Create strong & confident swimmers!

SPLASH ACADEMY
Summer 2017

Private and Group Swim Lessons

Creve Coeur & Chesterfield

jccstl.org

JEWISH COMMUNITY CENTER

Aquatics questions?

Fox	Tracy Branson	314.442.3495	tbranson@jccstl.org
SFC	Heather Cheseman	314.442.3296	hcheseman@jccstl.org

m-member • p-general public
Creve Coeur-SFC • Chesterfield-Fox

Private Swim Lessons

Available at both locations

All ages

Lessons are customized to individual needs and skill level whether getting used to the water, learning to swim or creating a more efficient and challenging workout. All lessons are 30 minutes and by appointment. The more you want to learn, the more you save!

- Lessons are 30 minutes long
- Available at the either J location
- Private lessons are by appointment only

Private Lessons:

One lesson		$26m/$36p
Five lessons*		$125m/$175p
Ten lessons*	**SAVE $20**	$240m/$340p

Semi-Private Lessons: (2 participants)

One lesson		$31m/$41p
Five lessons*		$150m/$200p
Ten lessons*	**SAVE $20**	$290m/$390p

**Lessons must be used within six months of purchase date.*

SPLASH ACADEMY!

The J Splash Academy is an all-encompassing, learn-to-swim program, designed to create confident, strong, lifelong swimmers of all ages, starting at six months.

Instructors are trained to offer compassion-based instruction, positive reinforcement and encouragement each step of the way. There are three areas of J Splash Academy:

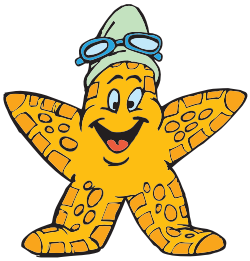
1. **Introduction to Water & Water Safety Skills**
2. **Basic Swimming Skills**
3. **Competitive Swimming Techniques**

As children progress, they will "swim" their way through the fun development tiers: Splash Babies, Starfish, Pufferfish, Lionfish, Angelfish, Stingrays and Hammerheads (see next page for descriptions).

The program provides more opportunity for skill and level progression, Instructor feedback and accomplishment awards for swimmers as they progress through the "fishy" levels.

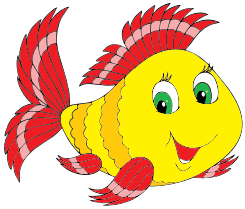
Sign Up for **Splash Academy** today!

Splash Academy Levels



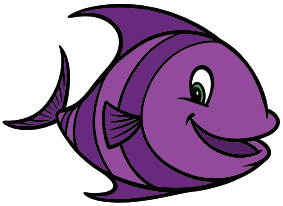
Starfish
Get in, get wet and get comfortable

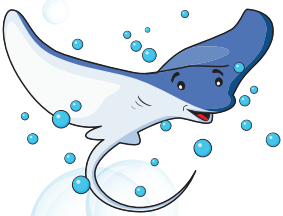
Pufferfish
Basic survival skills



Lionfish
Introduction to strokes and kicks

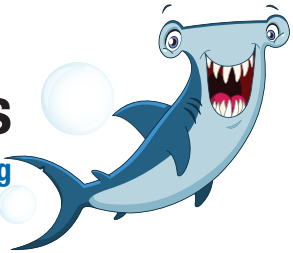
Angelfish
Time to practice strokes, kicks and diving



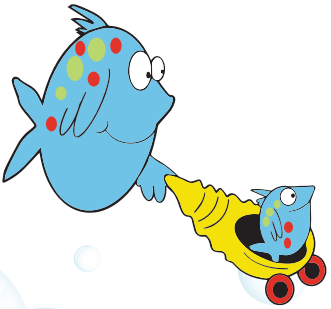


Stingrays
Putting it all together and perfecting

Hammerheads
Intro to endurance and competitive swimming



Splash Babies 6 mos-3 yrs



Classes introduce basic skills and safety to parents and children, while comforting parents as they teach their infants to put his/her face in the water, blow bubbles and feel relaxed in a pool. Parent is required to be in the water with his/her child.

NEW

You "Call It" SPLASH CLASS!

