



# 2020

## **Camp & Aquatics Program Guide**

**SAVE 10% *ON ALL* SUMMER CAMPS & AQUATICS!**

Early registration discount March 1-8 Use promo code *eb10* online  
To register visit [jccabq.org](http://jccabq.org), call 505-332-0565 or in person





# JCC Summer Camps

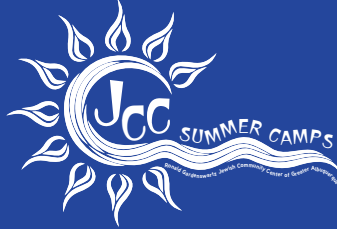
**MAY 26<sup>TH</sup> – AUGUST 7<sup>TH</sup>, 2020**

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 11<sup>th</sup> year and has planned exciting summer programs for children ages 5–15. 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,  
Shelly Prant, JCC CEO  
Matt Westerlund, Camp Director



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, weekly cookouts and field trips.
3. Swim lessons and recreational pool time for all campers.
4. Enriched learning programs.
5. Open to All!



## Schedule

**Tues, May 19:** Parent Orientation Meeting

**Tues, May 26:** One Week Specialty Camps

**Mon, June 1:** Camp Chai Session 1 Begins

**Exclusive Electives:** Karaoke Club, Dance: Jazz, Basketball Training, Soccer, Wacky Science, Theater and Improv Games, Camp Newspaper, Cooking and Baking

**Mon, June 15:** Camp Chai Session 2 Begins

**Exclusive Electives:** Star Wars Class, Ninja Obstacle Course Training, Outdoor Water Play Activity, Ceramics, DIY Clothing Art, Gaga Ball, Dance: Hip-Hop, World Travelers Activity, Tennis, Sports Performance Training, Laser Tag

**Mon, June 29:** Camp Chai Session 3 Begins

**Exclusive Electives:** Camp Newspaper, Medieval Times, Pokemon, Performing Arts: Disney, Duck Tape Art and Origami, Rec Swim Activity, Basketball Training, Camp Chai BBQ and Backyard Games Club



**Thurs, July 9:** Camp Overnight

**Mon, July 13:** Camp Chai Session 4 Begins

**Exclusive Electives:** Chess, Marvel Avengers Class, Magic, Outdoor Water Play Activity, Volleyball Training, Camp Drum line, Animal Appreciation Class, Sports Performance Training

**Fri, July 24:** Last day of Camp Chai

**Mon, July 27:** Specialty Camp Session 2 begins

**Mon, Aug 3:** Specialty Camp Session 3 begins



## 2020 JCC Camp Chai

**10% OFF ALL JCC SUMMER CAMPS WITH EARLY REGISTRATION 3/1-3/8**  
**Camp Chai JUNE 1 - JULY 24, 2020**

Session 1-4: (per 2 week session) \$425 member / \$540 non-member 9am -4pm; Ages 5-13

Campers are grouped by age and participate in a variety of daily activities, including four structured and two elective time periods, taught by specialists in their areas of expertise, to create their own unique summer experience. During each two-week session, campers participate in the following activities as part of their morning structured periods: daily swim lessons and recreational swim time, sports, art, dance, martial arts, social studies, outdoor education, Israeli cultural studies, movie making, gymnastics (K-2), and others (depending on the Camp Chai session). Additionally, afternoon elective classes vary throughout the summer (see below for specific, special offerings for each Camp Chai session), and will always include the following: martial arts, movie making, sports, jewelry making, yoga and story time, a variety of dance and performing arts options, computer games, LEGO builders, card and board games, and arts and crafts. Themed weeks, special events, cookouts, field and camp spirit days, and field trips are part of all sessions. Before and after care services are available from 7:00-9:00AM and 4:00-6:00PM.



