



JCC Swim Lesson Rates and Levels

Swim Lesson Rates

All lessons must be paid in advance of the lesson. *When cancellation occurs due to inclement weather or emergency, we will provide a make-up session.* JCC Phone: 610-435-3571. Private, semi private, and private groups are available by appointment.

Contact: Jodi Lovenwirth, Aquatics manager jlovenwirth@lvjcc.org
Phone (610) 435-3571

GROUPS (3-6 children)/CLINICS (6-12 children)/8 classes

JCC Members	\$64
Guests	\$104

<u>PRIVATE LESSONS</u>	<u>30 minutes</u>	<u>60 minutes</u>
JCC Members	\$25	\$50
Guests	\$30	\$55

<u>SEMI-PRIVATE</u>	<u>30 minutes</u>	<u>60 minutes</u>
JCC Members	\$20/person	\$40/person
Guests	\$25/person	\$45/person

Summer Swim Lessons by appointment are available after 4pm T-TH and Saturdays and Sundays during the Outdoor Camp Pool open hours. Indoor Pool Lessons by appointment are available during the indoor hours of operation.

Entry Criteria for Swim Levels

(Minimum requirements to enter the level)

Level One - Introduction to Water Skills (Bubbler and Wethead)

Beginner. Prerequisite is age 4 or 5. To help students feel comfortable in the water and to enjoy the water safely.

Level Two - Fundamental Aquatic Skills (Tadpole)

Advanced beginner. Must be able to float and kick on the front and back supported, wet face and blow bubbles, roll over supported, recover to standing.

Level Three - Stroke Development (Frog)

Learning freestyle breathing technique. Must be able to do a combined stroke front and back for 15 feet and float front and back, roll over and change direction - unsupported, tread in water chest deep, and swim on side 5 feet.

Level Four - Stroke Improvement (Seal)

Learning breaststroke and butterfly. Must be able to swim backstroke and freestyle with rotary breathing 30 feet; butterfly kick 15 feet; tread water, back, and front float 30 seconds in deep water, change position from vertical to horizontal front and back.

Level Five - Stroke Refinement (Porpoise)

Learning all strokes and turns for competition. Must be able to swim backstroke and freestyle for 25 yards; breaststroke, butterfly, side swim, and elementary backstroke for 15 yards; perform front dive; tread, float and back for 1 minute each in deep water; and open turn.

Level Six - Fitness Swimmer (Aquanaut)

Advanced Competitive Training. Must be able to swim freestyle and backstroke for 50 yards each, butterfly, breast, elementary back, and sidestroke for 25 yards each; front and back flip and open turns; tread water, float front and back for 2 minutes each; shallow dive and swim 2 body lengths to stroke; underwater swim for 15 yards.

Clinic: *Advanced competitive training*

Level Six - Personal Safety (Whale) and Lifeguard Readiness (Junior Lifeguard).

Classes are available on a seasonal basis or by request. Please contact swim school director for a description. Student must have completed level 5 successfully.