Create your own Splash Academy lesson group. You choose the day and time and we will arrange the class specifically for your group! Children with similar age & swimming ability recommended. Minimum four participants required. A 1:4 instructor ratio will be maintained. Group lessons run for six weeks.

Contact: Tracy Branson, 314.442.3495, tbranson@jccstl.org

Only available at Marilyn Fox Building/Chesterfield

$63m/$93p per participant
OR
$66m/$96p per participant

Splash Academy Group Lessons
SFC or Fox

ONCE A WEEK LESSONS

Wednesday • 6:15pm (8 lessons)
6/7-7/29
$88m/$128p • $97m/$141p (after 5/24)

ONCE A WEEK LESSONS - WEEKENDS

Session 1
Sat 6/3-6/24
Sun 6/4-6/25
Group Lessons (45 min): $44m/$64p • $49/$71p (after 5/20)
Splash Babies (30 min): $30m/$38p • $35m/$43p (after 5/20)

Session 2
Sat 7/8-7/29
Sun 7/9-7/30
Group Lessons (45 min): $44m/$64p • $49/$71p (after 6/24)
Splash Babies (30 min): $30m/$38p • $35m/$43p (after 6/24)

TWO LESSONS/WEEK

Two lessons per week for four weeks
Tue & Thu 5:15-6pm
Session 1: 6/6-6/29 $88m/$128p • $97m/$141p (after 5/23)
Session 2: 7/11-8/3 $88m/$128p • $97m/$141p (after 6/27)

FOUR LESSONS/WEEK

Four lessons per week for two weeks
SFC: 9:30-10:15am
SFC & Fox: 12:35-1:20pm

Sessions		*Early Bird*
Kick-off: 5/30-6/2	Tue-Fri	$44m/$64p • $49m/$71p (after 5/16)
Session 1: 6/5-6/15	Mon-Thu	$88m/$128p • $97m/$141p (after 5/22)
Session 2: 6/19-6/29	Mon-Thu	$88m/$128p • $97m/$141p (after 6/5)
Session 3: 7/3-7/13	Mon-Thu	$88m/$128p • $97m/$141p (after 6/19) *no program 7/4*
Session 4: 7/17-7/27	Mon-Thu	$88m/$128p • $97m/$141p (after 7/3)
Session 4: 7/31-8/10	Mon-Thu	$88m/$128p • $97m/$141p (after 7/17)

Splash Academy Summer Schedule

STAENBERG FAMILY COMPLEX
CREVE COEUR

	TIME	CLASS
SAT	9:30am	All Groups
	10:30am	All Groups
SUN	9:30am	All Groups
	10:30am	All Groups
	11:15am	Splash Babies
MON	9:30am	All Groups
	12:35pm	All Groups
TUE	9:30am	All Groups
	12:35pm	All Groups
	3:30pm	Jr. Jaws
	5:15pm	All Groups
WED	9:30am	All Groups
	12:35pm	All Groups
	6:15pm	All Groups
THU	9:30am	All Groups
	12:35pm	All Groups
	3:30pm	Jr. Jaws
	5:15pm	All Groups

MARILYN FOX BUILDING
CHESTERFIELD

	TIME	CLASS
SAT	11:00am	All Groups
SUN	10:00am	All Groups
	11:00am	All Groups
	11:15am	Splash Babies
MON	12:35pm	All Groups
TUE	12:35pm	All Groups
	3:30pm	Jr. Jaws
	5:15pm	All Groups
WED	12:35pm	All Groups
	6:15pm	All Groups
THU	12:35pm	All Groups
	3:30pm	Jr. Jaws
	5:15pm	All Groups

Cancellation Policy: Cancellations prior to the first lesson will receive a 75% credit. No refunds once a program begins.

Make-up Policy: As of fall 2016, there will be no personal make-up classes. Classes cancelled due to weather or pool issues will be rescheduled.

More Ways to Make a Splash!

Jr. Jaws Swim Club 4-10 yrs

This exciting program is a transition for those who have graduated the J Splash Academy and are interested in competitive swimming or in joining the J Sharks Swim team. Swimmers will continue to develop skills by practicing stroke technique, endurance, and sprint drills. They will also be introduced to legal racing techniques including turns, starts and finishes.

