
SESSION 2: TUES/THUR July 24–Aug 3
$39 mem/$49 nm

Beginner 8:30–9:00am
Intermediate 9:15–9:45am

Carrie Tingley Hospital Foundation Adaptive Swim Lessons Program
$49 per swimmer
Please contact Liz Reid to schedule lessons at 348-4497 or aquatic@jccabq.org for more information
*must fill out CTIFH scholarship application prior to registration

Carrie Tingley Hospital Foundation Adaptive Swim Lessons Program
$49 per swimmer
Please contact Liz Reid to schedule lessons at 348-4497 or aquatic@jccabq.org for more information
*must fill out CTIFH scholarship application prior to registration

Evening Group Swim Lessons
(6 classes per session)
SESSION 1: 5/2 – 5/18
SESSION 2: 6/5 – 6/21
SESSION 3: 7/10 – 7/26
SESSION 4: 8/14 – 8/30
$130 mem per session (45 min)
$150 nm per session (45 min)

Class Time Sessions
Baracuda 4:15–5pm  4 3 2
Seahorse 5:15–6pm  1 2 3 4

Private Swim Lessons (30 minutes)
Members Non- members
1 Lesson - $25
3 Lessons - $70
6 Lessons - $135
9 Lessons - $195
12 Lessons - $240

Semi-Private Lessons (30 minutes)
Members Non-members
1 Lesson - $35
3 Lessons - $100
6 Lessons - $195
9 Lessons - $285
12 Lessons - $360

Swimming 101 for Adults
6:15–7pm
$130 mem per session/$150 nm per session
SESSION 1: TUE/THU, 5/2–5/18
SESSION 2: MON/WED, 6/5–6/21
SESSION 3: MON/WED, 7/10–7/26
SESSION 4: MON/WED, 8/14–8/30

Cancellation & Refund Policy
• Cancellations received at least 10 days prior to program start date will be refunded, less a 10% surcharge.
• Cancellations received within 3 days of program start date will receive a credit voucher toward a future JCC program less a 10% surcharge.
• No refunds or credits will be issued for voluntary withdrawal, no-shows, or expulsion.
• Injuries and illness, with a valid letter from your physician, will receive a credit voucher toward a future JCC program less a 10% surcharge.
• All refunds/credits requested after June 1st will be processed by August 31st.
• Refunds for private and semi-private lessons will not be given after September 25th.

Are you a JCC Member? □ YES □ NO Member # __________ Email (required): __________
Gender: Male or Female (circle one)
Parent 1: ___________________________ Work #: ___________________________ Cell #: ___________________________
Parent 2: ___________________________ Work #: ___________________________ Cell #: ___________________________
Address: __________________________________________________________ City: __________ State: __________ Zip: __________
Emergency Contact Name: ___________________________ Phone #: ___________________________
Swimmer Date of Birth: ___________________________ Age: ___________________________ Home #: ___________________________
Total: ___________________________ Payment: □ VS □ MC □ Check CC#: ___________________________ Signature: ___________________________
I have authority and hereby give ____________________ permission to attend the Jewish Community Center of Greater Albuquerque’s Camp Chai’s Field Trip(s) and/or JCC Specialty Camps that involve locations other than the JCC. I understand that the Jewish Community Center’s staff persons may act on my behalf in case of emergencies. I understand that in case of an emergency, ambulance transport might be involved.

Name of Camper: _________________________________________________________________

Parent/Guardian (1): ____________________________________________________________ (2): __________________________________________________________

Carrier / Health Insurance Plan Name: __________________________________________

Medical Insurance Number: ____________________________________________________

Name of Primary Care Doctor: ____________________________ Phone: __________________

Allergies or medical problems: __________________________________________________

__________________________________________________________

__________________________________________________________

Emergency Contacts

Name: _______________________________________________________________________

Telephone: ___________________ (hm) ____________________ (cell) ___________________ (wk)

Name: _______________________________________________________________________

Telephone: ___________________ (hm) ____________________ (cell) ___________________ (wk)

__________________________________________________________

Parent or Guardian Signature ___________________________ Date ___________________
Camp Chai Medical History Form

Child Last Name: ____________________________  Child First Name: ____________________________
Home Address: ____________________________  City: __________________  State: ______  Zip: ______
Birth Date: ____________________________  Gender: ( ) Female  ( ) Male  Age at Camp: ______________

Health Examination
A complete physical was given on ____________________________ (M/D/Y)
(If a physical examination has been done in the past 2 years, then there is no need to have a new exam. Please have physician fill out this medical report.)