*"When I ask my kids what are your blessings for the day, they answer, Camp Chai!"*  
—J Patruznick

**Before and After Care is Available 7am to 6pm**  
**\$25 Per Specialty Camp \$50 Per Camp Chai Session**



Please be sure to fill out the Camp Chai Registration Form, Permission/Emergency and Medical History Forms online at [www.jccabq.org](http://www.jccabq.org) or via email: [mattw@jccabq.org](mailto:mattw@jccabq.org)  
**If submitting by paper, please deliver to Member Services Office:**





# Specialty Camps



## Our Living Planet Science Camp

7/27-31, 9am-4pm, \$325 member / \$415 non-member, Ages: 6-13  
From large to small, even microscopic, campers will explore the intricacies that allow our planet and its inhabitants to thrive and survive. With a focus within the areas of biology, ecology, geology, and chemistry, campers will participate in a variety of learning experiences, including hands-on demonstrations and experiments in the classroom and in the field, classroom discussions and presentations, data collection, and analysis in the field. In addition to the science content, campers will have the opportunity to enjoy the amenities of the JCC with daily swimming and recreational activities throughout this 5-day camp. Campers will need to bring athletic shoes, bathing suit, towel, and lunch, daily. Capacity: 20  
Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org

## LEGO® Robotics Camp

5/26-30, 9 am-4 pm Cost: \$325 member / \$415 non-member

Ages: Entering 2nd Grade for 2019-2020 school year

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 (with a final competition and celebration held on Saturday, May 30<sup>th</sup>). All materials are provided...just bring your creativity and an open mind to join in the fun!



## Dance Camp

5/26-29, 9am-4pm, \$235 member / \$270 non-member Ages 5-13

Participants will have the opportunity to explore the beauty of different styles of dance, learning and perfecting techniques, skills, choreography, routines, and so much more. Led by long-time JCC Camp Dance instructor, Sarah Westerlund, campers of all backgrounds and levels of experience in dance are welcome to join and grow throughout this 4-day camp, with a final performance to families on Friday, May 29th showcasing their work during the week. Campers need to bring a sack lunch, athletic attire, and swim items (for optional afternoon swimming opportunities throughout the week)

Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org or Sarah Westerlund sarahwesterlund@gmail.com



## Outdoor Adventure Camp

5/26-29, 9am-4pm \$310 member / \$385 non-member Ages, Tyr @ 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 in variety of hands-on activities, both at the JCC and in various 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, horseback riding, a visit to the rock climbing gym, and many more (including making gadgets/tools). Led by outdoor educators, your camper will stay active and engaged in a safe, experiential-learning environment.

## Art Specialty Camp



5/26-29 9am-4pm \$235 member / \$270 non-member

8/3-8/7 9am-4pm \$295 member / \$335 non-member Ages 4 1/2-13 Capacity: 14

This is a great opportunity for young artists to spend an entire, fun-packed week immersed in making art! Fascinating, 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 May camp (Session 1) and August camp (Session 2).

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!

Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org

"JCC Camps are higher education disguised as fun! Both my kids are enrolled!"  
—C Martinez

## Performing Arts Camp



7/27-31, 9am-4pm \$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 Westerlund, 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 at 332.0565 x4466 or mattw@jccabq.org or Sarah Westerlund sarahwesterlund@gmail.com

## JCC Soccer Camp



(4-day camp): 5/26-29, Half-Day (9:00am-12:30pm): \$145 mem/\$175 nm,

Full-Day: \$250 mem/\$300 nm

(5-day): 7/27-31, Half-Day (9:00am-12:30pm): \$180 mem/\$220 nm,

Full-Day: \$310 mem/ \$375 nm Ages 5-13

JCC soccer camp is designed for players of all ages and levels. Most activities are designed with the ball and to improve each individual player's abilities; improving technical skills, tactical awareness, soccer-specific conditioning, and player's

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 grow 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, athletic shoes (for indoor soccer), and a swimsuit and towel (swimming will be included to cool down in between afternoon playing sessions). Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org

## JCC Basketball Camp

5/26-29 \$250 mem/\$300 nm, 7/27-31 \$310 mem/\$375 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 332.0565 x4466 or mattw@jccabq.org





## Golf Camp at Sandia Golf Club

6/22-26, 9am-4pm \$310 member / \$385 non-member 7/20-24, \$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 332.0565 x4466 or mattw@jccabq.org



## Counselor in Training (CIT) Program

*Camp Chai Sessions 1-4, \$275 per camp session Ages 13 1/2-15*  
 If your child is 13-15 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. Individuals interested in the CIT Program can obtain an application in the JCC Member Services Office or online at jccabq.org. Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org



