

# FALL SWIM LESSONS

JCC OF GREATER PITTSBURGH SOUTH HILLS

FALL 2019



For information:  
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To register: [JCCPGH.org](http://JCCPGH.org)  
 412-278-1975

## CLASS DATES AND FEES

### Sunday classes

September 8-October 20.....	\$98
November 3-December 15.....	\$98

### Monday classes

September 9-October 28.....	\$70
No class September 30, October 14, 21	
November 4-December 16.....	\$98

### Tuesday classes

September 10-October 29.....	\$84
No class October 1, 8	
November 5-December 17.....	\$98

### Wednesday classes

September 11-October 30.....	\$98
No class October 9	
November 6-December 18.....	\$84
No class November 27	

### Thursday classes

September 12-October 24.....	\$98
No class October 1, 8	
November 7-December 19.....	\$84
No class November 28	

## CLASS DAYS AND TIMES

### Guppy and Me: ages 6-24 months

Sundays.....	9:30 am
Tuesdays.....	9:30 am

### Tadpoles: age 2

Sundays.....	10 am
Mondays.....	2:30 pm
Tuesdays.....	6 pm
Wednesdays.....	2:30 pm

### Jellyfish: ages 3-5

Sundays.....	10:30 am
Mondays.....	10 am
Tuesdays.....	6:30 pm
Thursdays.....	10 am

### Catfish: ages 3-5

Sundays.....	11 am
Mondays.....	10:30 am
Tuesdays.....	7 pm
Thursdays.....	10:30 am

### Starfish: ages 6-12

Sundays.....	11:30 am
Thursdays.....	6 pm

### Goldfish: ages 6-12

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

### Dolphins: ages 5-12

Sundays.....	11:30 am
Wednesdays.....	6 pm
Thursdays.....	11 am

### Sharks: ages 5-12

Sundays.....	Noon
Wednesdays.....	6:30 pm

### Aquadults: ages 13+

Sundays.....	12:30 pm
Thursdays.....	7 pm

### JCC South Hills Sailfish: ages 6-12 Competitive Swimming Introduction

Children practice all four competitive swim strokes. Emphasis is on completeive swimming techniques such as streamline turns, finishes and endurance training. Children must try out to participate.

Tuesdays and Thursdays.....	6:30-7:30 pm
September 10-December 19	\$200

### Splashball: ages 5-12

Splashball introduces the sport of water polo, in a fun, easy-to-learn experience that will motivate kids to swim and stay fit. Children must swim at a Level 3 minimum.

Thursdays, 6:30-7:15 pm	
November 7-December 12.....	\$120

### Private Swim Lessons

Group lessons don't fit in your busy schedule? Try private lessons. Our instructors will work with you or your child's needs.

\$37/half-hour; 6 classes/\$33 each  
 10 classes/\$30 each

### 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.