

Swimming Lessons

JEWISH COMMUNITY CENTER OF GREATER PITTSBURGH

SOUTH HILLS

MAY-JUNE 2023

SWIM LESSONS

Contact Sarah Grimm 412 278 1790 or sgrimm@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

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

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

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

Tuesdays 5-5:30 pm

Catfish: ages 3-5

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

Sundays 10:30-11 am

Tuesdays 5:30-6 pm

Starfish: ages 6-12

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

Sundays 11-11:30 am

Thursdays 5-5:30 pm

Goldfish: ages 6-12

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

Sundays 11:30 am-Noon

Thursdays 5-5:30 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 5:30-6 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

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 Sun. 8 am

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

Intermediate Sun. 8:30 am

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

CLASS SCHEDULE

	Member	Community *
Sundays		
May 7 - June 11	\$90	\$120
Tuesdays		
May 9 - June 13	\$90	\$120
Thursdays		
May 4 - June 15	\$90	\$120

*** Community members may take one session or group lessons only. To enjoy more sessions contact membershipsouthhills@jccpgh.org**

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