## Horseback Riding/Aqua Camp

Session 1 3/30-4/3, \$410 member / \$500 non-member  
 Session 2 5/26-29, \$330 member / \$400 non-member  
 Session 3 6/22-25, \$330 member / \$400 non-member  
 Session 4 8/3-7, \$410 member / \$500 non-member

**New One-Day Intensive Riding Experiences,**  
*Fridays throughout the summer, for campers wanting extended riding time and more individualized instruction. 8:45am-4:00pm*  
 June 5th, June 19th, June 26th, July 10th, & July 31st;  
 \$125 member / \$165 non-member

For ages 6-13. Start the day at beautiful Platinum Performance Stables. Campers will learn the fundamentals of horseback riding, experience hands-on grooming, leading and basic care for horses. Professional staff provide individual and group instruction. Each morning campers will ride for approximately an hour and a half to two hours. NO tennis shoes. Helmets are provided. You may also bring carrot snacks for your favorite horse! 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 Platinum Performance Stables. Hot lunch option is available, water is provided by stable.  
 Contact Matt Westerlund at 332.0565 x4466 or mattw@jccabq.org



## Summer Shlichim Program

The aim of the Summer Shlichim Program is to send qualified, professional staff from Israel to add a uniquely Jewish, and personal Israeli dimension, to Camp Chai. Shlichim are mature, educated young adults who have completed army or national service and are experienced in the areas of formal and informal education as counselors, teachers, and youth or child care workers. Shlichim possess leadership, as well as other skills and talents that make them highly motivated and dynamic role models to be working with our campers and staff.

This summer, Camp Chai is very fortunate to be able to offer such as great experience for our campers this summer, as we will be welcoming two Summer Schlichim to camp who will specialize in Israeli Culture and Sports & Athletics. **The JCC is looking for families to host our camp Schlichim for a couple of weeks during the summer.** This is a great way to bring an incredible cultural experience into your home for your campers and family.  
 Please contact Matt Westerlund at 332.0565 x4466 — mattw@jccabq.org or  
 Shelly Prant at 332. 0565 x4449 — shellyp@jccabq.org



# Join us! THE JCC HAS SO MUCH TO OFFER! EVERYONE WELCOME!

Join our JCC family and community and take full advantage of the special benefits offered 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 per week; Pilates, Yoga, Zumba, Spinning classes, and more
- 2 FREE consultations with a certified trainer; FREE Functional Movement Screening
- Elite Fitness Studio
- Dance, karate, art and other special programs
- Personal training available
- Soccer field, outdoor track and playground equipment



### JCC MEMBERS RECEIVE:

- Free Drop-in Childcare and J Zone
- 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 Senior programs

# JCC MEMBERSHIP RATES

### Membership Type

### Monthly Annual \*

Family	\$100	\$1140
Individual Adult and Children	\$74	\$844
Adult Couple ( age 26-64 years)	\$94	\$1072
Individual Adult (age 30-64 years)	\$67	\$764
Young Individual Adult (ages 13-29)	\$40	\$456
Senior Couple (couple 65+ years)	\$63	\$719
Senior Individual Adult (age 65+ years)	\$46	\$525
Additional Adult (full time resident)	\$30	

- \$75 Registration Fee
- Join the JCC, stay with us for a year and we'll waive your registration fee.

**\*Benefits of Paying Annual Membership In Full; Registration Fee Waived, 5% discount, One Hour Free Personal Training, and Two Free Guest Passes.**





# Aquatics Registration Form

# AQUATICS



**Max & Ruth Pollack Aquatic Complex Schedule**  
**JCC Competition pool is open year round!**

## SPECIAL POOL SCHEDULES

<b>MARCH 15-22</b>	<b>MAINTENANCE</b>	<b>Fourth of July (July 4)</b>	<b>8am – 3:30pm</b>
<b>Easter (April 12)</b>	<b>8am – 12:30pm</b>	<b>Memorial Day (May 25)</b>	<b>8am – 3:30pm</b>
<b>Passover (April 8)</b>	<b>POOL CLOSED</b>	<b>Labor Day (September 7)</b>	<b>8am – 3:30pm</b>

