***\*\*\*There are NO make-up classes for missed classes.\*\*\****

*Member rates are for PJCC Center Members only*

**Weekday Begins Ends No class on these dates Member / Public**

Monday Only 1/6 monthly ongoing 1/20, 2/17, 4/14, 5/26, 6/2 $120 / $252 monthly

Tuesday Only 1/7 monthly ongoing $120 / $252 monthly

Wednesday Only 1/8 monthly ongoing 1/1 $120 / $252 monthly

Thursday Only 1/9 monthly ongoing 6/19 $120 / $252 monthly

Saturday Session 1/11 monthly ongoing 4/19 $120 / $252 monthly

Sunday Sessions 1/12monthly ongoing4/13$120 / $252 monthly

**Aqua Babies — Ages 6 – 36 Months**

This interactive class is designed for babies to become comfortable swimming independently in and under the water by working together with their parents in the pool. Babies will learn to be relaxed while floating independently on their backs and swimming with their eyes down for a distance of three to five feet. They will also be

introduced to pop-up breathing. **This is a parent-child class.**

**Aqua Toddlers — Ages 2 – 3 Years**

Children will work independently from their parents and master pop – up breathing. They will also learn how to do “big arms,” in which children learn to use their arms while swimming on their front. They will learn how to be comfortable kicking on their backs and how to complete an unassisted turnaround swim. **Successful completion of Water Babies required. This class is without a parent.**

**Turtles 1 — Ages 3 – 5 Years**

For children who are beginner swimmers or nervous in the water. Children will learn

submersion and back floats while learning how to feel safe in the water. The foundation of streamlining will also be introduced, in which
children learn the proper basic body position for all strokes.

**Turtles 2 — Ages 3 – 5 Years**For children who are comfortable in the water and are now ready learn the basics of freestyle, backstroke and streamlining, in which children learn the proper basic body position for all strokes. Successful completion of Water Wigglers or Tadpoles is required before enrolling in this class.

**Marlins 1 — Ages 6 – 12 Years**For children who are beginner swimmers or nervous in the water. Children will learn submersion and back floats while learning how to feel safe in the water. The foundation of
streamlining will also be introduced, in which children learn the proper basic body position for all strokes.

**Marlins 2 — Ages 6 – 12 Years**For children who are comfortable in the water and are now ready learn the basics of\freestyle, backstroke and streamlining. Successful completion of Puffers is required before enrolling in this class.

**Marlins 3 — Ages 3 – 12 Years**For children who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). Successful completion of Gobies is required before enrolling in this class.

**Marlins 4 — Ages 3 – 12 Years**For children who know how to swim backstroke and freestyle with side breathing to the preferred side, and are now ready to learn freestyle side breathing to the non-preferred side, in addition to butterfly and breaststroke kicks. Successful completion of Otters required before enrolling in this class.

**Marlins 5 — Ages 6 – 12 Years**For children who are comfortable with their side breathing to the preferred side, and are working on their freestyle progression with side breathing to the non – preferred side. Children are now ready to learn backstroke progression work and master the breaststroke and butterfly swim. Successful completion of Tiger Barbs or Dolphins required before enrolling in this class.

**Marlins 6 - Pre–Swim Team — Ages 5 – 12**This is a pre-swim team class where the goals are to prepare the swimmers for participation on a swim team. Successful completion of Stingrays is required to enroll in this class. In this level, the swimmers will learn:

* To swim 50 meters freestyle (no fins) with flip turns
* To swim 50 meters backstroke (no fins) with a crossover turn
* To swim 25 meters butterfly and breaststroke (no fins) with correct breathing
* The required list of nine stroke drills
* The correct use of a pace clock
* To develop a correct start from a sit-down dive for each of the four strokes
* The correct turns for all four strokes

**Teen & Adult —
Ages 13 and up**For beginner swimmers who wish to improve their swimming skills. Swimmers will learn to:

* Develop a high comfort level in and especially under the water
* Master a prone float, swim a short distance in a relaxed state and to return to a standing position unassisted
* Develop a relaxed back position
* Master the ability to prone float, turn over to back float, then return to prone float position

**Private Swim Lessons Fees (members only)
Ages 3 through Adult**

Supplement group swim lessons with a
30-minute **one-to-one** lesson.

Member: $78

**Semi-Private Swim Lessons Fees (members only) —
Ages 3 through Adult**

**Two students per one instructor.** Participants must find their own partner, and swimmers must be at same swimming ability.

Member: $61 (per person)