

**Jewish Community Center of Greater Columbus**

**SWIM LESSON GUIDE**

The JCC Swimming Lesson Program teaches the Red Cross skills and places a special emphasis on Safety in & around the water. Our instructors start by encouraging comfort, and feel in the water, gradually building on this base all the way through the introduction of competitive strokes and competitive swimming

**Class Descriptions**

**Adult Beginner:** This class is designed to introduce you to front crawl, breaststroke and elementary backstroke along with concepts to keep you safe around the water.

**Adult Advanced:** This class is designed to help you improve your front crawl, breaststroke, elementary backstroke along with teaching you back crawl, butterfly and flip turns.

**Babies and Bubbles (6 months -3 years):** Introduces basic skills to parents and children. Teaches parents how to safely work with their child in the water and introduces the basic skills that lay the foundation for learning to swim.

**Just for 2's (2-3 years):** This class is designed for those children between 2 and 3 years old who can independently be in the water. They will begin to learn the fundamentals of water safety and swimming.

PSA Classes are for 3-5 year olds / LTS Classes are for 6 years and up

**PSA 1 /LTS 1:** Introduces basic aquatics skills, which the children continue to build on as they progress through the levels. Children start to develop positive attitudes and safe practices around the water.

**PSA 2:** Further develop basic aquatics skills. Children begin to perform skills at a slightly more advanced level.

**PSA3/LTS2:** This level marks the beginning of true locomotion skills. Participants learn to glide and float without support. Begin learning Front crawl, Back crawl, Elementary backstroke and breaststroke.

**LTS3/LTS4:** This level they will expand their proficiency in Front crawl, back crawl, elementary backstroke, Breaststroke and Butterfly. They will also start to learn how to do flip turns and open turns.

**SUNDAY LESSONS**

\$120 per session (One 30 min. lesson a week) **Must have 3 or more students for class to run**

**Summer Session June 16 – August 4**

<b><u>Class Times</u></b>		<b><u>Class Times</u></b>		<b><u>Class Times</u></b>	
		10:00AM	Babies and Bubbles(1&2)	10:30AM	Just for 2's
					LTS Level 1
11:00AM	Preschool Level 2	11:30AM	Preschool Level 1		
	LTS Level 3		LTS level 2		

**WEEKDAY LESSONS**

\$120 per session **Must have 3 or more students for class to run**

**Session 1 June 17-June 28**

**Session 2 July 1 July 12 No class July 4<sup>th</sup>**

**Session 3 July 15- July 26**

**Session 4 July 29- August 9**

**Class Times**    **Monday thru Thursday**

4:30 PM	Preschool Levels 1,2 and 3				
5:00 PM	Learn to swim levels 1 and 2				
5:30 PM	Learn to swim levels 3 and 4				

## PRIVATE AND SPECIALTY CLASSES

**Private Lessons:** 1 Lesson \$30 5 Lessons \$145 10 Lessons \$280

Days/Times scheduled between you and your instructor at your convenience.

**Group Private Lessons:** Price per person : 1 Lesson \$20 5 Lessons \$95 10 Lessons \$180

- All private lessons must be scheduled and forms submitted to Aquatics Director Jeff Rosenbloom. Please contact Jeff at 614-559-6213 or [jrosenbloom@columbusjcc.org](mailto:jrosenbloom@columbusjcc.org) for additional information.

\*\*\*For Private or Group Private Lessons a 24 hour notice is needed for all cancellations, please call 614-559-6213. Anything after 24 hours participants will be charged a lesson.\*\*\*

## General Program Information

<b>Swimming Levels</b>	Not sure on your child's swimming level? We can do an assessment to make sure that they are placed in the correct group.
<b>Swim Instructors</b>	The JCC will try to keep your child with the same instructor throughout the session but reserves the right to change instructors if needed.
<b>Evaluations</b>	The Instructors will discuss how your child is doing at the end of the session.
<b>Registration Procedures:</b>	You must complete a separate form for each session. All registration forms should be turned into Aquatics Director Jeff Rosenbloom.
<b>Payment Policies:</b>	<b>When turning in your registration form you may attach a check or you may complete the payment information on the form if you are using a credit card or bank draft. Payment is Required with the completed form.</b>
<b>Cancellation Policy:</b>	To stop lessons, a 7 day notice is needed
<b>Make Ups:</b>	If the JCC needs to cancel a lesson for an unforeseen issue, the lesson will be made up On Friday

## Program Registration Form

Participant's Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Primary Email: \_\_\_\_\_ Medical Concerns: \_\_\_\_\_

Parent's Name (if applicable): \_\_\_\_\_ Preschool Class room (if applicable): \_\_\_\_\_

\_\_\_ Not sure on my child's level please contact me for an assessment.

I need to register my child for the following class.

CLASS LEVEL \_\_\_\_\_ DAY/TIME \_\_\_\_\_ SESSION \_\_\_\_\_

### Billing Information

Pay by Credit Card (Mastercard, Visa, Discover, or American Express)

# \_\_\_\_\_ (3 digit on back) Exp. Date: \_\_\_\_\_

Signature: \_\_\_\_\_

I understand if any of my monthly payments decline, I will not be able to continue with the lessons until payment is resolved, and will not be able to make up any lessons that are missed.

Lessons are open to JCC Members only. Payment information must be given before the first lesson. You may register by calling 614-559-6213, email to [jrosenbloom@columbusjcc.org](mailto:jrosenbloom@columbusjcc.org), or by completing this form and return with payment to The Jewish Community Center, Attention: Jeff Rosenbloom. 1125 College Ave., Columbus, Ohio 43209