Immunization History

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<thead>
<tr>
<th></th>
<th>1 (M/D/Y)</th>
<th>2 (M/D/Y)</th>
<th>3 (M/D/Y)</th>
<th>4 (M/D/Y)</th>
<th>5 (M/D/Y)</th>
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<tr>
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<td>HIB</td>
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<tr>
<td>Polio</td>
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<tr>
<td>MMR</td>
<td>(Measles, Mumps, Rubella)</td>
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<td>Hepatitis B</td>
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<tr>
<td>Tetanus Booster</td>
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TB Mantoux Test: ____________________________ (M/D/Y)  Result: ( ) Positive  ( ) Negative

Medical History (please give date of last occurrence)
Chicken pox: ____________________________  Measles: ____________________________  Mumps: ____________________________
Hepatitis A, B, or C: ____________________________  Frequent ear infections: ____________________________

Child’s Physical Limitations and Special Needs
Allergies (List): ____________________________________________  ____________________________________________
Routine Medications: ____________________________________________  ____________________________________________
       Dosage: ____________________________________________  Specific times taken each day: ____________________________________________
Dietary Restrictions: ____________________________________________  ____________________________________________
Special Considerations (Please be Specific): ____________________________________________  ____________________________________________

Physician’s Recommendation
I have examined this individual and have reviewed his/her health history. It is my opinion that he/she is physically able to engage in camp activities, except as noted above. I have been this applicant’s physician for ________ years.

______________________________  ____________________________  ____________________________
Examing Physician                  Print                  Date

Address: ____________________________  City: __________________  State: ______  Zip: ______
Phone: ____________________________

Parent/Guardian Signature: ____________________________  Date: ____________________________
MAX & RUTH POLLACK AQUATIC COMPLEX SCHEDULE

JCC Competition pool is open year round!

Please visit Member Services or jccabq.org for detailed pool schedule.

**March 1 - April 30**
- **Monday–Thursday**: 6am – 10am, (Adult Lap Only) 10am – 4pm, 4pm – 7pm
- **Friday**: 6am – 10am, (Adult Lap Only) 10am – 4pm
- **Saturday**: 10am – 4pm
- **Sunday**: 10am – 4pm

**May 1 – May 29**
- **Monday–Thursday**: 6am – 10am, (Adult Lap Only) 10am – 4pm, 4pm – 8pm
- **Friday**: 6am – 10am, (Adult Lap Only) 10am – 4pm
- **Saturday**: 8am – 6:30pm
- **Sunday**: 8am – 6:30pm

**May 31 – September 4**
- **Monday–Thursday**: 6am – 8pm
- **Friday**: 6am – 5:30pm
- **Saturday**: 8am – 6:30pm
- **Sunday**: 8am – 6:30pm

**SPECIAL POOL SCHEDULES**

- **March 12-18**: MAINTENANCE
- **Easter (April 16)**: 8am – 12:30pm
- **Passover (April 11)**: POOL CLOSED
- **Fourth of July (July 4)**: 8am – 3:30pm
- **Memorial Day (May 29)**: 8am – 3:30pm
- **Labor Day (September 4)**: 8am – 3:30pm

* POOL CLOSED FOR ORCAS SWIM MEETS 3 FRIDAY AFTERNOONS — DATES TBD
The JCC Learn to Swim Program is designed to help your child learn skills from bubble blowing all the way to stroke refinement. This will include safety skills in, on, and around the water. As your child progresses through our program, they will learn specific skills that will help them advance through the five different class levels. Here at the JCC we never let our student-to-instructor ratio exceed 6 to 1 for Levels I-V.

Special care is taken to ensure that each student is in the appropriate class for their skill level. All of our instructors have been trained to teach safely and effectively. JCC swim lessons are a great foundation to begin a lifetime passion for fitness and love for swimming. Our philosophy in teaching our swimmers is to make their experience fun while challenging them to stretch beyond their comfort zone.

We often see that the kids are excited to learn and rarely want to get out of the pool when their class is completed.

Regardless of your swimming skill level, we have several classes designed to ensure your progression. Our experienced staff is passionate in helping you reach your goal, whether it is feeling comfortable in the water, cutting time on your laps, or preparing for a triathlon.