### March 1 - March 31

<b>Mon-Thurs</b>	5:30am-9am
(Adult Lap Only)	9am-4pm
	4pm-7pm
<b>Fri</b>	5:30am-9am
(Adult Lap Only)	9am-4pm
<b>Sat &amp; Sun</b>	7:30am-5:30pm

### April 1 - May 26

<b>Mon-Thurs</b>	5:30am-9am
(Adult Lap Only)	9am-4pm
	4pm-8pm
<b>Fri</b>	5:30am-9am
(Adult Lap Only)	9am-4pm
<b>Sat &amp; Sun</b>	7:30am-6:30pm

### May 27 - August 17

<b>Mon-Thurs</b>	5:30am-8pm
<b>Fri</b>	5:30am-5:30pm
<b>Sat &amp; Sun</b>	7:30am-6:30pm

Call 505-332-0565, visit Member Services, click [jccabq.org](http://jccabq.org) for detailed pool schedule

**Sunday Group Swim Lessons**  
 (5 classes per Session)  
 SESSION 1 4/19-5/17  
 SESSION 2 5/31-6/28  
 SESSION 3 7/5-8/2  
 SESSION 4 8/9- 9/6  
 Infant/Toddler (6-36 Months)  
 \$75 mem per P&T session (25 min)  
 \$90 nm per P&T session (25 min)

**Parent & Tot 1 6-11 mo Sessions**  
 9:30-9:55am 1 2 3 4  
 11-11:25am 1 2 3 4  
 11:30-11:55am 1 2 3 4

**Parent & Tot 2 12-23 mo Sessions**  
 10-10:25am 1 2 3 4  
 10:30-11am 1 2 3 4  
 11-11:25am 1 2 3 4

**Parent & Tot 3 24-36 mo Sessions**  
 10:30-10:55am 1 2 3 4  
 11:30-11:55am 1 2 3 4

**Learn to Swim (Ages 3 & up)**  
 \$145 mem per session (45 min)  
 \$160 nm per session (45 min)

Class	Time	Sessions
<b>Starfish</b>	8:30-9:15am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	10:20-11:05am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
<b>Seahorse</b>	9:25-10:10am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	11:15-12pm	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
<b>Barracuda</b>	8:30-9:15am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
	11:15-12pm	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
<b>Dolphin</b>	10:20-11:05am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4
<b>Shark</b>	9:25-10:10am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4

**Monday-Thursday Group Swim Lessons**  
 (8 Classes per Session - 25 Min)

SESSION 1 6/1-6/11  
 SESSION 2 6/15-6/25  
 SESSION 3 7/6-7/16  
 SESSION 4 7/20-7/30

\$115 mem per session/\$145 nm per session  
 Infant/Toddler (6-36 Months)

**Parent & Tot 1: 6-11 mo Sessions**  
 11-11:25am 1 2 3 4

**Parent & Tot 2: 12-23 mo Sessions**  
 11:30-11:55am 2 4

**Parent & Tot 3: 24-36 mo Sessions**  
 9:30-9:55am 2 4  
 11:30-11:55am 1 3

Youth (Ages 3 & up)

**Starfish Sessions**  
 8:30-8:55am 1 3  
 9:30-9:55am 2 4  
 11:00-11:25am 1 2 3 4

**Seahorse Sessions**  
 8:00-8:25am 1 3  
 9:00-9:25am 2 4  
 11:30-11:55am 1 2 3 4

**Barracuda Sessions**  
 11:00-11:25am 1 2 3 4  
 11:30-11:55am 1 2 3 4

**Dolphin Sessions**  
 9:00-9:25am 2 4  
 11:30-11:55am 1 2 3 4

**Shark Sessions**  
 9:30-9:55am 2 4  
 11:00-11:25am 1 2 3 4

**Evening Group Swim Lessons**  
 (8 classes- 30 minutes)

SESSION 1: 5/5-28 (Tues & Thurs)  
 SESSION 2: 6/2-25 (Tues & Thurs)  
 SESSION 3: 6/30-7/23 (Tues & Thurs)

(8 classes- 30 minutes)  
 \$130 mem per session (45 min)  
 \$150 nm per session (45 min)

