



1775 Oak Tree Road, Edison, NJ 08820

732-494-3232 [www.jccmc.org](http://www.jccmc.org)



# SWIM LESSONS

# &

# SPORTS PROGRAMS



**FALL 2 SESSION**

**NOVEMBER 6 - DECEMBER 31, 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.

**Swim Team Prep:** Three weeks of practice & drills to prepare for swim team tryouts.

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

**November 6 - December 31, 2017** Registration starts October 23, 2017

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

**Class Fee: \$53 - \$69 with Family Membership ● \$53 - \$93 with Child or Youth Membership**

	<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</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	3:30-4:00pm	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	
<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 8:00-8:30pm	
<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</b>	10:30-11:00am		8:30-9:00pm			
<b>ADULT BEG/INT</b>	9:30-10:00am <b>Beg/Int</b>				8:30-9:00pm <b>Beg/Int</b>	10:30-11:00am <b>Beginner w/Janice</b> (3 person minimum)
<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)

## JCC YOUTH BASKETBALL LEAGUE

Children grades K-6 are eligible to participate in a fun and exciting youth basketball league team play!

<b>Registration starts</b>	<b>10/6</b>	<b>Team Selection</b>	<b>11/15</b>
<b>First practice</b>	<b>11/22</b>	<b>*First Game</b>	<b>12/17</b>

### WHO PLAYS?

*Kindergarteners (Clinic only)	Pee Wees—Grades 1 & 2...
Hot Shots—Grades 3 & 4	Majors - Grades 5 & 6

**Pee Wees, Hot Shots & Majors:** Play 5:5 / 4 x 8 minute quarters.

Every player plays every game. All games are officiated by experienced and knowledgeable referees.

\***Kindergarteners** will be taught in a 35 minute clinic on Sundays, 12:30-1:05pm Basic skills such as handling the ball, dribbling and shooting will be taught. Games will be played on the last 2 dates. **Kindergarteners begin January 7th.**

All games are held at the JCC.

**\*\* TEAM SELECTION TIMES\*\*** Wednesday, 11/15/17

**PeeWees: 6:00-6:30 pm    Hot Shots: 7:00-7:30pm    Majors: 8:00-8:30 pm**  
**If a child misses the draft, he will be assigned to a team automatically.**

Practice Times..All practices are on Wednesdays

PeeWees: 5:45-6:45 pm    HotShots: 6:45-7:45 pm    Majors: 7:45-8:45 pm

Game Times...All games are on Sundays

PeeWees: 1:15 pm    HotShots: 2:15 pm    Majors: 3:15 pm

**Game Dates:** December 17, January 7,14,21,28, February 4,11,18,25 March 11

\*Kindergarteners Clinic: 12:30-1:05 pm **HELD ON SUNDAYS ONLY** Begins 01/07/18

**Cost: All participants MUST have a Family, Youth or Basketball Membership**

**1st-6th grade:** \$99 Fam M \$119-Youth M \$134-Basketball M

**Kindergarten:**\$55 Fam M \$63-Youth M \$72-Basketball M

**WE NEED COACHES!!!** *\*\*Coaches' kids save \$45 on fees\*\**

(2 coaches per team/first come, first served)

Please call Laurie Post at 494-3232 AND indicate coaching interest on the registration form.

**Also wanted-Assistant Coordinator**