SFC or Fox

Tue & Thu 6/6-8/3 3:30-4:30pm
$176m/$256p • $194m/$282p (after 5/23)
No program 7/4 & 7/6

Kids' Swim Boot Camp 4-14 yrs

Swim, run, jump, climb, throw, giggle, work out! This class will have your child moving non-stop, guaranteeing an awesome workout. This program is suitable for children who can swim the length of the pool unaided all the way up to swim team participants. Enrollment requires evaluation by Aquatics staff.

SFC

Session 1
Sat 6/3-6/24 9:30am
$44m/$64p • $49m/$71p (after 5/20)

Session 2
Sat 7/8-7/29 9:30am
$44m/$64p • $49m/$71p (after 6/24)

J Sharks Swim Team 5-18 yrs

Throughout the summer we'll match up head-to-head with teams of the Gateway Swim Conference. Swimmers must be able to swim 25 yards of freestyle and backstroke. Meets are typically held on Monday evenings. Participants will receive team shirt and swim cap.

Summer practice starts immediately after J Day Camp.

Practice times
SFC or Fox

Mon-Fri	5/22-5/26	5-6pm
Mon-Fri	5/30-7/7	3:30-5pm

$200m/$250p • $225m/$275 (after 5/8)

Sibling discount: First swimmer is full price; additional swimmers $50 off.

Meet schedule available upon request

American Red Cross Lifeguard Certification

15 yrs and older

Teaches the duties and responsibilities of lifeguards to prevent and respond to aquatic emergencies and procedures.Certifies participant as an American Red Cross Lifeguard, includes certifications in CPR for the Professional Rescuer, First Aid, Automated External Defibrillation. Prerequisites: Must swim 300 yards continuously using these strokes in the following order: 100 yards/front crawl; 100 yards/breaststroke; and 100 yards/either front crawl or breaststroke or a combination. All 300 yards must use rhythmic breathing with your face in the water and a stabilizing, propellant kick. Swim 20 yards using front crawl or breaststroke, surface dive to a minimum depth of seven feet, retrieve a 10 lb. object, return to surface, and swim back to starting point with the object within one minute and 40 seconds. When returning to the starting point, you must hold the 10 lb. object with both hands and keep you face above water.

Notes:

- Must attend all four classes in a given session for certification.
- No refunds on cancellations made less than seven (7) days prior to the start of class.
- Participants who do not pass the prerequisite will receive a refund minus a fee of $25.

Fox
May Session

Fri	5/12	5-9pm
Sat	5/13	9am-5pm
Fri	5/19	5-9pm
Sat	5/20	9am-5pm

$225m/$250p

SFC
June Session

Fri-Mon	5/2-5/5	9am-5pm

Aquatics Registration

Return with payment to:
The J, Attn: Aquatics, 2 Millstone Campus Dr., St. Louis, MO 63146 or bring to the Aquatics office
We cannot complete registration without payment.

Participant Information

Name _____

❑ Member ❑ General Public Date of Birth _____

Parent(s) _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Alternate Phone (emergency contact) _____

Email _____

Program Information

Program Name: ❑ Splash Academy ❑ Private Lessons ❑ J Sharks Swim Club
❑ Jr Jaws Swim Club ❑ Lifeguard Certification
❑ Kids' Swim Boot Camp

Building Preference: ❑ Fox (Chesterfield) ❑ Staenberg (Creve Coeur)

Day(s) _____ Time _____ Day(s) _____ Time _____

Day(s) _____ Time _____ Day(s) _____ Time _____

Cancellation Policy – Cancellations prior to the first lesson will receive a 75% credit towards another Aquatic program. Credit is valid for one year and will be refunded on your J account. No refunds once a program begins.

Payment Information

Fee Enclosed $_____ Check # _____ (payable to The J)

❑ Charge my credit card on file ❑ Place my credit card on file*

Credit Card # _____

Exp. Date _____

Signature _____

*Name as it appears on credit card _____

*Billing address (if different from above) _____

_____

Register early & save!

SPLASH ACADEMY

Summer 2017

Private and Group Swim Lessons

Jewish Community Center
Staenberg Family Complex
2 Millstone Campus Drive
St. Louis, MO 63146

Jewish Federation of St. Louis

Proud member of United Way of Greater St. Louis

THE STAENBERG GROUP
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