

Swim Lessons

Swim Lesson Assessment

Unsure which level to place your child for swim lessons? This assessment will give you the information you need. The JAC Instructor Team will evaluate each participant's skill level and then recommend the appropriate level. Each participant should wear their suit and bring their towel.

Thursday, May 31	8:00-9:00 a.m.	Fee: Free
Monday, June 4	6:30-7:30 p.m.	Fee: Free

Parent/Child Aquatics: Introduces children between the ages of 6 months and approximately 3 years to the water and teaches swimming readiness skills. Provides safety information for parents and teaches techniques parents can use to orient their children to the water. Parent or caregiver must participate in class with child. **Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR**

- Ages 6-18 mo.
 - July 9-19 M-Th 6:15-6:45 p.m. Registration closes July 5
 - July 23-Aug.2 M-Th 9:55-10:25 a.m. Registration closes July 18
- Ages 18 mo-3 yrs.
 - June 18-28 M-Th 6:15-6:45 p.m. Registration closes June 13
 - July 23-Aug. 2 M-Th 6:15-6:45 p.m. Registration closes July 18

Swim Lesson Readiness: This class is geared toward the child that has finished parent/child lessons but is not quite ready or old enough for the Preschool Level. Parents are encouraged to be in the water with the children if needed but are not required to do so. Instructors will assist the children in adapting to the water and learning swimming skills while also learning how to listen and follow directions. **Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR**

- July 9-19 M-Th 10:40-11:10 a.m. Registration closes July 5

Preschool Level 1: Familiarizes children approximately 4 and 5 years old to the aquatic environment and helps them acquire basic aquatic skills. Helps participants begin to develop positive attitudes and safe practices in and around water. Participants, with assistance, will learn to submerge, blow bubbles, and float briefly. **Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR**

- June 18-28 M-Th 11:15-11:45 a.m. Registration closes June 13
- M-Th 6:15-6:45 p.m. Registration closes June 13
- July 9-19 M-Th 10:40-11:10 a.m. Registration closes July 5
- M-Th 6:15-6:45 p.m. Registration closes July 5

Preschool Level 2: Builds on and improves skills learned in Preschool Aquatics Level 1. Increases knowledge of water safety topics introduced in Preschool Aquatics Level 1. Participants, with assistance, will learn to float, glide, and swim using arms and legs. **Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR**

- June 18-28 M-Th 11:15-11:45 a.m. Registration closes June 13
- M-Th 6:15-6:45 p.m. Registration closes June 13
- July 9-19 M-Th 10:40-11:10 a.m. Registration closes July 5
- M-Th 6:15-6:45 p.m. Registration closes July 5
- July 23-Aug 2 M-Th 9:55-10:25 a.m. Registration closes July 18
- M-Th 6:15-6:45 p.m. Registration closes July 18

Preschool Level 3: Increases proficiency and builds on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2. Reinforces water safety concepts and skills introduced in earlier levels and introduces additional water safety topics. Participants, with assistance, will increase their endurance for floating, gliding and swimming using arms and legs, and begin learning breathing techniques and changing direction while moving in the water. **Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR**

- June 18-28 M-Th 11:15-11:45 a.m. Registration closes June 13
- M-Th 6:15-6:45 p.m. Registration closes June 13
- July 9-19 M-Th 10:40-11:10 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 9:55-10:25 a.m. Registration closes July 18
- M-Th 6:15-6:45 p.m. Registration closes July 18



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Learn to Swim Level 1 Introduction to Water Skills: Orients participants to the aquatic environment and helps them gain basic aquatic skills. Helps participants begin to develop positive attitudes and safe practices around water. Participants learn to submerge, float, and glide.

Minimum/Maximum 4/10. Fee: \$22 R/\$25 NR

- June 18-28 M-Th 11:15-11:45 a.m. Registration closes June 13
M-Th 6:15-6:45 p.m. Registration closes June 13
- July 9-19 M-Th 10:40-11:10 a.m. Registration closes July 5
M-Th 6:15-6:45 p.m. Registration closes July 5
- July 23-Aug 2 M-Th 9:55-10:25 a.m. Registration closes July 18
M-Th 6:15-6:45 p.m. Registration closes July 18

Learn to Swim Level 2 Fundamental Water Skills: Builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants learn to move through the water using arms and legs. Minimum/Maximum 4/10. Fee: \$28 R/\$31 NR

- June 18-28 M-Th 10:30-11:10 a.m. Registration closes June 13
M-Th 6:50-7:30 p.m. Registration closes June 13
- July 9-19 M-Th 9:10-9:50 a.m. Registration closes July 5
M-Th 9:55-10:35 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 6:50-7:30 p.m. Registration closes July 5
M-Th 10:30-11:10 a.m. Registration closes July 18
M-Th 6:50-7:30 p.m. Registration closes July 18

