



Registration Opens
March 2nd | 9:00am

THE RONALD GARDENSWARTZ JEWISH COMMUNITY CENTER 2025 AQUATICS GUIDE



SWIM PROGRAM OVERVIEW

Welcome to the **JCC's Aquatics Program** – the perfect place for your child to dive into the world of swimming! From blowing bubbles to perfecting their stroke, our program is all about building skills – and having a blast while doing it. Safety comes first, so we teach essential skills for being safe in, on, and around water. As your child progresses, they'll master new skills and move through five exciting class levels!

At the JCC, we keep our classes small – never more than 4 students per instructor for Levels I-VI – so each swimmer gets personalized attention. We carefully match each child to the right class to ensure they're learning at their best. All our instructors are trained to teach with safety and fun in mind, giving your child a solid foundation and a love for swimming that lasts.

Our approach? We make swimming fun while challenging kids to push themselves beyond their comfort zone. It's not uncommon for kids to leave class wishing they could stay in the pool longer!

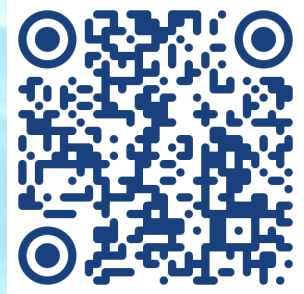
Whether your child is just getting comfortable in the water, wants to speed up their strokes, or are interested in competitive swimming, we have classes to help them progress every step of the way. Our passionate, experienced staff is dedicated to helping each swimmer achieve their personal goals!

**For more information on our aquatics programing, please contact
JCC Aquatics Director Riley Simpson at 505-418-4457 • rileysim@jccabq.org**

Registration can be completed at
jccabq.org/lessons-and-classes/

**You can also register with our
Member Services team in person
or call (505)332-0565**

Scan here to register



PRIVATE SWIM LESSONS



Ready to make a splash? Our awesome instructors are here to help you learn how to swim and perfect your stroke! Whether you're a newbie or a seasoned swimmer, we've got you covered.

Each private lesson lasts 30 minutes and is tailored to your skill level – no matter your age! Once you sign up online, one of our friendly instructors will give you a call to schedule your lesson. Let's dive in!

Private Lessons (1 Swimmer)

# of Lessons	Member Pricing	Non-Member Pricing
1	\$50	\$60
3	\$140	\$170
6	\$265	\$330
9	\$375	\$475
12	\$475	\$605

Semi-Private Lessons (2-3 Swimmers)

# of Lessons	Member Pricing	Non-Member Pricing
1	\$70	\$80
3	\$180	\$215
6	\$345	\$410
9	\$475	\$575
12	\$595	\$725

ADAPTIVE SWIM LESSONS

Adaptive Private 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
1	\$50	\$60
3	\$140	\$170
6	\$265	\$330
9	\$375	\$475
12	\$475	\$605

Adaptive Community 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. *Limited Spots Available

Tuesday/Thursday (25 Minute Lessons)

Class 1: 8:00-8:25am

Class 2: 8:30-8:55am

Session 1: June 16-26

Session 2: July 21-31

	Member Pricing	Non-Member Pricing
ACL	\$50	\$75

GROUP SWIM LESSONS

Class Levels & Descriptions

Penguins

A Parent and Tot class designed for tots between the ages of 6 months to 18 months. This level introduces both the parent and the tot to the water in a safe and fun environment. This level focuses on water comfortability, assisted floating, beginning movement in the water, and other age-appropriate skills in the water. Whether this is your tot's first time being in the water or if they have prior experience in the water this level guides parents and their tots through the beginning stages of water comfortability.



Otters

A Parent and Tot class designed for tots between the ages of 18 months to 35 months. This level builds confidence in and around the water with the support of the parent and instructor in a safe and fun environment. This level focuses on beginning water safety skills, submersions, assisted floating, and other age-appropriate skills in the water. Whether this is your tot's first time being in the water or if they have prior experience in the water this level guides parents and their tots through the stages of water comfortability.



Turtles

A Parent and Tot class for tots between the ages of 2.5 years-old to 3.5 years-old. This level encourages independence of the tot from the parent in a safe and fun environment. This level focuses on the introduction of coordinated movements, floating, submersions, and other age-appropriate skills. Our instructors work with you to effectively transition your tot to being independent in the water from you and being prepared for the Learn-to-Swim Levels.



