



Worcester



JCC Wahoo Swim Club

Sept 11—Nov 16

The goal of the JCC Swim Club is to technically and proficiently develop swimmers techniques in the four racing strokes: butterfly, freestyle, breaststroke, and backstroke. The Swim Club provides a fun environment for children to grow and develop. Two club levels will be offered, Developmental Level and Advanced Technical Level.

Developmental Level will build on skills learned in the JCC instructional program, including the improvement of four racing strokes through technique correction, while introducing proper form for flip turns, racing dives and various drills in a noncompetitive way.

4:30—5:30pm, Tuesday & Thursday \$225/M \$260NM 35-3504

4:30—5:30pm, Monday & Wednesday \$225/M \$260NM 35-3505

Advanced Technical Level includes activities like critical stroke technique correction in four racing strokes, flip turns, racing starts, and reviewing rules and regulations on competitive swimming as a stepping stone for high school or competitive swim programs.

5:30pm—7pm, Tuesday & Thursday \$260/M \$298NM 35-3503

Registration opens August 28

No Club on:
Sept. 20, 21 and Oct. 9

All new swimmers must be evaluated

Worcester JCC

633 Salisbury Street, Worcester
worcesterjcc.org
P 508.756.7109 • F 508.754.3373

For information:

Kelly Sampson
Aquatics Director x 235
ksampson@worcesterjcc.org

Dominik Danko
Wahoo Swim Club Coach x 250