Private Swim Lessons

Our instructors will help you learn to swim and develop your swim stroke. Private lessons are for 30 minutes and are open to all ages and abilities. After we have received your online registration, one of our instructors will call you to set up lesson times.

<table>
<thead>
<tr>
<th>Private Lessons Packages</th>
<th>Semi-Private Lessons Packages</th>
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</thead>
<tbody>
<tr>
<td><strong>Members</strong></td>
<td><strong>Members</strong></td>
</tr>
<tr>
<td>1 Lesson $25</td>
<td>1 Lesson $35</td>
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<tr>
<td>3 Lessons $70</td>
<td>3 Lessons $100</td>
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<tr>
<td>6 Lessons $135</td>
<td>6 Lessons $195</td>
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<tr>
<td>9 Lessons $195</td>
<td>9 Lessons $285</td>
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<tr>
<td>12 Lessons $240</td>
<td>12 Lessons $360</td>
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<tr>
<td><strong>Non-members</strong></td>
<td><strong>Non-members</strong></td>
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<tr>
<td>1 Lesson $40</td>
<td>1 Lesson $50</td>
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<tr>
<td>3 Lessons $115</td>
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<tr>
<td>6 Lessons $225</td>
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<tr>
<td>9 Lessons $330</td>
<td>9 Lessons $420</td>
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<tr>
<td>12 Lessons $420</td>
<td>12 Lessons $540</td>
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</tbody>
</table>

*Semi-Private Lessons are scheduled with two or three swimmers at the same time.*
Parent & Tot Swim Class (6–36 months)
This class is the first step in building confidence in the water and learning basic safety skills. It will also emphasize the important cues and how to use them. The goal of this class is for parents and children to be comfortable in the water together and begin to learn the fundamentals of swimming. Progression in this class includes guided water exploration and initiation of independent swimming. Swim diapers are required for this class.

Classes for Ages 3 and older:

Starfish (Level I) Intro to Water Skills
A safe and fun introduction to water. Skills introduced include: floating, kicking, bubble blowing, alternate arm motion, and more. Prerequisite for class: none

Seahorses (Level II) Fundamental Aquatics Skills
Students learn to float without support and recover to vertical position. This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills. Prerequisite for class: submerge face and shoulders in the water, front and back kick with support or successful completion of Level I.

Barracuda (Level III) Stroke Development
This class builds on skills from Level II through additional guided practice in deeper water. It will introduce scissor kick, elementary backstroke, breaststroke kick, and dolphin kick. Prerequisite for class: prone float, back float, crawl kick without support or successful completion of Level II.

Dolphin (Level IV) Stroke Improvement
This class develops confidence and skills learned and improves other aquatics skills. This class will introduce sidestroke and treading water. Diving and additional safety skills are also introduced. Prerequisite for class: basics of front crawl, back float and comfortable in deep water or successful completion of Level III.

Sharks (Level V) Stroke Refinement
This class will provide further coordination and refinement of strokes. Diving skills are advanced along with basic water rescue skills. Prerequisite for class: knowledge of the front crawl, backstroke, elementary backstroke, sidestroke, treading in deep water and diving or successful completion of Level IV.

Evening Lessons
45 minute Classes
Five classes per session
SESSION 1  5/2 - 5/18  Tues & Thurs
SESSION 2  6/5 - 6/21  Mon & Wed
SESSION 3  7/10 - 7/26  Mon & Wed
SESSION 4  8/14 - 8/30  Mon & Wed

Sunday Lessons
45 minute classes
Five classes per session
SESSION 1  4/23 - 5/21
SESSION 2  6/4 - 7/9 (NO CLASS 7/2)
SESSION 3  7/16 - 8/13
SESSION 4  8/20 - 9/24
Parent-Tot Classes only 25 minutes.

Monday—Thursday Lessons
25 minute classes
Eight classes per session
SESSION 1  6/5 - 6/15
SESSION 2  6/19 - 6/29
SESSION 3  7/10 - 7/20
SESSION 4  7/24 - 8/3

See registration form for class times and prices.
AQUATICS

Specialty Swim Lessons

ASD Swim Program (ages 5-10):

This swim program is designed around the communication and sensory needs of children on the autism spectrum. We will utilize visual schedules, social stories and teach in small groups. Classes are scheduled during less busy pool times. Children will learn to be safe in and around the pool area. Emphasis will be on safety, having fun and making new friends. This is a great opportunity to meet other children with ASD.