Class	Time	Sessions
<b>Starfish</b>	(Tues & Thurs) 4-4:30pm	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
<b>Seahorse</b>	(Tues & Thurs) 4:30-5pm	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
<b>Barracuda</b>	(Tues & Thurs) 4-4:30pm	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3

**Private Swim Lessons (30 minutes)**

	Mem	Non-mem
<input type="checkbox"/> 1 Lesson	\$30	\$50
<input type="checkbox"/> 3 Lessons	\$75	\$120
<input type="checkbox"/> 6 Lessons	\$140	\$230
<input type="checkbox"/> 9 Lessons	\$200	\$340
<input type="checkbox"/> 12 Lessons	\$250	\$440

**Semi-Private Lessons (30 minutes)**

	Mem	Non-mem
<input type="checkbox"/> 1 Lesson	\$40	\$55
<input type="checkbox"/> 3 Lessons	\$105	\$150
<input type="checkbox"/> 6 Lessons	\$200	\$290
<input type="checkbox"/> 9 Lessons	\$290	\$435
<input type="checkbox"/> 12 Lessons	\$370	\$560

**OrCaS Swim Team**  
 Pre-Season: 5/4-20, Mon/Wed, 4-4:45pm  
 Regular Season: 5/26-7/25,  
 Mon/Wed/Fri 6:45-10am  
 Tues/Thurs 4:30-7:30pm

1st Child \$205 mem / \$300 nm  
 2nd Child \$185 mem / \$280 nm  
 3rd Child \$175 mem / \$260 nm

**Masters Swim**  
 MON/WED/FRI, 5:30am 6:30am,  
 \$25 mem /\$50 nm  
**Mornings year-round, Evenings in the off-season (September - April)**

**Carrie Tingley Hospital Foundation Adaptive Swim Lessons Program**  
 \$50 per swimmer  
 Contact Riley Simpson to schedule Lessons 332-0565 x4497 or [aquatics@jccabq.org](mailto:aquatics@jccabq.org) for more information

**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.

Are you a JCC Member?  YES  NO Member# \_\_\_\_\_ Email (required): \_\_\_\_\_

Swimmer Name: Last: \_\_\_\_\_ First: \_\_\_\_\_ 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: \_\_\_\_\_

## PRIVATE SWIM COACHING

**YEAR ROUND 7 DAYS A WEEK - OPEN TO 11 YEARS AND UP**

Instruction will improve swimming technique and refine stroke & form for those who desire personal training/workouts.



Members:	Non-Members:
1 lesson: \$40	1 lesson: \$50
3 lessons: \$115	3 lesson: \$140
6 lessons: \$220	6 lessons: \$275





# JCC Learn to Swim Program

## Younger Swimmers Program

online registration  
jccabq.org

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.

SWIM LESSONS SAVE LIVES!

## 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.

### Private Lessons Packages

Members	Non Mem
1 Lesson \$30	\$50
3 Lessons \$75	\$120
6 Lessons \$140	\$230
9 Lessons \$200	\$340
12 Lessons \$250	\$440

### Semi-Private Lessons Packages

Members	Non Mem
1 Lesson \$40	\$55
3 Lessons \$105	\$150
6 Lessons \$200	\$290
9 Lessons \$290	\$435
12 Lessons \$370	\$560

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

### Parent & Tot Swim Class

One, or both, parents will be in the water with their child as we teach a variety of techniques to introduce the child to the pool environment. Swim diapers are required for this class.

**P & T 1 – 6-11 months** Focuses on proper entry and exit technique, holds while in the water, submersion, and more for this age range. Introduces the use of visual and verbal cues.

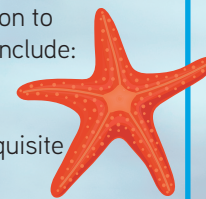
**P & T 2 – 2-23 months** Reinforces the skills and cues learned in P & T 1, while adjusting for the child's age. Introduces standing jumps, encouraging one-on-one interaction between the child and the instructor, and independent gliding to the parent.

**P & T 3 – 24-36 months** Gets the child ready for Starfish (Level 1) while reinforcing previously learned skills and cues in P & T 1 & 2. Significantly more one-on-one interaction between toddler and instructor to prepare the swimmer for Starfish.