Starfish (Level I)

A **Learn-to-Swim** level for children 3-years-old and older. This level introduces **Water Comfortability** in a fun and safe environment. This level focuses on the introduction of assisted swimming skills such as front and back floating, kicking, alternate arm motion, bubble blowing, submersions, and other level appropriate skills. Whether this is your swimmer's first time being in the water or if they have prior experience in the water this level provides the necessary skills to prepare your swimmer for the Water Safety Learn-to-Swim Levels.

Prerequisites: None



Barracuda (Level IV)

A **Learn-to-Swim** level for children 3-yrs-old and older. This level is the final level in the **Water Safety** series. This level builds on the skills mastered in Level 3 and introduces the breast-stroke kick and arms, treading water, and self-rescue skills in deep water.

Prerequisites: Independent safety roll from front float to back float, freestyle with support, and elementary backstroke, or successful completion of Learn-to-Swim Level 3 (Stingray).



Seahorse (Level II)

A **Learn-to-Swim** level for children 3-yrs-old and older. This level introduces **Water Safety** in a fun and safe environment. This level introduces basic self-rescue skills with assistance and marks the beginning of independent floating, kicking, arm-motions and other age appropriate skills.

Prerequisites: ability to submerge face and shoulders in the water, comfortable floating on their front and back with support, or successful completion of Learn-to-Swim Level 1 (Starfish).



Dolphin (Level V)

This class is the first of the **Stroke Development Section** and introduces swimmers to advanced strokes and endurance techniques. This level focuses on increasing the swimmers endurance in freestyle, backstroke, treading water, and breast stroke and introduces dolphin kick and butterfly arms.

Prerequisites: independent freestyle and backstroke, comfortability in deep water or successful completion of Learn-to-Swim Level 4 (Barracuda).



Stingray (Level III)

A **Learn-to-Swim** level for children 3-yrs-old and older. This level continues the swimmers **Water Safety** journey. This level focuses on students mastering basic self-rescue skills, floating on the front and back, kicking, arm-motions and other level appropriate skills without assistance from the instructor.

Prerequisites: independent with their floating on their front and back, streamline kicks, and arm motions or successful completion of Learn-to-Swim Level 2 (Seahorse).



Shark (Level VI)

This is the final level in the **Learn-to-Swim** program and in the **Stroke Development Section**. This level focuses on mastering all four competitive strokes, diving, treading water, safety skills, and other level appropriate skills.

Prerequisites: independent freestyle, back stroke, breaststroke and treading water or successful completion of Learn-to-Swim Level 5 (Dolphin).



GROUP SWIM LESSONS

Session Information

Sunday (5-Week Sessions) 5 Lessons / 45 minutes each

SESSION 1: 4/27-5/25 SESSION 2: 6/1 - 6/29

SESSION 3: 7/6-8/3 SESSION 4: 8/10-9/7

Parent & Tot (25 minute classes)
Infant-Toddler (6-36 Months)
Members: \$120 per session
Non-Members: \$145 per session

Class	Time	Sessions			
Penguin (6-18mo)	9:00-9:25am	1	2	3	4
	10:30-10:55am		2	3	
Otter (18-35mo)	9:30-9:55am	1	2	3	4
	11:00-11:25am		2	3	
Turtle (2.5-3.5yr)	8:30-8:55am		2	3	
	10:00-10:25am	1	2	3	4

Learn to Swim (45 minute classes)
Youth (Age 3 & up)
Members: \$185 per session
Non-Members: \$210 per session

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

Monday-Thursday (2-Week Sessions) 8 Lessons / 25 minutes each

SESSION 1: 6/2 - 6/12 SESSION 2: 6/16 - 6/26

SESSION 3: 7/7 - 7/17 SESSION 4: 7/21 - 7/31

Learn to Swim: Youth (Age 3 & up)
Members: \$195 per session
Non-Members: \$235 per session

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

For more information contact
JCC Aquatics Director Riley Simpson
505-418-4457 • rileysim@jccabq.org





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, Social, and Sundance fee not included in registration fee. Scholarship opportunities are available.

# of participants	JCC Member Price	Non-Member Price
1st child	\$235	\$335
2nd child	\$215	\$315
Additional Children	\$195	\$295

2025 Season: May 6 - July 21

Pre-Season Practice:
May 6 - May 29
 (Tuesdays & Thursdays)

Age Group	Practice Time
8 and Under	4:45-5:15pm
9-10	5:15-6:00pm
11-12	5:15-6:00pm
13-18	6:00-7:00pm

Regular Season Practice:
June 2 - July 21
 (Mon, Wed, Fri Mornings)

Age Group	Practice Time
8 and Under	8:00-8:45am
9-10	8:00-9:00am
11-12	8:00am-9:00am
13-18	7:00-8:00am

(Tues & Thurs Evenings)

Age Group	Practice Time
8 and Under	4:30-5:15pm
9-10	5:15-6:15pm
11-12	5:15-6:15pm
13-18	6:15-7:15pm

Skills & Drills 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 | Tuesday & Thursday | May 6 - May 29 | 4:00-4:45pm

Program	JCC Member Price	Non-Member Price
Pre-Swim Team Clinic	\$165	\$205

LIFEGUARDING CLASSES

Lifeguard Certification Course (\$100)

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.

