

# WINTER/SPRING 2024

# RED CROSS SWIM



Our beautiful aquatic center includes a six-lane, 25-meter indoor pool; heated indoor kid-sized training pool; a five-lane, 25-meter outdoor pool with a diving board; and an outdoor intermediate and baby pool, as well as a water park. Lifeguards are on duty at all times. Swim caps required. Children 10 years old and younger must be supervised by an adult. Children 6 years old and younger must be accompanied by an adult in the pool and within arm's reach.

## AQUATICS WINTER/SPRING 2024

Sundays 1/28-6/2

Mondays 1/29-6/3

Tuesdays 1/30-6/4

Wednesdays 1/31-6/5

Thursdays 2/1-6/6

### WATER BABIES & PARENT/TODDLER SWIM

*Ages 6-36 Months*

Splash. Kick. Bubble. Laugh. Your little one will love this intro to swim class—and so will you! The first step to learning how to swim is enjoying being in the water and this class will teach you how to work with your child to have a fun and safe water experience.

Non-toilet-trained children must wear swim diapers (can be purchased at the Courtesy Desk) and a bathing suit.  
1:6 ratio Instructor/Student Ratio

### SWIM LEVEL 1

*Ages 3-5*

Introduction to Water Skills. Develop elementary aquatic skills.

1:4 Instructor/Student Ratio

### SWIM LEVEL 2

*Ages 4-7*

Fundamental Aquatics Skills. Develops primary skills such as front crawl and back crawl. For children who have elementary skills.

1:4 Instructor/Student Ratio

### SWIM LEVEL 3

*Ages 5-11*

Stroke Development. Elementary backstroke and fundamentals of treading water are introduced.

Child must be able to swim 15m on front and back.

1:4 Instructor/Student Ratio

### SWIM LEVEL 4

*Ages 6-12*

Stroke Improvement. Breaststroke and side stroke are introduced. The child must be able to swim 25m front crawl and backstroke.

1:4 instructor/student ratio

### SWIM LEVEL 5

*Ages 6-12*

Stroke Refinement. Coordination and refinement of all six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke).

1:6 instructor/student ratio

### SWIM CLUB: LEVEL 5 & 6

*Ages 7-12*

Skill Proficiency. Strokes learned in previous levels are polished; and endurance is stressed. Includes fun water activities.

1:6 instructor/student ratio

For information, please call 201.408.1473 or email [aquatics@jccotp.org](mailto:aquatics@jccotp.org)

KAPLEN JCC on the Palisades TAUB CAMPUS | 411 E CLINTON AVE, TENAFLY, NJ 07670 | 201.569.7900 | [jccotp.org](http://jccotp.org)

# WINTER/SPRING 2024 SWIM SCHEDULE

## WATER BABIES & PARENT/TODDLER SWIM

6-36 months

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	9:30-10:00am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:00-10:30am	<b>\$450</b>
17 Thurs	2/1-6/6 (No class 2/22, 4/25)	3:30-4:00pm	<b>\$510</b>

## SWIM LESSONS: RED CROSS LEVEL 1

Ages 3-5

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:00-10:30am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:30-11:00am	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	3:30-4 pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4-4:30 pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4:30-5:00pm	<b>\$450</b>
16 Tues	1/30-6/4 (No class 2/20, 4/23, 4/30)	4-4:30pm	<b>\$480</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	2:15-2:45pm	<b>\$510</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	3:30-4pm	<b>\$510</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4-4:30pm	<b>\$510</b>

## SWIM LESSONS: RED CROSS LEVEL 2

Ages 4-7

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:30-11am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	11-11:30am	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	3:30-4pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4-4:30pm	<b>\$450</b>
16 Tues	1/30-6/4 (No class 2/20, 4/23, 4/30)	4:30-5pm	<b>\$480</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	3:30-4pm	<b>\$510</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4-4:30pm	<b>\$510</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4:30-5pm	<b>\$510</b>

## SWIM LESSONS: RED CROSS LEVEL 3

Ages 6-12

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10-10:30am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:30-11:00am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	11-11:30am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	11:30-12pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4-4:30pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4:30-5pm	<b>\$450</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4-4:30pm	<b>\$510</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4:30-5pm	<b>\$510</b>

## SWIM LESSONS: RED CROSS LEVEL 4

Ages 6-12

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:30-11am	<b>\$450</b>
15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	11-11:30am	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4-4:30pm	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4:30-5:00pm	<b>\$450</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4:30-5pm	<b>\$510</b>

## SWIM LESSONS: RED CROSS LEVEL 5

Ages 6-12

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:00-10:30am	<b>\$450</b>
15 Mon	1/29-6/3 (No class 2/19, 4/22, 4/29, 5/27)	4:30-5pm	<b>\$450</b>
17 Wed	1/31-6/5 (No class 2/21, 4/24)	4-4:30pm	<b>\$510</b>

## SWIM LESSONS: SWIM CLUB (FOR LEVELS 5 & 6)

Ages 7-12

15 Sun	1/28-6/2 (No class 2/18, 3/31, 4/28, 5/26)	10:30-11:15am	<b>\$570</b>
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## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Lessons must be paid in advance. (No refunds). Packages are valid for 365 days.

### PRIVATE LESSONS

One 30-minute lesson	<b>\$58</b>
Five 30-minute lessons	<b>\$270</b>
One 45-minute lesson	<b>\$87</b>
Five 45-minute lessons	<b>\$405</b>

### PRIVATE LESSONS WITH MASTER INSTRUCTOR

One 30-minute lesson	<b>\$67</b>
Five 30-minute lessons	<b>\$315</b>
One 45-minute lesson	<b>\$100.50</b>
Five 45-minute lessons	<b>\$472.50</b>

### SEMI-PRIVATE LESSONS (FOR 2 PEOPLE)

One 30-minute lesson	<b>\$84</b>	(\$42/participant)
Five 30-minute lessons	<b>\$380</b>	(\$190/participant)
One 45-minute lesson	<b>\$128</b>	(\$64/participant)
Five 45-minute lessons	<b>\$570</b>	(\$285/participant)

### SEMI-PRIVATE LESSONS (FOR 3 PEOPLE)

One 30-minute lesson	<b>\$108</b>	(\$36/participant)
Five 30-minute lessons	<b>\$480</b>	(\$160/participant)
One 45-minute lesson	<b>\$162</b>	(\$54/participant)
Five 45-minute lessons	<b>\$720</b>	(\$240/participant)

### ADAPTIVE SWIM LESSONS

One 30-minute lesson	<b>\$67/\$75</b>	public
Five 30-minute lessons	<b>\$315</b>	members only

