



# JCC Aquatics Menu

## PRESCHOOL GROUP LESSONS

Group Lessons are offered for our preschoolers at  
11:30-12:00

Monday, Tuesday, Wednesday, Thursday

Cost is \$72.00 per session

\*Session must have 3 swimmers

## LEARN-TO-SWIM GROUP LESSONS

Learn-to-Swim lessons are available year round! Each group must have 3 swimmers to run:

Levels 1-3: 4:00-4:30

Levels 4-6: 4:30-5:00

## ADULT GROUP LESSONS

Taught similarly to Learn-to-Swim Lessons, these are one lessons per week for adults

Cost is \$72.00 per session

\*Session must have 3 swimmers

## DIVING LESSONS

At this time, we only offer beginner-level diving lessons, priced as private or private group lessons

## PRIVATE LESSONS

Private lessons are offered at your discretion and skill level, to fit your schedule! We have these packages:

1 Lesson: \$30

5 Lessons: \$145

10 Lessons: \$280

## PRIVATE GROUP LESSONS

These are for groups of 5 or less, scheduled at your convenience:

1 Lesson: \$20/person

5 Lessons: \$95/person

10 Lessons: \$180/person

## WATER FITNESS PERSONAL TRAINING

Offered as private lessons, Water Fitness Teachers will teach one-on-one or group classes to help swimmers reach their water fitness goals

Priced as Private Lessons

## SUNDAY LESSONS

We offer a variety of Sunday Lessons, available for swimmers ages 6mos.- 3 years, and water safety classes for all ages





# JCC Aquatics Menu

## CAP CITY SWIM TEAM

Swim Team for all ages, held here at the JCC! Swimmers practice and compete with the Capital City Swim Team

## SUP YOGA

Offered as a six-week specialty session, teacher Jen Hegerty offers yoga in a whole new way; ON the water! Paddleboards provided, or you may bring your own!

## COLUMBUS SCUBA

Offer Basic Open Water SCUBA classes here at the JCC! Aquatics Director, Jenna, is certified, so ask her what it entails! They also have opportunity for advanced-level classes!

## SPECIAL EVENTS & CLASSES

All special events and class descriptions will be added to the JCC's "CenterScene", posted in the pool, posted on MindBody, and will be sent out as they are announced! Text "@jccpoolbex" to 81010 for text alerts, and follow us on social media! @columbusjccpool

## OHIO CORALINAS SYNCHRONIZED SWIMMING

For competitors ages 5-18, the Ohio Coralinas practice at the JCC, and compete all over the nation

## AQUA GYM

Great for the kids! Join us and the kids can get experience with SCUBA gear and learn about everything the underwater world has to offer!

## RED CROSS TRAINING

With 3 Lifeguard Instructors, 3 CPR/AED/First Aid/Emergency Oxygen Instructors, and two Instructor-Trainers on staff, classes are offered quarterly in numerous disciplines! Check in the pool for details.

## WOMEN'S ONLY SWIM

Women's Only swim is observed from 8:00a-9:00a on Tuesdays and Thursdays, year round. In the summer months, both the indoor and outdoor pool observe Women's Only Swim. Lessons are also offered at this time.

Aquatics Director: Jenna Kreider  
jkreider@columbusjcc.org  
(614)559-6213

