

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***

Session 1 September 8 – October 27

Session 3 January 5-February 23

Session 2 November 3- December 15 (7 weeks \$105)

Session 4 March 1- April 26 (no class the week of April 12)

Session 5 May 3 – May 24 (4 week session \$60)

<u>Class Times</u>		<u>Class Times</u>		<u>Class Times</u>	
		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 September 3-September 26(4 week No Monday Class only \$60)

Session 2 November 4-December19 \$105(7 weeks)

Session 3 January 6- February 27 (8 weeks)

Session 4 March 2- April 30(8weeks)

Session 5 May 4- May 21 (4 Weeks \$60)

<u>Class Times</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
12:00PM		Just for 2's		Just for 2's	Preschool 1,2&3
4:00pm	Preschool 1	LTS 1&2	Preschool 1	Preschool 1&2	
4:30PM	LTS 1&2	Preschool 3	Preschool 2	Preschool 3	
5:00pm	LTS 3&4	Pre Team goes till 5:45	LTS 3&4	Pre team goes till 5:45	
5:30pm	Adult Combined		Adult Combined		

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 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

Swimming Levels	Not sure on your child's swimming level? We can do an assessment to make sure that they are placed in the correct group.
Swim Instructors	The JCC will try to keep your child with the same instructor throughout the session but reserves the right to change instructors if needed.
Evaluations	The JCC will give out written evaluations on your child at the end of each session.
Registration Procedures:	You must complete a separate form for each session. All registration forms should be turned into Aquatics Director Jeff Rosenbloom.
Payment Policies:	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.
Cancellation Policy:	To stop lessons, a 7 day notice is needed. If the JCC needs to cancel a lesson for an unforeseen issue, the lesson will be made during the break week.
Make Ups:	Make up will be made only if the JCC cancels the lesson for any reason and the class will be made up on Fridays.

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, or by completing this form and return with payment to The Jewish Community Center, Attention: Jeff Rosenbloom. 1125 College Ave., Columbus, Ohio 43209