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.

Session 1	March 17-20 9:00am-5:00pm
Session 2	March 29/30 & April 5/6 8:00am-4:00pm
Session 3	June 30 - July 3 9:00am-5:00pm
Session 4	July 26/27 & August 2/3 8:00am-4:00pm

Lifeguard Recertification Course (\$75)

This class is designed to recertify lifeguards whose certifications have been expired less than 30 days.

Session 1	May 17 8:00am-4:00pm
Session 2	May 31 8:00am-4:00pm
Session 3	June 6 8:00am-4:00pm
Session 4	June 20 8:00am-4:00pm
Session 5	August 17 8:00am-4:00pm



Junior Lifeguard Program

The JCC's Junior Lifeguard Program (ages 12-14) provides a 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.

**4 Classes Per Session | Monday - Thursday
Members: \$200 Non-Members: \$215**

Session 1	6/16-19 12:30-4:00pm
Session 2	6/30-7/3 12:30-4:00pm
Session 3	7/14-17 12:30-4:00pm
Session 4	7/28-31 12:30-4:00pm

Adult Swim Program

Adult Lap Swim Clinic (18+)

These classes focus on freestyle and backstroke, breaststroke or butterfly skills. You'll be provided with drills specifically designed to help improve your stroke efficiency. Work with our amazing coaches to build independent workouts for these strokes to try on your own. Build your confidence and ability with these strokes in a safe, 18+ and fun environment.

Monday & Wednesdays (6 Lessons)

Session 1	April 7-23 6:00-7:00pm, Freestyle & Backstroke
Session 2	April 28- May 14 6:00-7:00pm, Freestyle & Breaststroke
Session 3	May 19- June 4 6:00-7:00pm, Freestyle & Butterfly

	Member	Non-Member
Single Session	\$150	\$200
3 Sessions	\$375	\$525

Adult Swim League (18+)

This program is for intermediate to advanced swimmers to have the opportunity to work with a swim coach to improve their technique and meet other individuals interested in the world of swimming. Great for those training for triathlons, open water swims, or just those looking for a chance to swim.

May 5 - October 2

Mondays & Wednesdays | 7:00-8:00pm

Tuesdays & Thursday | 6:00-7:00am

	Member	Non-Member
Monthly		
8 classes	\$50	\$70
16 classes	\$100	\$140

Water Aerobics

This class is a fun, high-energy workout in the pool that tones your body with low-impact exercises. The water adds resistance, making it a great full-body workout without straining your joints. Perfect for all fitness levels, it's a cool and exciting way to get fit!

Free for all members!

May 12 - September 27

Monday - Saturday | 9:00-10:00am

Monday & Wednesday | 6:00-7:00pm (Evening classes end August 27)



JCC POOL HOURS

Max & Ruth Pollack Aquatics Complex Schedule

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

March-April

Monday - Thursday
6:00am-7:00pm

Friday
6:00am-5:00pm

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

May-July

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

Friday
5:30am-5:00pm

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

August-September

Monday - Thursday
6:00am-7:00pm

Friday
6:00am-5:00pm

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

SPECIAL POOL SCHEDULES

Erev Passover (April 12)	8:00am-2:00pm	Memorial Day (May 26)	8:30am-3:00pm
Passover (April 13)	Closed	Independence Day (July 4th)	8:30am-3:00pm
Easter (April 20)	8:30am-12:30pm	Labor Day (September 1)	8:30am-3:00pm

POOL PARTIES

Birthdays, School Trips, and more!

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



DIVE IN MOVIE

FREE FOR
MEMBERS

RSVP @
JCCABQ.ORG or
MEMBERSERVICES



Thursday, June 12th
5:30 PM - 10:00 PM

The pool opens at 5:30 PM, food trucks arrive at 6 PM, and the movie starts at dusk!

Enjoy live music, entertainment, and games from King Mobile Music before the movie. Bring your floaties, lawn chairs, and picnic blankets for the ultimate comfort.

****SMALL FLOATIES ARE RECOMMENDED TO ENSURE EVERYONE HAS A GREAT VIEW AND PLENTY OF SPACE TO ENJOY THE MOVIE IN THE POOL**

25
YEARS

