

American Red Cross Levels

Baby and Me: Parents and children get wet for this class. Parents learn how to start introducing their children to swimming while the kids have fun getting wet.

Aqua Toddlers: For kids ages 3 & up. This class teaches the basics of swimming, while building confidence in a safe environment.

Level 1: This level consists of floats, kicks, and getting faces wet. It is a transition from working with help to trying things on their own.

Level 2: The strokes begin in this level with front crawl, back crawl, and learning rhythmic breathing.

Level 3: New strokes, the breaststroke and butterfly, are introduced here, while perfecting front crawl and back crawl.

Level 4/5: Swimmers learn how to be more efficient in the water and get swim team ready by perfecting all the competitive strokes.

JCC Sting Rays SWIM TEAM

Do your kids already have a solid swimming foundation from swim lessons?

The next step is swim team! Swimming is a fun sport that teaches kids hard work, perseverance, sportsmanship, and healthy activity for a healthy lifestyle!

The coaches teach our JCC swimmers how to become more efficient in the water and how to compete at a competitive level.

Swim Team is all year round! Stroke clinics for the swimmers are held in the preseason to help the swimmers continue to improve even when they aren't competing. Children ages six to eighteen who have mastered level 4 of the American Red Cross swim lessons or an equivalent are welcome to come sign up and start the fun!

Be Water Smart

with



Group & Private Swim Lessons



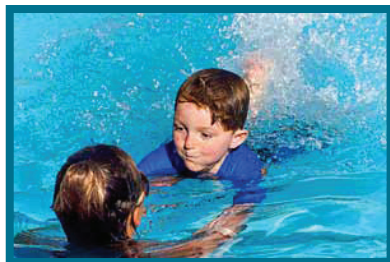
750 White Pond Dr., Akron OH 44320
330-835-0020 • www.shawjcc.org

Why are Swimming Lessons so Important?

Learning to swim not only saves lives from drowning, but it can also improve quality of life. Recreational swimming is a great family activity and swim lessons can give parents a peace of mind around the pool. Children also learn healthy active lifestyles through being active in the water.

Adults can benefit from lessons too! Swimming as a way to stay fit has many benefits. Easy on the joints, swimming can provide a full body workout while adding some variety to the activity in your life. Being comfortable in the water can make this fitness activity an easy way to keep you and your family healthy and active.

Swimming laps are not the only way to enjoy fitness benefits. Try one of our Aqua Aerobics classes today!



What are the differences between group and private lessons?

Group lessons provide a fun learning environment for all types of kids. Instructors create great learning structures and a fun environment for kids to learn important swimming techniques. Group levels are designed to help kids through a progression of the strokes. Seeing improvement and passing levels are great motivators!

Private lessons allow for one-on-one time between an instructor and student (or 2 students in a semi private). Kids can get the extra help they need, boost their confidence, and help them progress faster. Faster progression is great preparation for summer camps and family vacations around water. Privates and semi-privates can help kids who are between levels get they extra boost they need to move on.

Pricing and Packages

Group Lessons	\$40 members \$60 non members
Private Lessons 1 lesson	\$15 members \$20 nonmembers
5 lessons	\$70 members \$80 non members
10 lessons	\$135 members \$155 non members
20 lessons	\$285 members \$300 non members
Semi Privates 1 lesson	\$25 members \$35 non members
5 lessons	\$115 members \$130 non members
10 lessons	\$225 members \$250 non members
20 lessons	\$475 members

Registration

For group lessons, check out program guide at shawjcc.org for dates and times. Call 330-835-0020 for more information. For private or semi private lessons, call Stephanie Davis-Dieringer at 330-835-0058. Lesson dates and times based upon instructor availability. No lessons are given on Saturdays or during group lessons.

