

JCC
aquatics
programs

AQUATICS
Registration
NOW OPEN!

THE RONALD GARDENSWARTZ JEWISH COMMUNITY CENTER
2024 AQUATICS GUIDE



SWIM PROGRAM OVERVIEW

The JCC's 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 4 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 children 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 30 minutes each, and open to all ages and abilities. After we have received your online registration, one of our instructors will call you to set up a lesson time.

Private Lessons (1 Swimmer)

# of Lessons	Member Pricing	Non-Member Pricing
1	\$45	\$55
3	\$126	\$156
6	\$240	\$300
9	\$342	\$432
12	\$432	\$552

Semi-Private Lessons (2-3 Swimmers)

# of Lessons	Member Pricing	Non-Member Pricing
1	\$60	\$70
3	\$165	\$195
6	\$312	\$372
9	\$432	\$522
12	\$540	\$660

ADAPTIVE SWIM LESSONS

The JCC's Adaptive Swim Lessons are one-on-one sessions with instructors trained to support each student's individual needs and help them to succeed with their swimming goals. All skill levels are welcome.

# of Lessons	Member Pricing	Non-Member Pricing
6	\$312	\$372

Additional packages/options are available. Please contact JCC Aquatics Director Riley Simpson with questions or for additional info: 505-418-4457 or rileysim@jccabq.org



For more information or to register, please contact JCC Aquatics Director Riley Simpson at 505-418-4457 or rileysim@jccabq.org. Registration can also be completed online at jccabq.org/register-for-lessons or at the JCC in Member Services.

GROUP SWIM LESSONS

Class Levels & Descriptions

Parent & Tot (Infant-Toddler)

INFANT Level 1 (6mo-15mo): Introduces both parent and child to the water in a safe and fun environment. Water comfortability, assisted back floats, and other age-appropriate skills.

TODDLER Level 2 (15mo-3yr): Focus on building confidence in and around water with the support of the parent in a safe and fun environment. Parents receive instruction to keep their child safe in the water. Basic water safety, front skills, supported back floats, and other age-appropriate skills.

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. Prerequisites: NONE



Seahorse (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. Prerequisites: 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. Prerequisites: 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. Prerequisites: basics of front crawl, back float and comfortability in deep water; or successful completion of Level III.



Shark (Level V) Stroke Refinement

This class will provide further coordination and refinement of strokes. Diving skills are advanced along with basic water rescue skills. Prerequisites: knowledge of front crawl, backstroke, elementary backstroke, sidestroke, treading in deep water and diving; or successful completion of Level IV.



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GROUP SWIM LESSONS

Session Information

Sunday Group Swim Lessons (5 classes/session)

SESSION 1: 4/28-5/26 SESSION 2: 6/2-6/30

SESSION 3: 7/7-8/4 SESSION 4: 8/11-9/8

Parent & Tot (25 min. Classes)
Infant-Toddler (6-36 Months)
Members: \$115 per session
Non-Members: \$140 per session

Class	Time	Sessions			
Infant Level 1 (6mo-15mo)	9:50-10:15am	1			4
	10-10:25am		2	3	
	11-11:25am		2	3	
Toddler Level 2 (15mo-3yr)	9:20-9:45am	1			4
	10:30-10:55am		2	3	
	11:30-11:55am		2	3	

Learn to Swim (45 min. Classes)
Youth (Age 3 & up)
Members: \$175 per session
Non-Members: \$200 per session

Class	Time	Sessions			
Starfish	8:30-9:15am		2	3	
	10:20-11:05am	1	2	3	4
Seahorse	9:25-10:10am		2	3	
	11:15-12:00pm	1	2	3	4
Barracuda	8:30-9:15am	1	2	3	4
	11:15-12:00pm		2	3	
Dolphin	10:20-11:05am		2	3	
	9:25-10:10am		2	3	

Monday-Thursday Group Swim Lessons (8 x 25-minute classes per session)

SESSION 1: 6/3-6/13 SESSION 2: 6/17-6/27

SESSION 3: 7/8-7/18 SESSION 4: 7/22-8/1

Parent & Tot: Infant-Toddler (6-36 Months)
Members: \$185 per session
Non-Members: \$225 per session

Class	Time	Sessions			
Infant Level 1 (6mo-15mo)	11:00-11:25am	1	2	3	4
Toddler Level 2 (15mo-3yr)	11:30-11:55am	1	2	3	4

Learn to Swim: Youth (Age 3 & up)
Members: \$185 per session
Non-Members: \$225 per session

Class	Time	Sessions			
Starfish	8:00-8:25am	1		3	
	9:00-9:25am		2		4
	11:00-11:25am	1	2	3	4
Seahorse	8:30-8:55am	1		3	
	9:30-9:55pm		2		4
	11:30-11:55am	1	2	3	4
Barracuda	9:30-9:55am		2		4
	11:00-11:25am	1	2	3	4
	11:30-11:55am	1	2	3	4
Dolphin	9:00-9:25am		2		4
	11:30-11:55am	1	2	3	4
Shark	11:00-11:25am	1	2	3	4

For more information or to register, please contact JCC Aquatics Director Riley Simpson at 505-418-4457 or rileysim@jccabq.org. Registration can also be completed online at jccabq.org/register-for-lessons or at the JCC in Member Services.

