

Swimming Lessons

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH

MAY-JUNE 2023

SWIM LESSONS

Contact Carla Hartley 412-339-5429 or chartley@jccpgh.org

Guppy and Me ages 6 months-2 years

(Parents in the water). Parent and child explore the water and learn safe behaviors in the water through songs and play.

Sundays	9-9:30 am
Thursdays	6-6:30 pm

Tadpoles: ages 2-3

(Parents not in the water). Children learn to become comfortable in the water through songs and games.

Sundays	9-9:30 am
Mondays	10:30-11 am
Thursdays	10-10:30 am 6-6:30 pm

Minnows: ages 3-5

Children become comfortable in the water through blowing bubbles, digging arms and splashy feet.

Sundays	9:30-10 am
Tuesdays	5-5:30 pm
Wednesdays	10-10:30 am
Thursdays	10:30-11 am

Jellyfish: ages 3-5

Children begin to explore the water more independently, learn to push off unassisted and do back floats.

Sundays	10-10:30 am
Mondays	10-10:30 am
Tuesdays	10:30-11 am 5:30-6 pm
Wednesdays	10:30-11 am

Catfish: ages 3-5

Children begin to explore the water more independently; front and back arm strokes.

Sundays	10:30-11 am
Tuesdays	10-10:30 am 6-6:30 pm

Starfish: ages 6-12

Build confidence in the water, learn body positioning, floating and kicking.

Sundays	11-11:30 am
Thursdays	4-4:30 pm

Goldfish: ages 6-12

Freestyle, backstroke and rotary breathing are the main focus in this class.

Sundays	11:30 am-Noon
Thursdays	4:30-5 pm

Dolphins: ages 6-12

Bilateral breathing and elementary backstroke are the primary focus of this class, taught in the large pool.

Sundays	Noon-12:30 pm
Thursdays	5-5:30 pm

Sharks: ages 6-12 Breaststroke and butterfly are the primary focus in this class, taught in the large pool.

Sundays	12:30-1 pm
Thursdays	5:30-6 pm

• Chipmunk Swim Team Mini Session: ages 6-7

Children will practice swimming skills in the training pool. Emphasis will be working on technique and building endurance.

Tuesdays 4:15-5 pm \$70

CLASS SCHEDULE

Sundays

May 7 - June 18 **\$105**

Mondays

May 8 - June 12 **\$75**

Tuesdays

May 9 - June 6 **\$90**

Wednesdays

May 10 - June 14 **\$90**

Thursdays

May 4 - June 15 **\$90**

Aquadults (13 yr +)

Aquadults classes are designed to help beginner swimmers regardless of their starting point. Aquadults group lessons are ideal for adults who have never learned to swim, have a fear or hesitation of the water or want to perfect their swimming stroke.

Beginner Tues. 6:30-7 pm

Get comfortable in the water, learn breathing and buoyancy techniques, floating, gliding, and kicking. The class will introduce freestyle and backstroke.

Intermediate Tues. 7-7:30 pm

Learn breaststroke and refine freestyle and backstroke skills. Rotary breathing is introduced.

Register here:



TO REGISTER: JCCPGH.ORG • 412-697-3522 • registration@jccpgh.org