

Winter **SWIM** Lessons

No Lessons:
February 15 - 21

Starts Jan. 4

PARENT and TOT SWIM

Ages 6 mo.-3 yrs.

The objective is to get both the parent and the child comfortable in the water. Children will have fun while parents guide them through water skills and explore the wonders of water play.

Sun. (Starts Jan. 4)	10—10:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	10:45—11:15am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	10—10:30am	\$152/M, \$192/NM	8 weeks

Preschool Introductory Swim **Ages 3-5yrs**

Class is for preschool aged children who are mature enough to enter the water independently and follow directions. Focus is on water safety and introductory swimming skills.

Sun. (Starts Jan. 4)	10:30—11am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	11—11:30am	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	10:30—11am	\$152/M, \$192/NM	8 weeks

Level 1 Intro to Water Skills **Grades K & above**

Class is designed to help child become more comfortable in the water. Swimmers need to enter water independently, follow directions and hold onto the wall by themselves. Focus on beginner swimming and water safety skills including: bubbles, kicking, back float and beginning front stroke.

Sun. (Starts Jan. 4)	11—11:30am	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	11—11:30am	\$152/M, \$192/NM	8 weeks

Level 2 Fundamental Aquatic Skills

Grade K & above

Swimmers need to have completed Level 1 and can swim a short distance on their own. Focus on floating and gliding on front and back with roll to reverse side, front and back basic stroke arm and leg motions, bobbing, jumping and water safety skills.

Sun. (Starts Jan. 4)	11—11:30am	\$152/M, \$192/NM	8 weeks
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Tues. (Starts Jan. 6)	5—5:30pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	5—5:30pm	\$152/M, \$192/NM	8 weeks
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Level 3 Stroke Development **Grades K & above**

Swimmers need to have completed Level 2 or all skills required to pass Level 2. Focus on increased endurance and swimming longer distances without stopping. Improve Level 2 skills begin to learn the elementary backstroke, breaststroke arms and legs combined, tread water and rotary breathing.

Sun. (Starts Jan. 4)	11:30am—12pm	\$152/M, \$192/NM	8 weeks
Tues. (Starts Jan. 6)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Wed. (Starts Jan. 7)	4:30—5pm	\$152/M, \$192/NM	8 weeks
Thurs. (Starts Jan. 8)	4—4:30pm	\$152/M, \$192/NM	8 weeks
Sat. (Starts Jan. 10)	11:30—12pm	\$152/M, \$192/NM	8 weeks

* Need minimum of 3 to run lessons

** Level 4 swimmers contact Aquatics Directors

For more information contact:

Tom Tandetnik, Aquatics Director x 250
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WAHOO Swim Club

Tuesdays, January 6 - March 3: \$200/Members, \$248/Non-Members

Thursdays, January 8 - March 5: \$200/Members, \$248/Non-Members

No Club: February 17, 19

The goal of the Club is to technically and proficiently develop swimmers techniques in the four racing strokes: butterfly, freestyle, breaststroke, and backstroke. The Club provides a fun environment for children to grow and develop.

Two club levels are offered, developmental level and advanced technical level.

Developmental Level builds 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.

Advanced Technical Group 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.

Developmental Level

Tuesday: 4:30—5:30pm

Thursday: 4:30—5:30pm

Advanced Technical Level

Tuesday: 5:30—6:30pm

Thursday: 5:30—6:30pm

Level 4 and above

(contact Aquatics Directors
for evaluation)