



February 25—May 23

Registration begins February 11

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 through community involvement.

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

4:30—5:30pm, Monday & Wednesday \$300/M \$350NM 35-0225

4:30—5:30pm, Tuesday & Thursday \$300/M \$350NM 35-0226

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

5:30pm—7pm, Tuesday & Thursday \$350/M \$400NM 35-0227

New swimmers need to be evaluated prior to registration. Please contact Ben to set up an evaluation.

Mock Meet Fundraiser:

Thursday, May 23

No classes on: April 15-19

Worcester JCC

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

For information:

Kelly Sampson

Aquatics Director x 235
ksampson@worchesterjcc.org

Ben Tucker

Assistant Aquatics Director x 250
btucker@worchesterjcc.org