

Aquatics Programs

Elizabeth Pane, Aquatics Coordinator

The JCC Swimming Pool is
Wheel Chair Accessible



American Red Cross Courses

The JCC is an authorized provider of the American Red Cross Progression Swim Courses. Classes meet once a week. All swim classes are taught by Certified Water Safety Instructors. Correct placement is important to both your child and the class progression as a whole. The JCC reserves the right to transfer a child to a class that better suits his or her skill level and/or aptitude. Please contact the JCC with any questions.

YOUTH WINTER GROUP SWIM LESSONS

SUNDAY, TUESDAY OR THURSDAY 12 WEEK SESSIONS
STARTING WEEK OF JANUARY 7 – MARCH 25

PRICE : \$85 MEMBER PER SESSION / \$110 NON-MEMBER PER SESSION

GROUP LESSON PACKAGES

4 WEEK LESSON PACKAGES \$40M/\$65NM

8 WEEK LESSON PACKAGES \$70M/\$95NM

SUNDAY - TUESDAY - THURSDAY CLASSES

OFFERED JANUARY 7 - MARCH 29

SUNDAY CLASSES:

11:15 – 11:45 am Preschool
11:50 – 12:30 pm Youth
12:30 – 1:00 pm Parent Child
1:00 – 1:30 pm Preschool
1:40 – 2:20 pm Youth
2:20-3:00 pm Advanced Youth

TUESDAY/THURSDAY CLASSES:

5:00 - 5:30 pm Parent Child
5:30 – 6:00 pm Preschool
6:00 – 6:40 pm Youth
6:40 – 7:20 pm Advanced Youth



	Age	Ability
Parent/Child	6 months to 3 years	Provides info & techniques for parents to successfully orient their child to the water. Emphasis on becoming comfortable in the water through use of games & skill repetition.
Preschool	3 years to 5 years	For children who are ready to get into the water without a parent. Children learn water safety & gain confidence. Elementary water skills introduced in a fun & relaxing manner.
Youth	6 years and up	Children will learn fundamental water skills, such as gliding, floating, treading water, & basic stroke elements. Emphasis placed on water safety & fun. Flotation is being phased out in this level.
Advanced Youth	8 years and up	Children should be accustomed to swimming longer distances in the deep end & able to perform most strokes. Children continue to refine & perfect strokes, build endurance, & prepare for competition. Kids should be able to swim without flotation by this point.

Kids will be assessed on their abilities and placed accordingly in a class on the first day. If you have any questions please contact the JCC's Aquatic Coordinator: Elizabeth Pane at ELIZABETH@binghamtonjcc.org or call 724-2417, ext. 122.