

FALL SWIM LESSONS

JCC OF GREATER PITTSBURGH SQUIRREL HILL

FALL 2019



JCC Sailfish Swim School: *Tadpole to Olympian*

At the JCC Sailfish Swim School, we believe swimming is a necessary life skill, and it is our responsibility to support water safety education in the community.

We provide high quality swimming instruction by our friendly, energetic, and enthusiastic team, and continuously update and improve our teaching methods.

Our newly formatted swim lessons are taught across five locations with consistent instruction and levels no matter which JCC site you chose.

For information:
Carla Likar, Aquatics Director
clikar@jccpgh.org or 412-278-1790

To register: JCCPGH.org
412-278-1975

CLASS DATES

Sunday classes

September 8-October 20.....\$84
November 3-December 15.....\$84

Monday classes

September 9-October 28.....\$60
No class September 30; October 14, 21
November 4-December 16.....\$84

Tuesday classes

September 10-October 29.....\$72
No class October 1, 8
November 5-December 17.....\$84

Wednesday classes

September 11-October 30.....\$84
No class October 9
November 6-December 18.....\$72
No class November 27

Thursday classes

September 12-October 24.....\$84
November 7-December 19.....\$72
No class November 28

CLASS DAYS AND TIMES

Guppy and Me: ages 6-24 months

Sundays..... 9-9:30 am
Wednesdays..... 6-6:30 pm
Thursdays..... Noon-12:30 pm

Tadpoles: age 2

Sundays..... 9-9:30 am
Sundays..... 11-11:30 am
Mondays..... 9:30-10 am
Mondays..... 5-5:30 pm

Tuesdays..... 10:15-10:45 am
Tuesdays..... 11:30-noon
Wednesdays..... 10:15-10:45 am
Wednesdays..... 4:30-5 pm
Thursdays..... 11:30-noon
Thursdays..... 3:30-4 pm

Minnnows: ages 3-5

Sundays..... 9:30-10 am
Sundays..... 11:30 am-noon
Mondays..... 10-10:30 am
Mondays..... 4-4:30 pm
Mondays..... 5:30-6 pm
Wednesdays..... 9:30-10 am
Wednesdays..... 3-3:30 pm
Wednesdays..... 5-5:30 pm
Thursdays..... 3-3:30 pm

Jellyfish: ages 3-5

Sundays..... 10-10:30 am
Mondays..... 4:30-5 pm
Tuesdays..... Noon-12:30 pm
Wednesdays..... 3:30-4 pm
Wednesdays..... 5:30-6 pm
Thursdays..... 12:30-1 pm

Catfish: ages 3-5

Sundays..... 10:30-11 am
Wednesdays..... 4-4:30 pm
Thursdays..... 4-4:30 pm

Starfish: ages 6-12

Sundays..... 11-11:30 am
Thursdays..... 5-5:30 pm

Goldfish: ages 6-12

Sundays..... 11:30 am-noon
Thursdays..... 5:30-6 pm

Dolphins: ages 6-12

Sundays..... Noon-12:30 pm
Thursdays..... 6-6:30 pm

Sharks: ages 6-12

Sundays..... 12:30-1 pm
Thursdays..... 4:30-5 pm

Aquadults: ages 13+

Beginner

Sundays..... 1-1:30 pm
Thursdays..... 6:30-7 pm

Intermediate

Tuesdays..... 7-7:30 pm

Advanced

Tuesdays..... 7:30-8 pm

Squirrel Hill Sailfish: ages 6-12 Introduction to Competitive Swimming

Natalie Parker, nparker@jccpgh.org

Children practice all four competitive swim strokes. Emphasis is on competitive techniques such as streamline turns, finishes and endurance training.

Team Practice

Mondays and Wednesdays
September 9-December 18
4-5 pm
\$200