



# SUMMER 2019 SCHEDULE

**MONDAY**

- 🕒 **4:20 - 5 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Acrobatic Sharks**  
5 - 6 Years

- 🕒 **5 - 5:40 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Tumbling Minnows**  
3 - 4 Years

- 🕒 **5:20 - 6 pm**
- 🐠 **Water Bonding**  
Parent & Child 1

**TUESDAY**

- 🕒 **4:20 - 5 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Tumbling Minnows**  
3 - 4 Years

- 🕒 **5 - 5:40 pm**
- 🐠 **Acrobatic Sharks**  
5 - 6 Years
- 🐠 **Seals**  
7+ Years

**WEDNESDAY**

- 🕒 **4:20 - 5 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Acrobatic Sharks**  
5 - 6 Years

- 🕒 **5 - 5:40 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Tumbling Minnows**  
3 - 4 Years

**THURSDAY**

- 🕒 **4:20 - 5 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Tumbling Minnows**  
3 - 4 Years

- 🕒 **5 - 5:40 pm**
- 🐠 **Acrobatic Sharks**  
5 - 6 Years
- 🐠 **Soaring Dolphins**  
6+ Years

- 🕒 **5:40 - 6:20 pm**
- 🐠 **Baby Dolphins**  
Parent & Child 2

**SUNDAY**

- 🕒 **10 - 10:40 am**
- 🐠 **Water Bonding**  
Parent & Child 1
- 🐠 **Guppies**  
30 months - 3 Years

- 🕒 **10:40 - 11:20 am**
- 🐠 **Baby Dolphins**  
Parent & Child 2
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Soaring Dolphins**  
6+ Years
- 🐠 **Seals**  
7+ Years

- 🕒 **11:20 am - 12 pm**
- 🐠 **Guppies**  
30 months - 3 Years
- 🐠 **Tumbling Minnows**  
3 - 4 Years
- 🐠 **Acrobatic Sharks**  
5 - 6 Years

swim gym's philosophy is that swimming is a lifestyle and a vehicle to health and fitness. Students will learn to "swim for life, not swim for their lives". Every instructor is trained with swim gym's innovative teaching approach and cutting edge techniques. Children will begin with a curriculum that focuses on gymnastics, fitness, flexibility, and comfort in the water and is slowly refine technique.

➡ **TO REGISTER GO TO:**  
**MBJCC.ORG** OR CONTACT  
✉ register@mbjcc.org

## 📅 SCHEDULE

Sunday, June 23 – Thursday, August 8, 2019

## FEES

**MONDAYS** (7 Weeks): \$195 | Member: \$140  
**TUESDAYS** (7 Weeks): \$195 | Member: \$140  
**WEDNESDAY** (7 Weeks): \$195 | Member: \$140  
**THURSDAY** (6 Weeks): \$150 | Member: \$120  
**SUNDAY** (7 Weeks): \$195 | Member: \$140

## 📅 NO CLASS

Thursday, July 4 • Independence Day

## 📍 MORE INFORMATION

**JENNIE STRAUSS** •  
Swim Gym Program Director  
✉ swimgym@mbjcc.org | 📞 x217

# PRIVATE LESSONS

In a hurry to see your child learn to swim? This alternative may help your child to accelerate the learning process. Our private lessons offer a one swimmer to one teacher ratio. We have the best teachers that will guide people of all ages, from baby to adult, through Swim Gym's specialized learn-to-swim program.

**Saturdays & Sundays • 9 am - 1 pm**  
**Mondays - Thursdays • 9 am - 7 pm**  
**Fridays • 8 am - 4:40 pm**

## Private 20 Minutes

10-lessons: \$320 | Members: \$250  
Single lesson: \$40 | Members: \$30

## Private 40 Minutes

10-lessons: \$610 | Members: \$480  
5-lessons: \$320 | Members: \$250  
Single lesson: \$75 | Members: \$60

## Private 60 Minutes

\$120 | Members: \$90

## 60-Minute Video Tape

\$130 | Members: \$100

## Semi-Private 20 Minutes

10-lessons: \$175 | Members: \$135  
Single lesson \$30 | Members: \$20

## Semi-Private 40 Minutes

10-lessons: \$345 | Members: \$265  
Single lesson: \$50 | Members: \$35

## Small Group 40 Minutes

10-lessons: \$350 | Members: \$250

# AQUATICS CLASS DESCRIPTIONS

## Water Bonding: Parent & Child Level 1

3 Months+ (no experience)

Disconnect from all distractions that the world brings us today, and immerse yourself and your baby in a high energy, fun filled class. We will play games and sing songs so that your child can associate the pool with a fun experience with mommy or daddy.

Our highly trained instructors will provide you with the tools to make your babies strong swimmers and improve both physical and cognitive development. It takes 250 hours of water time for your child to become a strong swimmer, and most importantly, for you to have piece of mind in and around water.

## Baby Dolphins: Parent & Child Level 2

Prerequisite: Water Bonding, Level 1

You have successfully bonded with your baby for more than 150 hours in water. This class will continue to showcase accelerated skills that go along with a wide selection of games and songs.

Through the progression and development of this class, babies will learn to protect themselves from danger, and understand and respect the water. They will realize their limits and slowly reach aquatic independence.

## Guppies Swim Group

30 Months - 3 Years Swim Group

This class is for the precocious and daring toddler that can play in the class without mommy or daddy. This child has successfully gained enough strength and coordination to take a breath in the water. The child has advanced language skills and has been in our program at least 3 sessions.

## Tumbling Minnows

3 - 4's Swim Group

This exciting group enables children to swim independently from the parent. The swim instructor understands that children are just learning to take turns, share toys, and demonstrate skills in a fun loving environment filled with many "High Fives." Students are exposed to essential safety skills: jumping, diving, dog paddling, crawl, floating, swimming to the bottom, and swimming on their back. You'll love the "dolphin" and "froggy" strokes too!

## Acrobatic Sharks

5 - 6's Swim Group

Ready for kindergarten and first grade, children learn safety and fun skills as well as real stroke technique. These children learn to love swimming with the fun and games of freestyle, backstroke, breaststroke and butterfly lessons. Seeing such skills develop at this age is amazing!

## Soaring Dolphin

6's & Older Swim Group

Jump in and be part of this group of swimming "friends." At this level, swimmers advance significantly in diving, freestyle, backstroke, breaststroke, butterfly and turning techniques. Classes are adapted for beginner, intermediate and more advanced swimmers.

## Seals

7+ Years Swim Group

Refinement of stroke technique for all competitive strokes necessary for sustained water activity, water sports and preparation for competitive swimming.

## MORE INFORMATION

JENNIE STRAUSS •

Swim Gym Program Director

✉ mbjcc@swimgym.net | ☎ x217