

Aquatics Guide

Fall 2023



We create strong, confident swimmers!

jccstl.org



About the J

A World Class Community Center: Open to Everyone

Everyone is welcome at the J. Get involved. Exercise your mind or body. Enjoy a cultural event or holiday program. We have something for everyone at the J.

Fall Hours

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

Upcoming Holiday Hours

Labor Day	Monday, September 4	8am - 5pm
Erev Rosh Hashanah	Friday, September 15	5:30am - 5pm
Rosh Hashanah	Saturday, September 16	Closed
Kol Nidre Yom Kippur	Sunday, September 24	7am - 5pm
Yom Kippur	Monday, September 25	Closed
Thanksgiving	Thursday, November 23	8am - 2pm
Christmas Eve	Sunday, December 24	7am - 5pm
Christmas Day	Monday, December 25	8am - 5pm
New Year's Eve	Sunday, December 31	7am - 5pm
New Year's Day	Monday, January 1, 2024	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 welcomes and invites all persons, including those with differing abilities, to participate in our programs. Participation is based upon an appropriate match between the individual and a particular program. Where feasible and suitable, the J provides necessary supports, including individual programming. Contact Erik Carlson at 314.442.3249 or ecarlson@jccstl.org for more information.

2023 Fall Pool Schedules

Staenberg Family Complex Creve Coeur

Indoor Pool

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

Outdoor Pool

Sat–Sun 7am – 6pm

- *Indoor pools closed for annual maintenance 8/21-9/6.*
- *Outdoor pools open daily thru September 6 plus the weekend of September 9-10.*

Marilyn Fox Building Chesterfield

Indoor Pool

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

Outdoor Pool

Sat–Sun 7am – 6pm

- *Indoor pool closed for annual maintenance 8/21-9/4.*
- *Outdoor pool open thru September 4.*



Aquatic Program Contacts

For information or questions, contact:

Aquatics Director (SFC)

Heather Cheseman
 314.442.3296
hcheseman@jccstl.org

Assistant Aquatics Director (Fox)

Elliot Belloli
 314.442.3495
ebelloli@jccstl.org

Swim Lesson Coordinator (SFC)

Shelby Trolinger
 314.442.3114
strolinger@jccstl.org

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

We have partnered with the British Swim School 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

Schedule available 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 students to instructor ratio. Stingrays and Hammerhead 6:1*



Splash Academy Group Lessons



Monthly Pricing

1 class
per week

\$99m
\$127p

per month

2 classes
per week

\$178m
\$234p

per month

Splash
Babies

\$79m
\$105p

per month

No lessons: 9/1-9/4, 9/16, 9/25, 11/23

Cancellation Policy: Cancellations require 30 days' notice. No refunds on partial months.
For make-up classes, contact Shelby at 314.442.3114 or strolinger@jccstl.org for availability.

SPLASH ACADEMY SUMMER SCHEDULE

Staenberg Family Complex Creve Coeur

	TIME	CLASS
SAT	9am	All Groups
	10am	All Groups
	11am	All Groups
SUN	9am	All Groups/Splash Babies
	10am	All Groups
	11am	All Groups
	1pm	Jr Jaws
MON	1pm	All Groups
	3pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
	7:15pm	Adult Group
TUE	1pm	All Groups
	3pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups
WED	1pm	All Groups
	3pm	All Groups
	4:15pm	All Groups/Jr. Jaws
	5:15pm	All Groups
	6:15pm	All Groups
	7:15pm	Adult Group
THU	1pm	All Groups
	3pm	All Groups
	4:15pm	All Groups
	5:15pm	All Groups
	6:15pm	All Groups

Make-Up Classes: Contact Shelby at 314.442.3114
or strolinger@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 years and older

Have you wanted to learn to swim, but just felt you missed the bus, or that you're 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 (or no) experience to come and learn. Come jump in with us!

SFC
Mon or Wed 7:15pm
\$99m/\$127p per month, 1 class per week

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.

SFC
Mon 1-1:45pm
Wed 4:15-5pm
\$99m/\$127p per month, 1 class per week

CELEBRATE AT THE J!

Splashdown Birthday

All Ages

Let your child make a splash at his or her birthday party by hosting it at one of the J's state-of-the-art pools. The birthday child and guests will swim and enjoy water games, supervised by an aquatics staff member. Also included in this package is a party room where partygoers can sing happy birthday, open gifts and and celebrate together! Parties must be reserved a minimum of two in weeks in advance.

SFC & Fox (Indoor or Outdoor)

\$225m/\$275p (up to 15 children)

Each Additional Child: \$12 members/\$15 public

50% deposit required at the time of reservation

Aquaglide (Inflatable Obstacle Course) Birthday

5-14 years old

Your child will slip, slide, splash and laugh to their best birthday party ever! Your child and their friends can conquer the J's own Aquaglide Challenge, the best-inflated obstacle course on water! Everyone can race to the finish – and see who is left standing...or splashing. Everyone must be able to swim in the deep end for this party. Parties include time in a party room and the pool. Must be scheduled at least two weeks in advance.

Fox

\$325m/\$375p (up to 15 children)

Each Additional Child: \$12 members/\$15 public

50% deposit required at the time of reservation





J Sharks Swim Team _____ 5-18 years old

Join the club! Kids work to improve their time, strokes and endurance as they become part of the 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 9/25, 11/23.

SFC or Fox

Mon-Thu 9/18-12/7 5-6pm

1 or 2 days per week: \$312m/\$348p

3 or 4 days per week: \$360m/\$396p



American Red Cross Lifeguard Certification _____ 15 years and older

This class 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.



**American
Red Cross**

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.
- Must 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

SFC Thu/Fri 12/28-29 9am-5pm
\$225m/\$250p



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.

Aqua Tai Chi: Combines the beautiful, flowing movements of Tai Chi with the resistive and relaxing properties of water. It's designed to build flexibility and strength while leaving you feeling peaceful and tranquil.

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	9am	Aqua Flow
	11am	Aqua Fit
	6:15pm	Aqua Power Deep
TUE	9:15am	Swim Boot Camp
	11am	Aqua Fit
WED	9am	Aqua Fit
	11am	Aqua Fit
	6:15pm	Aqua Power Deep
THU	11am 2pm	Aqua Fit Aqua Tai Chi
FRI	9am 11am	Aqua Flow* Aqua Fit
SAT	8:15am	Swim Boot Camp
SUN	8:30am	Daybreak

Marilyn Fox Building

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

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

Aquatics Registration • Fall 2023

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 _____

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 Gina Datillo: 314.442.3209 or donate online: jccstl.com/support

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
- Inclusion Programming



DONATE ONLINE





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