Aquatics Guide

Winter-Spring 2023

We create strong, confident swimmers!

jccstl.org

the j

About the J

A World Class Community Center: Open to Everyone

The J is open to all. Get involved. Join us for a class. Exercise the mind or body. Enjoy a cultural event or holiday program. We have something for everyone here at the J.

Winter-Spring

Monday – Thursday . . . . 5:30am – 9pm
Friday . . . . . 5:30am – 8pm
Saturday – Sunday . . . . . 7am – 6pm

Upcoming Holiday Hours

Christmas Eve	Saturday, December 24	7am – 5pm
Christmas Day	Sunday, December 25	8am – 5pm
New Year's Eve	Saturday, December 31	7am – 5pm
New Year's Day	Sunday, January 1, 2023	8am – 5pm
Memorial Day	Monday, May 29	8am – 5pm

All other holidays, the J will be open standard hours.

Financial Assistance

Limited need-based financial assistance (program and membership scholarship) is available. For more information, visit jccstl.com/scholarship or contact Sally Lang at 314.442.3241 or slang@jccstl.org.

Life Enrichment – For Everyone

The J is committed to making our programming and services as inclusive and accessible as possible to all, including those with differing abilities. Life Enrichment strives to provide necessary accommodations and supports when possible to enable individuals to successfully participate in our various program offerings at the J. Contact Erik Carlson at 314.442.3295 or ecarlson@jccstl.org for more information.

2023 Winter-Spring Pool Schedules

Staenberg Family Complex
Creve Coeur

Indoor Pool

Mon–Thu . . . . . .5:30am – 8pm
Fri . . . . . .5:30am – 7pm
Sat–Sun . . . . . 7am – 6pm

Marilyn Fox Building
Chesterfield

Indoor Pool

Mon–Thu . . . . . .5:30am – 8pm
Fri . . . . . .5:30am – 6pm
Sat–Sun . . . . . 7am – 6pm

Aquatic Program Contacts

For information or questions, contact:

Aquatics Director (SFC)
Heather Cheseman
314.442.3296
hcheseman@jccstl.org

Assistant Aquatics Director (Fox)
Jeffrey Messina
314.442.3495
jmessina@jccstl.org

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

GET FISHY WITH J SPLASH ACADEMY!

MORE LEVELS, MORE CONFIDENCE, MORE FUN

The J Splash Academy, at the Staenberg Family Complex in Creve Coeur, 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. The program provides opportunity for skill/level progression, regular feedback and accomplishment awards for swimmers as they progress through the "fishy" levels.

There are three pillars of J Splash Academy:

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

MORE LEVELS + MORE CONFIDENCE = MORE FUN!

British Swim School

All Ages

The British Swim School is partnering with the J to teach lessons at the Marilyn Fox Building in Chesterfield. The British Swim School (BSS) has been dedicated to teaching water survival skills to children as young as three months for more than 40 years. Like the J, BSS believes it is mission-critical to teach children to swim and to be safe while enjoying the water. With its large instructor base and our large pool, we can serve even more families in the Chesterfield area. BSS lessons are available at various times each day.

britishswimschool.com/st-louis/the-j-chesterfield

Contact: 314.312.1878, goswim@britishswimschool.com

Fox See schedule online

Splash Academy LEVELS

Splash Babies _____ 6 mos-3 yrs

Parents learn basic skills and safety and teach infants, including putting their face in the water; blowing bubbles and being relaxed in a pool. Parent(s) are required to be in the water.

Starfish _____ 3 yrs & up

Introduces basic water skills to children with little or no experience in a pool. Get in, get wet, and get comfortable.

Pufferfish

Builds upon performing Starfish skills independently and becoming more comfortable in the water with a focus on learning basic swimming survival.

Lionfish

Introduces strokes and kicks, with a focus on underwater breath control, kicking and pulling to create forward-motion swimming and in-water safety. Students must be able to perform all Starfish and Pufferfish skills independently.

Angelfish

Swimmers continue their development by learning and practicing beginner strokes with an introduction to advanced strokes and kicks. Instruction also includes diving and treading water techniques.

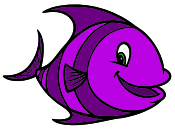
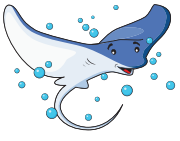
Stingrays

Swimmers refine skills on stroke techniques and proficient rotary breathing by practicing specific swimming and breath control drills.