$39 MEMBER / $49 NON-MEMBER

Beginner:
Starfish/Seahorse (Level I & Level II)
Intro to Water Skills
8:30am-9:00am

Intermediate:
Barracuda (Level III)
Stroke Development
9:15am-9:45am

Session 1: Jun 19-29 (Tues & Thurs)
Session 2: Jul 24-Aug 3 (Tues & Thurs)

Adaptive Swim Lessons*

The JCC offers adaptive lessons modified for individuals with special needs. This class provides swimmers the opportunity to facilitate gross and fine motor skills in a gravity eliminated environment. This class will include skills such as safe entry and exit of the water, submersion, floating, and swimming technique.*

For more information, about available days and times please contact Liz Reid, Swim Lessons Coordinator, at 348.4497 or aquatics@jccabq.org or contact Membership Services.

*Must fill out Carrie Tingley Hospital Foundation scholarship form; available from JCC.
**JCC SWIM TEAM AND STROKE CLINICS**

**OrcaS Swim Team**
Ages: 5 – 18

The JCC OrcaS swim team is a competitive and fun swim team open to boys and girls. The OrcaS are a part of the Sundance Swim League and will compete with other clubs around the state. The swim meets are held every week.

**Practice Times:**
May 1 – May 24
MON/WED, 4:45–6:30pm
May 30 – July 22
MON/WED/FRI, 6:45–10pm
TUE/THU, 4:30–7:30pm

**Pre-Swim Team Clinic**
MON/WED, 5/1–5/24, 4–4:45pm,
$135 member / $175 non member, Ages 5–18

Participate in learning to improve your stroke technique for the next swim season. This clinic is for both boys and girls that have a beginning to intermediate swimming level or higher level. If a swimmer decides to continue from this clinic to the swim team, then the cost of the clinic will be rolled into the cost of the swim team.

**Fall Swim Stroke Clinic**
TUE/THU, 9/5–10/5, 5–6pm,
$80 member / $120 non-member

Participate in learning to improve your stroke technique for the next swim season. This clinic is for both boys and girls that have a beginning to intermediate swimming level or higher level.

The OrcaS Swim Team begins with a solid foundation in the core fundamentals of swimming, focusing on form, breathing, endurance and power. This program will take your child’s skills from the basics to being a competitive athlete. Swim team gives kids confidence in a team environment where good sportsmanship is encouraged and lifelong friends are developed. Due to the popularity of this program and the limited space, enrollment is capped. Register early to secure a spot for your child. There is no better way to spend a summer than to learn and be in a positive environment while developing social skills and gaining deep friendships.

**Swim Team Fees**

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<thead>
<tr>
<th></th>
<th>JCC Members</th>
<th>Non-members</th>
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<tbody>
<tr>
<td>1st Child</td>
<td>$195</td>
<td>$285</td>
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<tr>
<td>2nd Child</td>
<td>$175</td>
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<tr>
<td>3rd Child</td>
<td>$155</td>
<td>$245</td>
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*Uniforms and equipment not included in registration fee.
High School and Adult Swim Programs

Masters Swim
Mon/Wed/Fri, $25 member / $35 non-member, Ages 18+
MONTHLY
6:00am to 7:00am
A great way to train for personal fitness, swim competitions, and triathlons. Stroke development will be analyzed and competitive skills developed. Must have basic knowledge of all four strokes.

Private Swim Lessons
Swimmers from all ages can benefit from JCC’s outstanding swim instructors. Our instructors will help you learn to swim and develop your swim stroke. Private lessons are for 30 minutes and are open to all ages and abilities. After we have received your online registration, one of our instructors will call you to set up lesson times.

Private Lessons Packages

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<thead>
<tr>
<th></th>
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<tbody>
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<td>3 Lessons</td>
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<td>6 Lessons</td>
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<td>9 Lessons</td>
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<td>12 Lessons</td>
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Semi-Private Lessons Packages

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<td>$360</td>
<td>$540</td>
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</table>

*Semi-Private Lessons are scheduled with two or three swimmers at the same time.

Swimming 101 for Adults
Session 1 5/2 - 5/18, TUE/THU
Session 2 6/6 - 6/21, MON/WED
Session 3 7/10 - 7/26, MON/WED
Session 4 8/14 - 8/30, MON/WED
6:15–7:00pm, $130 member / $150 non-member, Ages 18+
(6 classes per session)

Begin to learn the fundamentals of swimming. Swimming 101 will teach you the basics of all 4 swim strokes and help you feel comfortable and safe in the water.

