

Spring 2017 Program Guide

Aquatics

Learn to Swim at the J

All Ages

Private Lessons

(All Ages)

Private lessons are one-on-one with our certified instructors, Jodi Lovenwirth, Kay Fried, Susan Ritter, and Sallie Smith. All lessons must be paid in advance.

By appointment. No lessons on 4/11, 4/12, 5/29, 5/31.

One 30 Min. Lesson: \$40; JCC MVP: \$30

SPRING SWIM SPECIAL

Five Lessons (Save 5%): \$190; JCC MVP: \$142.50

Ten Lessons (Save 10%): \$360; JCC MVP: \$285

Semi-Private Lessons

(All Ages)

Semi-Private lessons consist of a two person group. Children can benefit from taking semi-private lessons by having the moral support of a family member or friend swimming beside them. All lessons must be paid in advance.

By appointment, 30 min session

Price: \$33; JCC MVP: \$23

Group Lesson By Appointment

(All Ages)

A small ratio is maintained to ensure each person gets one-on-one instruction. All lessons must be paid in advance.

By appointment, 30 min session

Price: \$22; JCC MVP: \$17

Special Needs Swim

(All Ages)

Did you know that the J has instructors trained to work with special needs swimmers? We offer many options for students of all levels and abilities incorporating basic lifesaving, social and learning skills to be more independent in an aquatic setting.

By appointment

Price (30 min): \$40 | JCC MVP (30 min): \$30

Tuesday Group Lessons

(5 years and up)

A small ratio is maintained to ensure each person gets one-on-one instruction.

Tuesdays (4/3 - 6/6)

Price: \$200 | JCC MVP: \$155

Level 1: 5:30pm - 6:00pm

Level 2: 6:00pm - 6:30pm

Level 3: 6:30pm - 7:00pm

Level 4 & 5: 7:00pm - 7:30pm

Levels 5 & 6: 7:30pm - 8:00pm

Wednesday Group Lessons

(5 years and up)

A small ratio is maintained to ensure each person gets one-on-one instruction.

Wednesdays (4/5 - 6/7)

Price: \$200 | JCC MVP: \$155

Level 1: 4:30pm - 5:00pm

Levels 2 & 3: 5:00pm - 5:30pm

Saturday Group Lessons

(5 years and up)

A small ratio is maintained to ensure each person gets one-on-one instruction.

Saturdays (4/1 - 6/3)

Price: \$220 | JCC MVP: \$170

Level 1: 10:30am - 11:00am

Level 2: 11:00am - 11:30am

Level 3: 11:30am - 12:00pm

Levels 4 & 5: 12:00pm - 12:30pm

Levels 5 & 6: 12:30pm - 1:00pm

Sunday Group Lessons

(5 years and up)

A small ratio is maintained to ensure each person gets one-on-one instruction.

Sundays (4/2 - 6/4)

Price: \$220 | JCC MVP: \$170

Levels 1 & 2: 11:30am - 12:00pm

Levels 3, 4 & 5: 12:00pm - 12:30pm

Children

Monday Afterschool Swim Lessons

(5 years and up)

The perfect place for your child to continue to improve swimming skills after school. For Levels 2, 3, and 4.

Mondays (4/3 - 6/5)

Price: \$175 | JCC MVP: \$135

4:00pm - 4:30pm

Thursday Afterschool Swim Lessons

(5 years and up)

The perfect place for your child to continue to improve swimming skills after school. For Levels 2, 3, and 4.

Thursdays (4/6 - 6/8)

Price: \$220 | JCC MVP: \$170

4:00pm - 4:30pm

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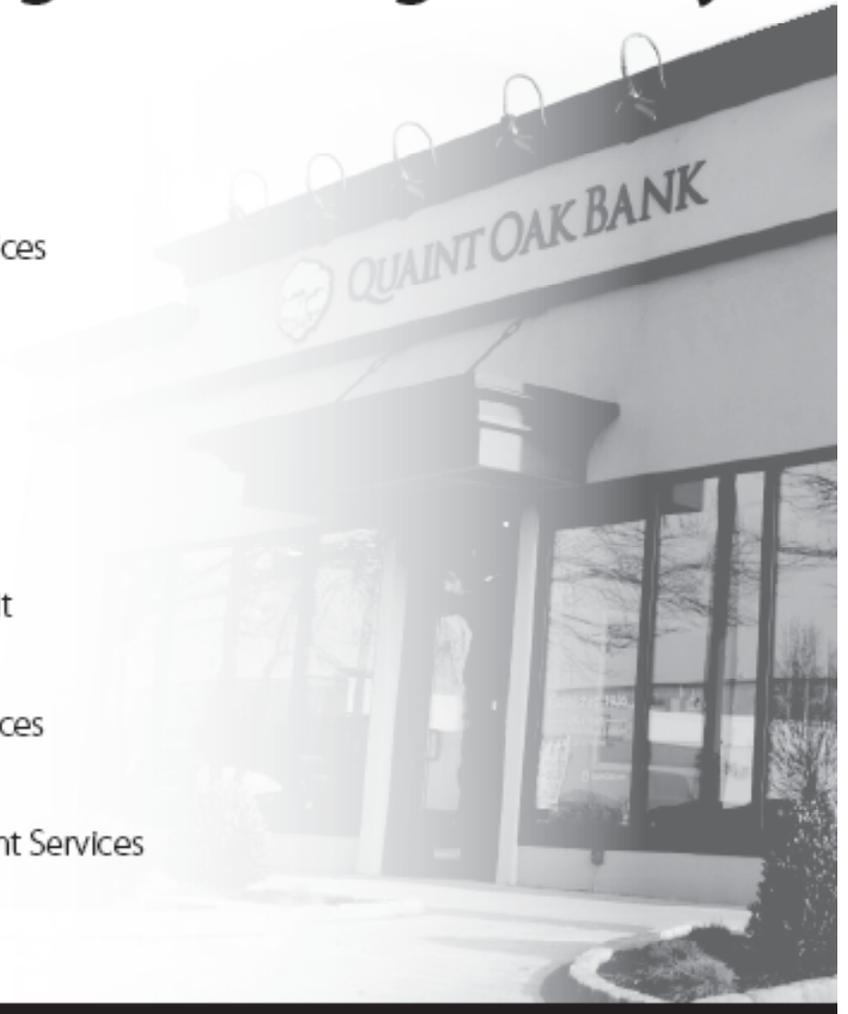
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For more information about Aquatics at the J, please contact Jodi Lovenwirth at 610.435.3571 (jlovenwirth@lvjcc.org) | To register for programs, please call 610.435.3571 or visit www.lvjcc.org

