

# JCC aquatics programs

**SWIM LESSONS SAVE LIVES!**

**REGISTRATION BEGINS MARCH 1<sup>st</sup>**



# JCC Learn to Swim

## Children's Development Benefits from Swimming

You probably know that swimming is an important skill and that it can also be tons of fun, but did you know that swimming is also good for your child's development? Here's how.

### Fine and Gross Motor Skills

Children who learn to swim tend to develop both fine and gross motor skills faster than their non-swimming peers. Children who learn to swim before the age of five have better balance than children who could not swim.

### Coordination

Swimming uses the entire body, so it's a great activity to help children with coordination. When your child kicks, he or she is learning to coordinate the movements of both sides of the body.

### Strength

It's not easy to move through the water! The water creates resistance, so when your child moves through it, he or she is building muscle and strength. Swimming also strengthens their heart, lungs, and blood vessels, too!

### Cognition

All that movement and coordination also helps build neurons in your child's brain. That means swimming can help your child develop stronger academic skills, too.

### Confidence

Studies have found that children who learn to swim are more confident and independent than their peers who don't swim. They demonstrate greater comfort in new situations, along with higher self-esteem and better self-control.

### Social Skills

Because lessons are often given in group settings, children who take swimming lessons get to practice early on in interacting positively with other children and adults.

### Sleep and Appetite

Swimming is hard work! Your child is bound to work up an appetite. That's great to help pickier eaters, and it encourages your child to get the nutrition he or she needs to grow. Because swimming uses so much energy, it will also help your child's sleeping patterns. That's good news if your child is often reluctant to go to bed! And it helps babies sleep earlier and longer, too.



# Swim 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.

## Younger Swimmers Program

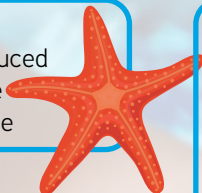
### Parent & Tot Swim Class 9 months - 3 years old

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. 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. Reinforces the skills and cues based on individual progress. Swim diapers are required for this class.

## Classes for Ages 3 and older:

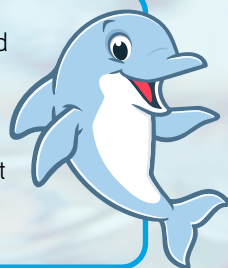
### Starfish (Level I) Intro to Water Skills

A safe and fun introduction to water. Skills introduced include: floating, kicking, bubble blowing, alternate arm motion, and more. Prerequisite for class: none



### 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.



### 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.



### 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.



### 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.



## Sunday Group Swim Lessons

50 min classes 4 classes per session

SESSION 1 5/8-5/29

SESSION 2 6/5-6/26

SESSION 3 7/10-7/31

SESSION 4 8/7-8/28

Parent-Tot Classes only 25 minutes.

## Monday–Thursday Lessons

25 min classes 8 classes per session

SESSION 1 6/6-6/16 Mon-Thurs

SESSION 2 6/20-6/30 Mon-Thurs

SESSION 3 7/5-7/14 Mon-Thurs

SESSION 4 7/18-7/28 Mon-Thurs

\* NO CLASSES JULY 4th - MAKE UP DAY - JULY 8th



# 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 Member |
|-----------|-------|------------|
| 4 Lessons | \$100 | \$160      |

### \*Semi-Private Lessons Packages

| Members   |       | Non Member |
|-----------|-------|------------|
| 4 Lessons | \$140 | \$200      |

**\*Two siblings or household members at the same time.**

## Max & Ruth Pollack Aquatic Complex Schedule JCC Competition pool is heated and open year round!



## SPECIAL POOL SCHEDULES

**MARCH 21-27 POOL CLOSED**  
**Easter (April 17) 8am – 12:30pm**  
**Passover (April 16) POOL CLOSED**

**Fourth of July (July 4) 8am – 3:30pm**  
**Memorial Day (May 30) 8am – 3:30pm**  
**Labor Day (September 5) 8am – 3:30pm**

Space is limited,  
sign up soon!

More info @  
Aquatics@jccabq.org

## JCC SKILLS AND DRILLS CAMP

The Swim Skills and Drills Camp 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. Swimming gives kids confidence in a group 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 Camp Fees

#### Session 1

June 6 – June 30

MON - THURS, 4:30-5:30pm

#### Session 2

July 5 – July 28

MON - THURS, 4:30-5:30pm

Members

1st Child

\$205

2nd Child

\$185

3rd Child

\$175

Non Member

\$300

\$280

\$260



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

# Adult Swim Programs

## Specialty Activities and Aqua Fitness

### AquaFitness

FREE / members

Check the JCC APP for dates and times

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.