## 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



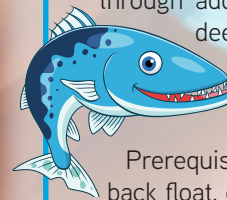
### Seahorses (Level II) Fundamental Aquatics Skills

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.



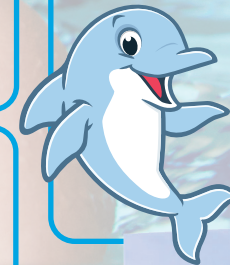
### Barracuda (Level III) Stroke Development

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

30 minute Classes  
8 classes per session  
SESSION 1 5/5-28 Tues & Thurs  
SESSION 2 6/2-25 Tues & Thurs  
SESSION 3 6/30-7/23 Tues & Thurs

### Sunday Lessons

45 minute classes  
5 classes per session  
SESSION 1 4/19-5/17  
SESSION 2 5/31-6/28  
SESSION 3 7/5-8/2  
SESSION 4 8/9- 9/6  
Parent-Tot Classes only 25 minutes.

### Monday—Thursday Lessons

25 minute classes  
8 classes per session  
SESSION 1 6/1-6/11  
SESSION 2 6/15-6/25  
SESSION 3 7/6-7/16  
SESSION 4 7/20-7/30

See registration form for class times and prices.

More Info/Questions  
Contact Riley Simpson,  
Swim Lessons  
Coordinator, at  
332-0565 x4497 or  
aquatics@jccabq.org.



# AQUATICS

## Specialty Swim Lessons

### ASD Swim Program ages 5-10



The JCC offers lessons geared towards individuals on the Autism Spectrum of varying skill levels. This class provides swimmers the chance to safely learn how to enter and exit the water, submerge, float, and advanced already learned swim skills. ASD lessons are taught during slow pool times, and one-on-one with a trained instructor to help swimmers feel more comfortable in the water.

**\$40 MEMBER / \$50 NON-MEMBER**

Session 1: Jun 16-25 (Tues & Thurs)

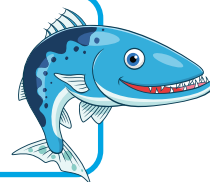
Session 2: Jul 21-30 (Tues & Thurs)

**\$40 mem/\$50 non-mem**

**Beginner:**  
**Starfish/Seahorse**  
 (Level I & Level II)  
**Intro to Water Skills**  
 8:30am-9:00am  
 Sessions 1 and 2



**Intermediate:**  
**Barracuda**  
 (Level III) **Stroke Development**  
 9am-9:30am  
 Sessions 1 and 2



**Space is limited,  
 sign up soon!**

More info @  
[Aquatics@jccabq.org](mailto:Aquatics@jccabq.org)



## 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 4 - May 20**

*MON/WED, 4:00-4:45pm*

**May 26 - July 25**

*MON/WED/FRI, 6:45-10am*

*TUE/THU, 4:30-7:30pm*

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.

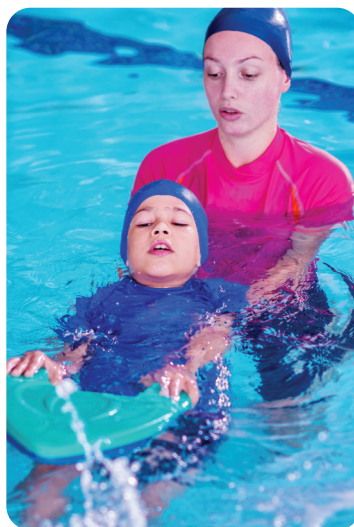
### Swim Team Fees

Members	Non Mem	
1st Child	\$205	\$300
2nd Child	\$185	\$280
3rd Child	\$175	\$260

\*Uniforms and equipment not included in registration fee.



