

group swim LESSONS



MON	TUE	WED	THU	FRI	SAT	SUN
3:15-3:45 PM						10:00-10:30 AM
3s M/W	3s T/Th	3s M/W	3s T/Th			3-5 Sun
4-5s M/W	4-5s T/Th	4-5s M/W	4-5s T/Th			6+ Sun
4:00-4:30 PM						10:45-11:15 AM
3s M/W	4-5s T/Th	3s M/W	4-5s T/Th			3-5 Sun
6+ M/W	6+ T/Th	6+ M/W	6+ T/Th			6+ Sun
4:45-5:15 PM						
6+ M/W	4-5s T/Th	6+ M/W	4-5s T/Th			
5:30-6:00PM						
4-5s M/W		4-5s M/W				

Our group swim lessons run month to month and are 30 minutes per lesson. Classes are offered on Monday/Wednesday and Tuesday/Thursday afternoons and Sunday Mornings. Our group lessons program is based on the Starfish Aquatics Institute Swim School Curriculum. Swimmers learn in- and out-of-water safety skills, with a focus on learning basic swim skills and a goal of being water safe at the end of the program.

Age 3 Swimmers learn in- and out-of-water safety skills, with a focus on familiarization and comfortability in the water. An authorized parent is required to bring the swimmer to the lesson and a reusable swim diaper must be worn during the lesson, as is JCC policy.

Ages 4-5 Children will be transitioned from the ECC to swim lessons by Aquatics staff but must be picked up at the end of the lesson by an authorized adult on the indoor pool deck. There will be no transfer from Aquatics to Extended Care for ECC children.

Ages 6+ Beginner swimmers learn in- and out-of-water safety skills while upper levels work towards competency in Freestyle with a goal of preparing swimmers to be in Jr Jellies.

Sunday Ages 3-5 This program is based on the Starfish Aquatics Institute Swim School Curriculum.

Sunday Ages 6+ This program is based on the Starfish Aquatics Institute Swim School Curriculum.

swim team SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
4:30-5:15 PM				3:15-4:15 PM		
Pre-Comp Group 1	Pre-Comp Group 1	Pre-Comp Group 1	Pre-Comp Group 1	Club Group 1		
4:30-5:30 PM				4:15-5:45 PM		
Club Group 1	Club Group 1	Club Group 1	Club Group 1	Club Group 2		
4:45-5:15 PM				Club Group 3		
Jr. Jellies	Jr. Jellies	Jr. Jellies	Jr. Jellies	Seniors Group		
5:30-6:15 PM						
Pre-Comp Group 2	Pre-Comp Group 2	Pre-Comp Group 2	Pre-Comp Group 2			
5:15-6:45 PM						
Club Group 2	Club Group 2	Club Group 2	Club Group 2			
Club Group 3	Club Group 3	Club Group 3	Club Group 3			
Seniors Group	Seniors Group	Seniors Group	Seniors Group			

Jr. Jellies Swimmers learn all four competitive strokes and get ready to be on swim team. The focus is on freestyle and backstroke or butterfly and breaststroke, alternating monthly. Jr. Jellies swim twice a week on Monday & Wednesday or Tuesday & Thursday.

Jellyfish Pre-Comp Swim Team (JFPC) Swimmers improve all four strokes, learn competitive turns and starts, be introduced to training sets, and have the opportunity to compete in a relaxed/introductory environment.

Group 1 is primarily for swimmers ages 6-9 Group 2 is primarily for swimmers 9-14

Jellyfish Club USA Swim Team (JFC) Swimmers continue to refine their stroke technique, focus on conditioning and training, and compete at a higher level. An individual USA Swimming athlete membership is required for all swimmers which costs \$95 per year.

Group 1: Ages 8-12

Group 3: Ages 12-14

Group 2: Ages 10-14

Seniors: Ages 14-18 (grades 9-12)