## ADULT PRIVATE SWIM LESSONS ARE AVAILABLE



# 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 families requiring financial aid. **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.**

**\$440 = two week camp session   \$44 = One day at camp   \$135 = six swim lessons**

# Aquatics Registration Form

## Sunday Group Swim Lessons

50 min 4 classes per Session

SESSION 1 5/8-5/29

SESSION 2 6/5-6/26

SESSION 3 7/10-7/31

SESSION 4 8/7- 8/28

Infant/Toddler (9 mo-3 yrs)  
\$75 mem per P&T session (25 min)  
\$90 nm per P&T session (25 min)

### Parent & Tot: 9 mo-3 yrs Sessions

8:30-8:55am 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

**Starfish** 8-8:50am 1 2 3 4

**Seahorse** 9-9:50am 1 2 3 4

**Barracuda** 10-10:50am 1 2 3 4

**Dolphin** 9-9:50am 1 2 3 4

**Shark** 10-10:50am 1 2 3 4

## Monday-Thursday Lessons

25 min classes 8 classes per session

SESSION 1 6/6-6/16 Mon-Thurs

SESSION 2 6/20-6/30 Mon-Thurs

SESSION 3 7/5-7/14 Mon-Thurs

SESSION 4 7/18-7/28 Mon-Thurs

\* NO CLASSES JULY 4th

MAKE UP DAY JULY 8th

\$115 mem per session/\$145 nm per session

### Parent & Tot: 9 mo-3 yrs Sessions

8-8:25am 1 2 3 4

Youth (Ages 3 & up)

#### Starfish Sessions

8:30-8:55am 1 3

9:30-9:55am 2 4

12:00-12:25am 1 2 3 4

#### Seahorse Sessions

8:00-8:25am 1 3

9:00-9:25am 2 4

11:45-12:10am 1 2 3 4

#### Barracuda Sessions

11:30-11:55am 1 2 3 4

12:00-12:25pm 1 2 3 4

#### Dolphin Sessions

9:00-9:25am 2 4

11:45-12:10am 1 2 3 4

#### Shark Sessions

9:30-9:55am 1 2 3 4

### Private Swim Lessons (30 minutes)

4 Lessons 

| Mem   | Non-mem |
|-------|---------|
| \$100 | \$160   |

4 Lessons 

| Mem   | Non-mem |
|-------|---------|
| \$140 | \$200   |

### Semi-Private Lessons (30 minutes)

4 Lessons 

| Mem   | Non-mem |
|-------|---------|
| \$140 | \$200   |

4 Lessons 

| Mem   | Non-mem |
|-------|---------|
| \$140 | \$200   |

## 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.

## JOIN THE JCC SQUAD!

Do you want to be a part of a community-minded, inclusive organization and make a difference? Come work with us at the JCC of Greater Albuquerque! We are looking for certified lifeguards - All are welcome.

Danielle Lambson, Aquatics Director  
505-418-4457  
danielle@jccabq.org



## SKILLS AND DRILLS CAMP

### Session 1

June 6 - June 30

MON - THURS, 4:30-5:30pm

### Session 2

July 5 - July 28

MON - THURS, 4:30-5:30pm

1st Child \$205 mem / \$300 nm

2nd Child \$185 mem / \$280 nm

3rd Child \$175 mem / \$260 nm

PRICES ARE PER SESSION

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: \_\_\_\_\_

# 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) and therapy pool.
- Full gymnasium; active basketball, volleyball, and indoor soccer programs.
- Free fitness classes; Pilates, Yoga, Zumba, Spinning classes, and more
- 2 FREE consultations with a certified trainer; FREE Functional Movement Screening
- NEW Elite Fitness Studio
- Personal training available
- Indoor and outdoor track
- Soccer Field
- NEW ZEN Wellness Studio



### **JCC MEMBERS RECEIVE:**

- Substantially reduced tuition for Family Enrichment Center, Summer Camp and Swim Lessons.
- Outstanding cultural, education and performing arts programs
- Discounted fees for JCC programs, and special classes.
- 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  |        |

- \$50 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.**