Hammerheads

Upon performing all strokes and dives proficiently, instruction focuses on distant and endurance swimming while introducing competitive swimming skills.

**Starfish-Angelfish will have a 4:1 student's to instructor ratio. Stingrays and Hammerhead 6:1*

Splash Academy Group Lessons

Pricing is now by the month, rather than by sessions.

1 class per week	2 classes per week	Splash Babies
$99m $127p per month	$178m $234p per month	$79m $105p per month

Cancellation Policy: Cancellations require 30 days' notice. No refunds on partial months.
For make-up classes, contact Heather at 314.442.3296 or hcheseman@jccstl.org for availability.

SPLASH ACADEMY SCHEDULE

Staenberg Family Complex Creve Coeur

	TIME	CLASS
SAT	9:00am	All Groups/Kids Boot Camp
	10:00am	All Groups
	11:00am	All Groups
SUN	9:00am	All Groups/Splash Babies
	10:00am	All Groups
	11:00am	All Groups
	12:00pm	Adult Group
	1:00pm	Jr Jaws
MON	3:00pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
TUE	3:00pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
WED	3:00pm	All Groups
	4:15pm	All Groups/Jr Jaws
	5:15pm	All Groups
	6:15pm	All Groups
THU	3:00pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups

Make-Up Classes: Contact Heather at 314.442.3296 or hcheseman@jccstl.org for availability.

Private Swim Lessons _____ *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. The more you swim, the more you save!

- By appointment only
- Lessons are 30 minutes
- Lessons must be used within six months of purchase

Private Lessons:

One lesson	$42m/$54p	
Five lessons	$210m/$270p	
Ten lessons	$378m/$486p	**Buy 9 Get 1 Free!**

Semi-Private Lessons (per participant):

One lesson	$27m/$35p	
Five lessons	$135m/$175p	
Ten lessons	$243m/$315p	**Buy 9 Get 1 Free!**

Group Swim Lessons for Adults _____ *18-year-olds and older*

Have you wanted to learn to swim, but just felt you missed the bus, or that your too old to learn a new trick? The J is offering just the class to help you learn! We are offering an Adult group swim lesson. We want everyone to come as they are, no requirements or restrictions on this class. This is a shame free zone for all adults, all levels, any experience to come and learn. Come jump in with us!

SFC

Sun 12pm

$99m/$127p per month

Kids' Swim Boot Camp

4-14 years old

Swim, run, jump, climb, throw, giggle and get a great workout. Your child will be moving non-stop! To participate, children must be able to swim the length of the pool unaided. Enrollment requires evaluation by Aquatics staff.

SFC

Sat 9-9:45am

$99m/$127p per month

Jr. Jaws Swim Club

4-10 years old

Be a part of this exciting swim team transition program for graduates of J Splash Academy and those who are interested in the J Sharks Swim team. Swimmers will continue to develop skills through instruction on stroke technique, endurance and sprint drills. They will also be introduced to proper racing techniques including turns, starts and finishes. Swimmer attends one class per week.

SFC

Sun 1-1:45pm

Wed 4:15-5pm

$99m/$127p per month

J Sharks Swim Team _____ *5-18 years old*

Join the club! You will work to improve your time, strokes and endurance as you become part of this great team! Swimmers from both buildings compete in a fun meet and challenge for bragging rights. Participants must be able to swim 25 yards of freestyle and backstroke. *No program 3/20-23.*

SFC or Fox

Mon-Thu 1/9-5/18 5-6pm
1 or 2 days per week: $468m/$528p
3 or 4 days per week: $556m/$600p

American Red Cross Lifeguard Certification

15 years and older

Teaches the duties and responsibilities of lifeguards to prevent and respond to aquatic emergencies. Certifies participant as an American Red Cross Lifeguard, including CPR for the Professional Rescuer, First Aid and AED.

Prerequisites:

- Must swim 300 yards continuously using breast stroke and front crawl.
  - 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 pound object, return to surface, and swim back to starting point within 1:40.
- Must hold the 10 pound object with both hands with your face above water while returning to starting point.