Learn to Swim Level 3 Stroke Development: Builds on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Participants learn the front crawl and elementary backstroke, and the kicks for breaststroke and butterfly. Minimum/Maximum 4/10. Fee: \$28 R/\$31 NR

- June 18-28 M-Th 10:30-11:10 a.m. Registration closes June 13
M-Th 6:50-7:30 p.m. Registration closes June 13
- July 9-19 M-Th 9:10-9:50 a.m. Registration closes July 5
M-Th 9:55-10:35 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 6:50-7:30 p.m. Registration closes July 5
M-Th 10:30-11:10 a.m. Registration closes July 18
M-Th 6:50-7:30 p.m. Registration closes July 18

Learn to Swim Level 4 Stroke Improvement: Improves participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants learn breaststroke, back crawl, sidestroke, and butterfly. Minimum/Maximum 4/10. Fee: \$28 R/\$31 NR

- June 18-28 M-Th 10:30-11:10 a.m. Registration closes June 13
M-Th 6:50-7:30 p.m. Registration closes June 13
- July 9-19 M-Th 9:10-9:50 a.m. Registration closes July 5
M-Th 9:55-10:35 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 6:50-7:30 p.m. Registration closes July 5
M-Th 10:30-11:10 a.m. Registration closes July 18
M-Th 6:50-7:30 p.m. Registration closes July 18



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Learn to Swim Level 5 Stroke Refinement: Helps participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants will learn surface dives and flip turns. **Minimum/Maximum 4/10. Fee: \$28 R/\$31 NR**

- July 9-19 M-Th 9:10-9:50 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 6:50-7:30 p.m. Registration closes July 5
- July 23-Aug 2 M-Th 10:30-11:10 a.m. Registration closes July 18

Learn-to-Swim Level 6: This level allows the participant to focus on one of three skills: personal water safety, fitness swimmer, or fundamentals of diving. Participants can either learn to prevent aquatic emergencies and self-rescue techniques; refine strokes to swim with greater efficiency and effectiveness over longer distances; or fundamental springboard diving skills. **Minimum/Maximum 4/10. Fee: \$28 R/\$31 NR**

- July 9-19 M-Th 9:55-10:35 a.m. Registration closes July 5
- July 23-Aug 2 M-Th 10:30-11:10 a.m. Registration closes July 18

Jr. Lifeguard Training: Are you cut out to be a lifeguard? Learn what it takes from the JAC lifeguards. This class will take you through the basics of lifeguarding, CPR, and first aid. By the end of the class, you should know if lifeguarding is for you. Ages 11-15.

Minimum/Maximum 4/10. Fee: \$26 R/\$29 NR

- July 23-Aug 2 M-Th 9:55-10:25 a.m. Registration closes July 18

Water Safety Instructor Aid Training: Have you completed all the levels of swim lessons, yet still want to continue lessons? This class is for you. Participants will learn how to conduct effective and safe swim lessons. Hands on training is incorporated in the class as the participants will assist with lessons taking place.

Minimum/Maximum 4/10. Fee: \$26 R/\$29 NR

- June 18-28 M-Th 10:30-11:10 a.m. Registration closes July 18

Private Lessons: Private lessons match participants to one instructor. Participants can register as an individual or with a group. Fee: \$45

- June 18-21 M-TH 9:55-10:25 a.m. Registration closes June 14
- June 18-21 M-Th 6:50-7:20 p.m. Registration closes June 14
- June 25-28 M-TH 9:55-10:25 a.m. Registration closes June 14
- June 25-28 M-Th 6:50-7:20 p.m. Registration closes June 14
- July 9-12 M-Th 11:15-11:45 a.m. Registration closes July 5
- July 9-12 M-Th 6:15-6:45 p.m. Registration closes July 5
- July 9-12 M-Th 6:50-7:20 p.m. Registration closes July 5
- July 16-19 M-Th 11:15-11:45 a.m. Registration closes July 12
- July 16-19 M-Th 6:15-6:45 p.m. Registration closes July 12
- July 16-19 M-Th 6:50-7:20 p.m. Registration closes July 12
- July 23-26 M-Th 11:15-11:45 a.m. Registration closes July 19
- July 23-26 M-Th 6:50-7:20 p.m. Registration closes July 19
- July 30-Aug 2 M-Th 11:15-11:45 a.m. Registration closes July 26
- July 30-Aug 2 M-Th 6:50-7:20 p.m. Registration closes July 26