## 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, please contact Riley Simpson, Swim Lessons Coordinator, 332-0565 x4497 [aquatics@jccabq.org](mailto:aquatics@jccabq.org) or contact Membership Services.**

### Sunday Mornings 8:30-9:30am (30 min)

(5 classes per Session) \$50 Per Session

SESSION 1 4/19-5/17

SESSION 2 5/31-6/28

SESSION 3 7/5-8/2

### Mon/Wed 1:30-2:30pm & 4-5pm (30 min)

(5 classes per Session) \$50 Per Session

SESSION 1 6/8-6/22

SESSION 2 6/29-7/13

SESSION 3 7/20-8/3

Adaptive Swim Lessons at the JCC are awesome. The instructors are fun to work with and really helpful. Swim exercises have strengthened my whole body, making it more possible to do all the things I want to do.  
 — Will Schnurnberger

## Mermaid Swim Classes



A 4-part class that teaches both boys & girls how to properly swim in a mono-fin and tail, while emphasizing safety and incorporating fun activities. Enjoy a safe environment imagining life as a mermaid, while reaping the benefits of a core-strengthening workout!

**Prerequisites:** Basic front crawl, prone float, and back float **WITHOUT** support, **OR** completion/current enrollment in Barracuda (Level III)

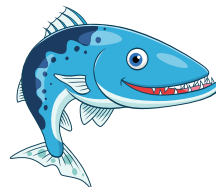
**JUNE 8 - 17**

**MON/WED, 5-5:30PM**

**CLASS: BYOT \$50**

**CLASS + RENT A TAIL \$70**

**CLASS + BUY A TAIL \$110**



**Swim coaches greet kids at JCC entrance  
 WORRY FREE DROP OFF!**



# Adult Swim Programs

## 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. Available April 1-September 12

### Private Lessons Packages

	Members	Non Mem
1 Lesson	\$30	\$50
3 Lessons	\$75	\$120
6 Lessons	\$140	\$230
9 Lessons	\$200	\$340
12 Lessons	\$250	\$440

### Semi-Private Lessons Packages

	Members	Non Mem
1 Lesson	\$40	\$55
3 Lessons	\$105	\$150
6 Lessons	\$200	\$290
9 Lessons	\$290	\$435
12 Lessons	\$370	\$560

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



## Masters Swim

Mon/Wed/Fri, \$25 member / \$50 non-member, Ages 18+ MONTHLY  
5:30am to 6:30am

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.

## Specialty Activities and Aqua Fitness

### AquaFitness

5/4- 9/25, FREE/members  
Mon-Fri 9-10am

Tone, sculpt and build cardiovascular fitness & strength. Various resistance equipment is used to challenge participants in a low-impact format. Classes are suitable for all ages and fitness levels.



Before starting swim lessons at the JCC, my youngest daughter felt afraid to swim after having her head dunked forcefully under the water at another local swim school when she was three. When she was five, despite her objections, I enrolled her in twelve private swim lessons at the JCC. Her JCC instructor Melanie listened to her emotional needs, eased my daughter into practicing beginning swimming skills, gained her trust, and as a result, my daughter made great progress in one summer. Now she is very excited to start her private swimming lessons again this summer and frequently declares her love of swimming. Thank you so much for teaching my daughter swimming for joy, exercise, and as a very important life skill.

Kristina Lovio-Taskov,  
JCC Member



## Two special Jewish overnight camp offers

### Camp Oranim

July 26-August 2, 2020 at Camp Stoney (outside Santa Fe, bus transportation provided)

Ages entering 2<sup>nd</sup>-10<sup>th</sup> grade for 2020-21 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** Maccabiah games • 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](mailto:education@congregationalbert.org)



Ranch Camp home sits on 380 acres of stunning private land in Elbert Colorado nestled in the Black Forest. Each night campers go to sleep in cozy cabins after a full day of exploring our miles of trails on foot, bike or horseback, climbing high on our challenge course and playing on our new 60,000 sq. ft. sports field. Every day is an adventure so come and explore our amazing summer playground!



[ranchcamp.org](http://ranchcamp.org) 303-316-6384

## Transform young lives!

**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 2020 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.





Jewish Community Center  
5520 Wyoming Blvd. NE  
Albuquerque, NM 87109



Click on [jccabq.org](http://jccabq.org) or call 505-332-0565 or visit in person

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

**EARLY BIRD  
REGISTRATION  
3/1-3/8**



**SWIM LESSONS  
SAVE LIVES!**

Registration Opens March 1