Notes:

- Must attend all four classes
- No refunds for 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
- This is a blended learning class with online learning and in-water skills

Fox		
Wed/Thu	12/28-12/29	9am-5pm
SFC		
Wed/Thu	3/22-3/23	9am-5pm
SFC		
Tue/Wed	5/30-5/31	9am-5pm
Fox		
Mon/Tue $225m/$250p	7/10-7/11	9am-5pm

Aquatic Fitness & Training

Aquatic Personal Training

16 years and older

A personalized 60-minute aquatic fitness training session. Training in water alleviates stress to various joints while allowing for resistance, flexibility and strengthening. Group option available.

SFC or Fox
By appointment
$55m/$65p • Call for group rates

Aquatic Group Exercise

Adults

Water group fitness is a fantastic way to complement your workout. Fitness in the water is generally easier on your joints, but still burns calories. With several classes to choose from, find the one that is right for you! For the most up-to-date schedules, visit jccstl.org

Aquatic Group Fitness Descriptions

Aqua Fit: Moderate-impact, water-specific exercises designed to progressively build strength, flexibility and endurance.

Aqua Flow: Lower impact. Good choice for those with arthritis, rehabbing or new to aqua fitness.

Aqua Power: High-intensity, multi-discipline workout in the lap pool. Participants must be comfortable in all depths of the pool. Finning, treading, kick boxing, traditional water moves and more.

Aqua Power Deep: Deep water, high-intensity, zero-impact resistance training to improve muscle tone, aerobic capacity, flexibility, strength and endurance with the use of resistance equipment and flotation belts.

Swim Boot Camp: Swimming, kicking, treading, jumping, sprinting, drilling, balance, resistance and calisthenics in and out of the water.

Aquatic Fitness Schedule

Staenberg Family Complex

	TIME	CLASS
MON	9:00am 11:00am 6:15pm	Aqua Flow Aqua Fit Aqua Power Deep
TUE	9:15am 11:00am	Swim Boot Camp Aqua Fit
WED	9:00am 11:00am 6:15pm	Aqua Fit Aqua Fit Aqua Power Deep
THU	11:00am	Aqua Fit
FRI	9:00am 11:00pm	Aqua Flow Aqua Fit
SAT	8:15am	Swim Boot Camp

Marilyn Fox Building

	TIME	CLASS
MON	8:00am	Aqua Power
TUE	9:00am	Aqua Flow*
WED	8:00am	Aqua Power
THU	8:00am 9:00am 6:30pm	Aqua Power Aqua Flow* Aqua Power

Classes are 55 minutes except Aqua Flow which is 45 minutes.

Aquatics Registration • Winter-Spring 2023

Return with payment to: The J, Attn: Aquatics, 2 Millstone Campus Dr., St. Louis, MO 63146 or bring to the Aquatics office.
You may also register by creating an account at community.jccstl.org

We cannot complete registration without payment.

Participant Information

Name _____

Date of Birth _____

❑ Member ❑ Public

Parent(s) Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Alt Phone (emergency) _____

Email _____

Signature _____

Program Information

Program: ❑ Splash Academy ❑ Jr. Jaws Swim Club ❑ Lifeguard Certification

❑ Private Lessons ❑ J Sharks Swim Club ❑ Kids' Swim Boot Camp

❑ Please call me, I'm interested in a Pool Birthday Party ❑ Aquatic Personal Training

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. No refunds once a program begins.
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); Check no. _____

❑ Charge my credit card on file ❑ Charge one time using information below ❑ Place my credit card information on file*

Card # _____

Exp. Date _____ CVV _____

*Name as it appears on card _____

Signature _____

*Billing address (if different) _____

Mission Statement

The St. Louis Jewish Community Center enriches lives, builds community, promotes inclusivity and creates meaningful Jewish experiences.

IMAGINE THE POSSIBILITIES
HELP MAKE A DIFFERENCE

Your gift to the J ensures that resources remain available for families who need our services each year.

INVEST IN YOUR COMMUNITY TODAY!

Contact Holly Swift: 314.442.3189 or donate online: **jccstl.com/give**

The J offers financial assistance to hundreds of families in the areas of:

- J Day Camps
- Camp Sabra
- Membership
- Early Childhood Education
- Senior Adult Programming
- Life Enrichment Programming

Jewish Community Center
2 Millstone Campus Drive
St. Louis, MO 63146-5776

Jewish Federation of St. Louis

Proud member of United Way of Greater St. Louis

THE STAENBERG GROUP
BEYOND DEVELOPMENT

STAENBERG FAMILY FOUNDATION

jccstl.org

the j