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Aquatics

Mommy and Me

(6 months - 3 years)

This class introduces water safety to caregivers and children to help children become comfortable in water.

Wednesdays (4/5 - 6/7)

Price: \$200 | JCC MVP: \$155

5:30pm - 6:00pm

Lifeguard Certification Class

(15 years and up)

This inclusive class teaches the participants the knowledge and skills needed to prevent and respond to aquatic emergencies at a swimming pool facility. Participants must be 15 years or older by the end of the course and must pass the prerequisite swim test and all final exams.

Sundays, Wednesdays, and Thursdays (3/26 - 4/9; no class on 4/2)

11:00am - 5:00pm (Sundays)

6:00pm - 9:00pm (Wednesdays and Thursdays)

Price: \$375 | JCC MVP: \$300

Swim Clinics

Our unique swim clinics offer just the right blend of stroke training and endurance training. Our goal is for each participant to become more confident in his/her ability.

Mondays, (4/3 - 6/5; No clinics 4/10, 5/29)

Price: \$175 | JCC MVP: \$135

Thursdays, (3/9 - 6/8)

Price: \$220 | JCC MVP: \$170

5:00pm - 6:00pm

Dip-N-Disco Jr.

(5 - 9 years)

This event is sure to be a hit! Why? Because there's nothing better than swimming, dancing and eating ice cream. The big kids loved it, now it's your turn.

Sunday, 4/30

1:00pm - 3:00pm

Price: \$30 | JCC MVP: \$20

Swim School Open House

Come see first hand our new and improved swim school. Fun for the entire family. Enjoy our warm pool, see our new curriculum, and grab some fresh popped popcorn. Free goggles for the first 25 registered. This is a free event for the entire community.

Sunday, 4/2

1:00pm - 3:00pm

Price: Free

BLOOD DRIVE

Give back to the community by donating blood to those in need. To sign up, please contact Jodi Lovenwirth at jlovenwirth@lvjcc.org or 610.435.3571 ext. 118.



Wednesday, 3/22; 2:00pm - 6:00pm
Friday, 5/26; 12:00pm - 4:00pm

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Programs must be pre-registered and paid for prior to the start date. Restrictions may apply as the JCC does not offer refunds or exchanges on programs or membership.

Adult Swim Classes

Aqua Jogging Club

A free class for members, so strap on your aqua belt and hit the pool. Class pass available for purchase for non-members for \$15 at the Welcome Desk.

Mondays, Wednesdays, Fridays (4/3 - 6/30)

10:00am - 11:00am

JCC MVP: Free

Aqua Arthritis

(15 years and up)

National Arthritis Foundation format. Gentle strengthening and flexibility exercises. Class pass available for purchase for non-members for \$15 at the Welcome Desk.

Mondays, Wednesdays, (4/3 - 6/28)

11:00am - 12:00pm

JCC MVP: Free

Silver Splash

(18 years and up)

Activate your aqua urge for variety! This class offers lots of fun shallow water moves to improve agility, flexibility and cardio endurance. No swimming ability is required. Class pass available for purchase for non-members for \$15 at the Welcome Desk.

Free for Silver Sneakers members.

Mondays, Thursdays (4/3 - 6/29)

12:00pm - 1:00pm

JCC MVP: Free

Aqua Aerobics

(15 years and up)

General aquatic fitness class. Class pass available for purchase for non-members for \$15 at the Welcome Desk.

Tuesdays, Thursdays (4/4 - 6/29)

11:00am - 12:00pm

JCC MVP: Free

Aqua Yoga

(15 years and up)

A certified instructor will guide the class through balance and gentle stretching poses. Class pass available for purchase for non-members for \$15 at the Welcome Desk.

Fridays (4/7 - 6/30)

11:00am - 12:00pm

JCC MVP: Free



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