OrCaS SWIM TEAM



The JCC OrCaS Swim Team is a competitive and fun team open to ages 5-18. We are a part of the Sundance Swim League and compete with other clubs around the state at swim meets held weekly. Swimmers must be able to swim one length of the pool without assistance. Uniforms/equipment not included in registration fee.

2024 Season: May 3 - July 11

Pre-Season Practice: May 3 - May 31 | Tuesdays 4:15pm-6:15pm & Fridays 4:15pm-5:45pm

Regular Season Practice: June 3 - July 12 | Mon/Thurs 7-9:15am, Tues 5:30-7:45pm, Fri 5-5:45pm

# of participants	JCC Member Price	Non-Member Price
1st child	\$215	\$305
2nd child	\$195	\$285
Additional Children	\$155	\$265

Pre-Swim Team Clinic

Learn to improve your stroke technique for swim season! This is a great way to see if swim team would be a good fit for your child. This clinic is open to kids ages 5-18 who have a beginning to intermediate swimming level. If a swimmer decides to continue from this clinic to the OrCaS Swim Team, the cost of the clinic will be rolled into the cost of swim team.

Two Practices Weekly | Tues & Fri | May 3 - May 31 | 4:15pm-5pm

Program	JCC Member Price	Non-Member Price
Pre-Swim Team Clinic	\$155	\$195

For more information or to register, please contact JCC Aquatics Director Riley Simpson at 505-418-4457 or rileysim@jccabq.org. Registration can also be completed online at jccabq.org/register-for-lessons or at the JCC in Member Services.

LIFEGUARDING CLASSES

Lifeguard Certification Course



Pass the course and get an interview for a lifeguarding position at the JCC! After this 4-day intensive training course, passing students will receive their official American Red Cross Lifeguarding Certification. Students must pass a pre-requisite swim test and be 15 years of age.

4 Classes Per Session | \$165 (CPR Mask Included)

Session 1	Tues. April 2 - Fri. April 5 9am-5pm
Session 2	Sat. May 18 - Sun. May 19 <u>AND</u> Sat. May 25 - Sun. May 26 8am-4pm
Session 3	Mon. July 1 - Fri. July 5 (No class July 4) 9am-5pm

Junior Lifeguard Program (Ages 12-14)



The JCC's Junior Lifeguard Program provides an hands-on introduction to lifeguarding. Learn water safety, plus leadership, teamwork, and communication skills. Completion of this class does not result in a lifeguarding certification. Students will be prepared to complete the lifeguard course pre-requisite swim test by the end of the session.

5 Classes Per Session | Monday - Friday 11am-2:30pm \$240 JCC Members \$255 Non-Members

Session 1	June 10 - June 14
Session 2	June 17 - June 21
Session 3	June 24 - June 28
Session 4	July 8 - July 12
Session 5	July 15 - July 19
Session 6	July 22 - July 26

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AQUA FITNESS



May 13 - September 21, 2024
Mondays through Saturdays at 9am
Mondays & Wednesdays at 6pm
FREE for JCC Members

Tone, sculpt and build cardiovascular fitness & strength. Various resistance equipment is used to challenge participants in this low-impact format. Classes are suitable for all ages and fitness levels. Tues/Wed classes are LaBlast Splash format, all others are aquaerobics.

POOL PARTIES

Take the stress out of your next event and throw a party here at the JCC! We have a variety of packages designed for any budget.

Contact Events Coordinator Clarita Brown for more info
or to book: 505-418-4462 or claritab@jccabq.org



JCC POOL HOURS

Max & Ruth Pollack Aquatics Complex Schedule

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

March-May

Monday - Thursday
5:30am-7:00pm

Friday
5:30am-5:00pm

Saturday - Sunday
8:00am-4:00pm

June-July

Monday - Thursday
5:30am-8:00pm

Friday
5:30am-5:00pm

Saturday - Sunday
8:00am-4:00pm

August-September

Monday - Thursday
5:30am-7:00pm

Friday
5:30am-5:00pm

Saturday - Sunday
8:00am-4:00pm

SPECIAL POOL SCHEDULES

Easter (March 31st) 8:30am-12:30pm

Erev Passover (April 22nd) 5:30am-2:00pm

Passover (April 23rd) Closed

Memorial Day (May 27th) 8:30am-3:00pm

Fourth of July (July 4th) 8:30am-3:00pm

Labor Day (Sept. 2nd) 8:30am-3:00pm



Welcome to the J!

Membership has its perks.

The Jewish Community Center of Greater Albuquerque is your home away from home! In addition to being welcomed by a community unlike any other, a membership at The JCC of Greater Albuquerque provides you instant access to incredible benefits. Our community is open to all, regardless of religious background. You will truly feel like family here – come and see for yourself why the J is Albuquerque's best kept secret!

The J Experience

- Year-round use of our fitness, sports and aquatics facilities
- Beautiful fitness center with regularly updated equipment
- Four spacious, workout-tailored group studios: Group Fitness, Zen (yoga/pilates), Spinning and Elite (functional fitness)
- Locker rooms with steam rooms
- Outdoor year-round heated pool
- Drop-in childcare for infants and up
- Indoor & outdoor walking and jogging tracks
- Outdoor playground and garden
- Arts, culture, education and entertainment programming
- Youth classes and programming
- Camp Chai summer day camp and school break camps
- And SO MUCH MORE!

Scan to see our membership rates

