



# Swim Team

## with swim gym

For more information and to register contact Swim Gym Program Director Jennie Strauss at [swimgym@mbjcc.org](mailto:swimgym@mbjcc.org) or x217

12/11/20



### FOR AGES 8 - 14 YEARS

August 30, 2020 - May 31, 2021

#### YEARLY FEE:

\$1,650 | Members 1,350  
 \* Quarterly payments available.

#### PRE TEAM

Mondays, Tuesdays & Thursdays: 5 - 6 PM  
 (Must come twice per week)

#### YOUNG TEAM

Mondays, Tuesdays & Thursdays: 5:30 - 7 PM  
 Wednesdays: 4:30 - 5:30 pm

Swim Gym at the MBJCC has prepared an exclusive competitive program to improve advanced stroke techniques and turns to swim competitively. Swim Team will help swimmers refine their performance through improved swim, dive and turn techniques in all four swimming strokes: freestyle, backstroke, breaststroke and butterfly.

#### PRE-REQ'S PRE TEAM

- Kick 8 x 25's
  - 2 Butterfly Kicks
  - 2 Backstroke Kicks
  - 2 Breaststroke Kicks
  - 2 Freestyle Kicks
- 200 Kick
- Swim 8 x 25's
  - 2 Butterfly Swim
  - 2 Backstroke Swim
  - 2 Breaststroke Swim
  - 2 Freestyle Swim
- 6 x 50 Free

#### PRE-REQ'S YOUNG TEAM

- Must have been in Pre Team and evaluated by the Coaching Staff

#### HOLIDAY CLOSINGS

Monday, January 18 • MLK Jr. Day  
 Monday, February 15 • President's Day

Friday, March 26 • Teacher Planning Day  
 Monday, March 29 • Friday, April 2: Passover Break  
 Thursday, April 15 • Yom Ha'atzmaut Celebration

Sunday, May 9 • Mother's Day  
 Monday, May 17 - Tuesday, May 18 • Shavuot  
 Sunday, May 30 - Monday, May 31 • Memorial Day Weekend

\*Payment plans available please inquire.

### IMPORTANT PARENT INFORMATION: NEW Covid-19 Safety Guidelines for youth classes at the MBJCC.

- Everyone is required to wear a face covering
- Please practice physical distancing
- Limited spaces available in all programs
- Drop off/Pick up your children by carpool only - A staff member will be available at designated program start/end times to walk your child
- No parent observation of classes, unless parent participation is required in the class
- Bring your own water bottle - Water fountains are for refill purposes only and closed for general drinking
- Daily health screenings and temperature checks - download the "LiveSafe" app to fill out the MBJCC's Digital Health Questionnaire
- Quarantine required for 14 days if traveled outside of the United States or have been exposed to COVID-19 within the last 14 days
- If your child/family is in quarantine from school or other facilities, the quarantine period also applies to the MBJCC facility - You will not be allowed to enter or attend programs.



Visit [www.mbjcc.org](http://www.mbjcc.org) to view our full MBJCC COVID-19 Protocols & Procedures