



Fall SWIM Lessons SESSION II

Scan the code for schedules
by age group and to register,
or visit the Welcome Desk



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 Nov. 1)	10—10:30am	\$133/M, \$168/NM	7 weeks
Tues. (Starts Nov. 3)	10:45—11:15am	\$114/M, \$144/NM	6 weeks
Sat. (Starts Nov. 7)	10—10:30am	\$95/M, \$120/NM	5 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 Nov. 1)	10:30—11am	\$133/M, \$168/NM	7 weeks
Tues. (Starts Nov. 3)	4—4:30pm	\$114/M, \$144/NM	6 weeks
Wed. (Starts Nov. 4)	4—4:30pm	\$76/M, \$96/NM	4 weeks
Thurs. (Starts Nov. 5)	11—11:30am	\$95/M, \$120/NM	5 weeks
Fri. (Starts Nov. 6)	4—4:30pm	\$76/M, \$96/NM	4 weeks
Sat. (Starts Nov. 7)	10:30—11am	\$95/M, \$120/NM	5 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 Nov. 1)	11—11:30am	\$133/M, \$168/NM	7 weeks
Tues. (Starts Nov. 3)	4:30—5:00pm	\$114/M, \$144/NM	6 weeks
Tues. (Starts Nov. 3)	5—5:30pm	\$114/M, \$144/NM	6 weeks
Wed. (Starts Nov. 4)	4:30—5pm	\$76/M, \$96/NM	4 weeks
Wed. (Starts Nov. 4)	5—5:30pm	\$76/M, \$96/NM	4 weeks
Thurs. (Starts Nov. 5)	4:30—5pm	\$95/M, \$120/NM	5 weeks
Thurs. (Starts Nov. 5)	5—5:30pm	\$95/M, \$120/NM	5 weeks
Fri. (Starts Nov. 6)	4:30—5pm	\$76/M, \$96/NM	4 weeks
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Sat. (Starts Nov. 7)	11—11:30am	\$95/M, \$120/NM	5 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.

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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 Nov. 1)	11:30—12pm	\$133/M, \$168/NM	7 weeks
Tues. (Starts Nov. 3)	4:30—5pm	\$114/M, \$144/NM	6 weeks
Wed. (Starts Nov. 4)	4:30—5pm	\$76/M, \$96/NM	4 weeks
Thurs. (Starts Nov. 5)	4—4:30pm	\$95/M, \$120/NM	5 weeks
Fri. (Starts Nov. 6)	4—4:30pm	\$76/M, \$96/NM	4 weeks
Sat. (Starts Nov. 7)	11:30—12pm	\$95/M, \$120/NM	5 weeks

* Need minimum of 3 to run class

** Level 4 swimmers contact Aquatics Directors

Fall WAHOO Swim Club

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

Developmental Level - Tuesday or Thursday 4:30—5:30pm

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 - Tuesday or Thursday 5:30—6:30pm

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.

Level 4 and above (contact Aquatics Directors for evaluation)

For more information contact: Tom Tandetnik, Aquatics Director x 250, ttandetnik@worcesterjcc.org

Financial assistance available contact: Jeannine Peloquin, 508-756-7109 x 226 or jpeloquin@worcesterjcc.org