High School Pre-Season Stroke Clinic
MON-THURS, 9/5-10/19, 6-7pm, $125 per swimmer

This clinic is for both boys and girls to prepare for the upcoming High School swim season. Recommended for 8th grade swimmers and above. Each training session will have a goal of swimming 3,000+ yards, depending on level of experience and conditioning.

There will be no practice on 9/21 and 9/30.
(JCC is closed for Rosh Hashanah and Yom Kippur)

Swimming 101 for Adults
Session 1 5/2 - 5/18, TUE/THU
Session 2 6/6 - 6/21, MON/WED
Session 3 7/10 - 7/26, MON/WED
Session 4 8/14 - 8/30, MON/WED
6:15–7:00pm, $130 member / $150 non-member, Ages 18+
(6 classes per session)

Begin to learn the fundamentals of swimming. Swimming 101 will teach you the basics of all 4 swim strokes and help you feel comfortable and safe in the water.

High School Pre-Season Stroke Clinic
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There will be no practice on 9/21 and 9/30.
(JCC is closed for Rosh Hashanah and Yom Kippur)
AQUATICS
Specialty Activities and Aqua Fitness

**JCC Water Polo League**
Clinics Begin 8/5-8/26
Practices and Games Begin 9/6
Championship Weekend 10/14-10/15
Ages: 5th – 8th Grade
$70 player/$45 player if registered in a year-round water polo league.
See website for detailed game and practice times.
Water Polo is a great fitness complement to many other sports as you develop strength, coordination and endurance! Water Polo was among the first team sports introduced in the modern day Olympics! Join us for a FUN water polo workout and League experience! We’ll introduce you to the basic skills and concepts you need to play this exciting, fast-paced game.

**American Red Cross**

**American Red Cross Lifeguard Class**
**SPRING CLASS**
Fri, Sat & Sun 3/31-4/2
**SUMMER I CLASS**
Fri, Sat & Sun 5/5-5/7
**SUMMER II CLASS**
Tues & Thur, 6/6-6/22, 7am-11am
Final exam 6/23
VISIT JCCABQ.ORG FOR DETAILED SCHEDULE
$110 member / $130 non-member, Ages 15+
If you’re looking for a great summer job or challenging career that’s in demand, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion and hands-on practice, you’ll learn patron rescue and surveillance skills, first aid and CPR/AED. Courses are available with a focus on a variety of environments, including pools, waterfords, water parks and shallow water attractions. Must pass certain swimming requirements.

**Splash Ball**
7/8 thru 8/12 SAT 9-9:45am
Must register online or in Membership Office
Ages 1st–4th grade, $40 member / $55 non-member
Splashball combines your swim skills with ball skills. You must have a beginner background in swimming (completed Level 2 Seahorse or above). We’ll introduce you to the basic skills and concepts you need to play this exciting game: treading water (Eggbeater), ball handling (dribbling, passing, shooting) all mixed in with a ton of FUN! Don’t miss the last class of the session where we put all of our skills together for a fun mini-game!

**Aqua Zumba**
TUE/THU, 5/1- 9/29, 9 -10am, FREE/members
We are bringing the party to the pool! This is a fun and safe class that combines the Zumba style workout with traditional water resistance methods. Prepare to have fun! FREE for members.

**Aquaerobics**
5/1-9/29, FREE/members
Mon/Wed/Fri/Sat: 9–10am
Aquaerobics is an enjoyable way to exercise while toning and trimming. Rhythmic water exercises are a wonderful way to keep in shape. This hour-long class takes place in the shallow end of the competition pool, which serves as an added resistance force.
1 on 1 Personal Coaching and Team Training

Want expert advice on the clean or snatch? Or maybe you just need a little more focused attention on the squat, bench press, or deadlift. Whatever your goal is, our experienced coaches can help you fine tune your fitness and motivate you to be your best!

Sessions are available by appointment:
To schedule please contact CrossFit Director Aaron Bubbico by email at aaronb@jccabq.org
Coleman Vision proudly supports the JCC and Youth Tennis
Registration Opens February 26
Click on jccabq.org or call 505-348-4455 or visit in person

REGISTER NOW! CAMP CHAI FILLS UP QUICKLY!
JCC IS OPEN TO ALL

SWIM LESSONS SAVE LIVES!
EARLY BIRD REGISTRATION 2/26-3/5