



JCC of Middlesex County, 1775 Oak Tree Road, Edison, NJ 08820  
732-494-3232 [www.jccmc.org](http://www.jccmc.org)

# SWIM LESSONS & SPORTS PROGRAMS



**SPRING SESSION**  
**April 24 - June 18, 2017**

# AMERICAN RED CROSS SWIM LESSONS

## SWIM LEVEL DESCRIPTIONS

**Level 1:** Fully submerge face in water • Front & back float with support • Kicking on front & back with support • Enter & exit water independently • Learn to swim without flotation aid.

**Level 2:** Float on front & back unsupported for 25 seconds • Swim on front 10 yards without assistance • Swim on back 10 yards without assistance • Begin freestyle & rotary breathing • Elementary backstroke.

**Level 3:** Begin to swim proper freestyle the length of the pool • Learn to swim proper backstroke the length of the pool • Introduction to breaststroke • Kneeling dives.

**Level 4:** Swim freestyle, backstroke & breaststroke the entire length of pool • Standing dive & introduction to butterfly stroke • Treading water for 1 minute.

**Level 5:** Freestyle, backstroke, breaststroke & butterfly stroke • Diving & flip turn techniques • Treading water for 2 minutes • Retrieve objects from underwater.

**Pre-Teen/Teen:** A beginner course with people your own age. Pre-Teens Ages 8-12; Teens Ages 13-17.

**Adult Beginner:** A course designed to learn to swim at any age • Learn to float on back & begin front crawl • Elementary backstroke • Water safety skills.

**Adult Intermediate:** Refining freestyle & backstroke • Beginning breaststroke & other more advanced swimming skills • Treading water for 2 minutes.

**Water Babies:** A parent-child interactive swim class designed to learn to be comfortable in water. We kick, splash & bubble our way to learning to love the pool.

FOR MORE INFORMATION ABOUT SWIM LESSONS OR TO SCHEDULE PRIVATE  
OR SEMI-PRIVATE LESSONS, CALL JANICE CLARK, AQUATICS DIRECTOR AT  
732-494-3232 EXT. 3610..

# SWIM LESSON SCHEDULE

April 24 - June 18, 2017 Registration starts April 10, 2017

30 minutes per class ● Maximum 6 students per class with 1 instructor

**Class Fee:** \$69 with Family Membership \$93 with Child or Youth Membership

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>
<b>LEVEL 1</b>	9:30-10:00am 10:00-10:30am 11:30am-12:00pm	4:00-4:30pm	4:00-4:30pm 7:30-8:00pm		5:00-5:30pm 7:30-8:00pm
<b>LEVEL 2</b>	10:30-11:00am 11:00-11:30am	4:30-5:00pm	4:30-5:00pm 8:00-8:30pm	4:00-4:30pm	4:00-4:30pm 8:00-8:30pm
<b>LEVEL 3</b>	10:00-10:30am 11:00-11:30am		5:00-5:30pm 8:00-8:30pm	4:30-5:00pm	4:30-5:00pm
<b>LEVEL 4</b>	11:30am-12:00pm	5:00-5:30pm	7:30-8:00pm		
<b>LEVEL 5</b>	11:00-11:30am		8:30-9:00pm	5:00-5:30pm	
<b>Pre-Teen Beginner</b>	10:00-10:30am				
<b>Teen Beginner</b>	10:30-11:00am				
<b>ADULT BEG/INT</b>	9:30-10:00am <b>Beg/Int</b>				8:30-9:00pm <b>Beg/Int</b>
<b>WATER BABIES</b>	9:30-10:00am				

**Private Lessons:** 1 Student/1 Instructor \$34/30 minutes

**Semi-Private Lessons:** 2 Students/1 Instructor (member must provide both students)  
\$39/30 minutes (\$19.50 each)

**Private Group Lesson:** 3 Students/1 Instructor (member must provide all students)  
\$58.50/45 minutes (\$19.50 each)

**NEW CLASS**

**FRIDAY**  
10:30-11:00AM  
**Adult Beginner**

## **Basketball Skills**

A clinic for kids to sharpen your skills in dribbling, passing, shooting and team play.

Grades 1-3 Mondays 6:00-6:45pm

Grades 4-6 Mondays 6:45-7:30pm

Family Members: \$59 Youth Members: \$78

## **KIDSAFE KARATE**

Register Thursday, April 13th ONLY 5-7pm  
at the JCC of Middlesex County  
1775 Oak Tree Road, Edison, NJ 08820

Register on this date please....classes fill up quickly!  
Register in person....NO telephone registration please!

For more information, call 732-396-3371

**Class Fees:** \$9.00 per class with a \$10.00 Registration Fee. Paid once per semester.  
You may pay weekly or in full and receive a discount!

**Class Dates:** April 20, 27 May 4, 11, 18, 25 June 8, 15, 22, 29

### **Class Times:**

All New Students Ages 5-8	4:50-5:30pm
New Students Ages 9/over & White Belts w/stripes	5:40-6:20pm
All Yellow Belts & Low-Orange	6:30-7:10pm
All High Rank Orange & Higher	7:20-8:00pm