



CATCH THE SPIRIT OF AQUATICS

Welcome to Camp JCC 2010 Aquatic Season. We look forward to providing a great swimming experience for each and every camper. This year our talented staff of instructors includes Jodi Lovenwirth and Barbara Hoellen, assisted by our Staff of Lifeguards.

Jodi Lovenwirth is the Aquatics Manager for the JCC and has taught preschool, swim lessons, and worked at summer camp for the JCC of Allentown for over a decade. Jodi is a certified American Red Cross Lifeguard, lifeguard trainer, and Water Safety Instructor. She brings her experience and history with the children and families of the JCC Allentown to this summer's camp program.

Barbara Hoellen is an Instructor for the JCC since January 2008. She teaches high school math in a private school and has taught swimming for over 40 years. Barbara was formerly the head coach of a summer swim program in Macungie for 30 years. She is certified with the American Red Cross as a Water Safety Instructor and Lifeguard and is also a USA Swimming Coach. Barbara brings her unique teaching style and wide range of experience in working with children to the JCC summer camp.

Mission Statement

The JCC of Allentown Aquatics Department is committed to enriching the lives of its members through swimming skill development, aquatic exercise for fitness and therapy, and recreational aquatic activities. Our focus on swimming as a fitness and leisure activity serves as a means through which we help adults improve health, cope with stress, and reduce the physical challenges of aging. Our focus on Learn to Swim and competitive swimming is a means through which we help our children to become healthy, happy, and productive citizens of society.

The JCC Summer Camp Swimming Program is one of the many excellent year round swim training programs offered by the JCC of Allentown. This program includes both recreational and instructional swim time daily where fun is combined with a personal challenge for each child. We will encourage all children to participate fully.

Swim Lesson Progression

*This year we adopted the American Red Cross Learn to Swim Program and adapted the JCC patch system to meet these skill requirements. Please note that the level achievement requirements are slightly more difficult to pass and we will skill check each child at the beginning of the lessons and periodically as we teach to pass them when it is appropriate. Also, keep in mind that children who have not received regular swim lessons throughout the school year may have regressed in skills. We will evaluate skills and place children in the appropriate class for an optimal learning experience. **Children will receive a report card and patch at every point when a level is successfully completed. If your child is leaving camp for the summer, we will skill test and send home a report card at that time. Please note that the patch for a given level will be provided at the completion of a level.***

Level One - Introduction to Water Skills - "Bubbler/Wethead"

Level Two - Fundamental Aquatic Skills - "Tadpole"

Level Three - Stroke Development - "Frog"

Level Four - Stroke Improvement - "Seal"

Level Five - Stroke Refinement - "Porpoise"

Level Six - Personal Safety - "Whale"

Level Six - Fitness Swimmer - "Aquanaut"

Level Six - Lifeguard Readiness - "Junior Lifeguard"

Please find the attached entry criteria and rates for JCC of Allentown lessons. We invite you to schedule private lessons at any time during the summer simply by calling or preferably emailing the Aquatic Director, or coordinating in person with the Instructors. Clinics and groups are available by appointment throughout the year including the summer months. Payments should be made at the JCC in Allentown and a receipt presented to the instructor at the start of the lesson. Please contact the Aquatic Manager if you have any questions or concerns at jlovenwirth@lvjcc.org

Swim Safety Requirements

*Learning to swim is one of the most important skills you can give your children to make them safe and healthy. Preparation for swim lessons begins before the first lesson. You can help us by talking to your young children about the wonderful experience they will have learning to swim, how much fun it will be, and by introducing basic skills for novice swimmers at home. Honest praise for even the smallest accomplishments is encouraged. Try teaching bubble blowing through nose and mouth - opening eyes in water - wearing goggles in the tub - and practice floating on the back in the bath tub at home. If you are washing your child's hair, try not to cover the face, but allow them to feel water flowing over the face and of course, please use a shampoo that does not burn the eyes. **Be sure to supervise children in any depth of water at all times!***

Any child who presents a behavioral challenge to the safety of others or self during group lesson will be asked to sit out during the lesson time. We will contact parents in such instances to discuss how we can better serve the needs of the child in learning to swim. If your child has any special needs, please alert us to this fact at the beginning of the season and tell us how we may best adapt to those needs for a positive learn to swim experience.

In order to insure safety during lessons, each child must bring quality swim goggles and a swim cap (hair length below the neck or forehead). The human eye must have air space in front of the eye for clear vision. We want to help your child see better under water and in the glare of sunlight and protect their eyes from chlorine and UV rays. We recommend you purchase a pair of UV tinted goggles for summer use and write your child's name on the strap in permanent marker. The best brands are Speedo and TYR. . Purchase on line or at major sporting goods retailers in the Lehigh Valley. Suggested locations include: Sport Authority in Whitehall, A&H in Emmaus, or D&J Sports in Coopersburg.

Finally, if you and your family are planning to enjoy the summer outdoor pool at camp for recreational swim, please supervise your children at all times. Lifeguards supervise the entire pool area and can not keep track of every child's activities and swim skill. Limit your child to swimming in safe areas based on their skill. Please ask one of the swim instructors or a lifeguard who teaches swimming to help you with identifying safe areas based on your child's skill.

Best wishes for a great summer camp experience!

Respectfully,

Jodi

*Jodi Lovenwirth
Aquatics Manager
JCC of Allentown*