

new sables jcc swim academy

The new Sabes JCC Swim Academy introduces the Aquatics Concepts curriculum, delivering not only quality swimming instruction, but a fun and exciting experience for all ages.



sabes jcc

you belong at the center.
experience it.

What's new and different about this program?

Small class size = greater attention

Unlike typical swimming lessons, the Swim Academy classes never have more than four or five swimming students. This allows for greater individualized attention and safety for participants.

Specialized levels = greater success

Levels begin with infants and go through adults. Each level has a specific set of skills that are taught, and the skills are practiced each time the swimmers get in the water. Students are able to master the building blocks of swimming faster; practicing the same skills each time they come to swim.

Creative tools = greater fun

The Swim Academy uses age-appropriate games, songs and teaching techniques to ensure that everyone enjoys their lesson and leaves the pool with a satisfying sense of accomplishment.

**Classes are offered throughout the week, so you can pick one that best fits your schedule.
For specific levels, days and times, visit www.sabesjcc.org**

Sabes Jewish Community Center
Jay and Rose Phillips Building
Barry Family Campus
4330 S. Cedar Lake Road
Minneapolis, MN 55416

Register online: www.sabesjcc.org
For more information, call 952.381.3422
or email ekhol@sabesjcc.org.



see reverse side for other
great aquatics programs



SABES JCC SWIM ACADEMY

When registering, be sure to indicate the swim level, session, and time of choice.

SESSIONS

Session 1: January 4–February 22

Session 2: March 2–May 2

The Sabes JCC will be closed for several days in April in observance of Passover. These dates are noted below for each class. Due to the closures, the fee is adjusted for the number of classes in each session.

FEES

Session 1 Member Fee: \$80/Non-member Fee: \$110

Session 2 Member Fee: \$70/Non-member Fee: \$100*

*These fees apply to all days and levels, unless otherwise noted.

Water Babies

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.

Ages 6–36 months

Prerequisite: none

Course Number Session 1: 63009-01 Session 2: 63009-16

Tuesdays (No class April 14)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:10–4:40 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Thursdays (No class April 9,16)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:20–4:40 p.m.

Saturdays (No class April 11, 18)

9:25–9:55 a.m.

10:00–10:30 a.m.

10:35–11:05 a.m.

Sundays (No class April 12)

11:10–11:40 a.m.

11:45 a.m.–12:15 p.m.

Water Wigglers

For children who are graduates of the Water Babies class. 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. This class is for children who have passed water babies and is without a parent in the water.

Ages 2–3 years

Prerequisite: Graduate of Water Babies Class

Course Number Session 1: 63009-02 Session 2: 63009-17

Wednesdays (No class April 8, 15)

3:50–4:20 p.m.

4:25–4:55 p.m.

Thursdays (No class April 9,16)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:10–4:40 p.m.

Saturdays (No class April 11, 18)

10–10:30 a.m.

10:35–11:05 a.m.

Sundays (No class April 12)

11:10–11:40 a.m.

11:45 a.m.–12:15 p.m.

Frogs

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced.

Ages 3–5 years

Prerequisite: Successful completion of Water Babies or Wigglers

Course Number Session 1: 63009-03 Session 2: 63009-18

Tuesdays (No class April 14)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:10–4:40 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Thursdays (No class April 9,16)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:10–4:40 p.m.

Saturdays (No class April 11, 18)

11:10–11:40 a.m.

11:45 a.m.–12:15 p.m.

12:20–12:50 p.m.

Sundays (No class April 12)

12:15–12:45 p.m.

12:50 a.m.–1:20 p.m.

Gobbies

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The swimmers will begin to explore their new found skills of swimming underwater.

Ages 3–5 years

Prerequisite: Successful completion of Water Babies or Wigglers

Course Number Session 1: 63009-04 Session 2:63009-19

Tuesdays (No class April 14)

3:00–3:30 p.m.

3:35–4:05 p.m.

4:10–4:40 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Thursdays (No class April 9,16)

4:45–5:15 p.m.

Saturdays (No class April 11, 18)

11:10–11:40 a.m.

11:45 a.m.–12:15 p.m.

12:20–12:50 p.m.

Sundays (No class April 12)

12:15–12:45 p.m.

12:50 a.m.–1:20 p.m.

Tiger Barbs

This class is for swimmers who are able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). This class is where we will begin to see the students putting it all together and really making a big splash of progress in the pool.

Ages 3–5 years

Prerequisite: Graduate of Water Wigglers or Gobbies

Course Number Session 1: 63009-05 Session 2: 63009-20

Tuesdays (No class April 14)

4:45–5:15 p.m.

5:25–5:55 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Thursdays (No class April 9,16)

4:45–5:15 p.m.

Saturdays (No class April 11, 18)

11:10–11:40 a.m.

11:45 a.m.–12:15 p.m.

12:20–12:50 p.m.

Sundays (No class April 12)

12:15–12:45 p.m.

12:50 a.m.–1:20 p.m.

Puffers

This introductory class is designed for the nervous swimmer or very beginner. We will work on submersions and back floats, and help them increase their comfort level in the water. The foundation of streamlining (correct body position and form), will be introduced. We will also work on building confidence in and around the water and encourage the swimmers to have some fun in the pool.

Ages 6–12 Years

Prerequisite: None

Course Number Session 1: 63009-06 Session 2: 63009-21

Mondays (No class April 13)

5:00–5:30 p.m.

5:35–6:05 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Wednesdays (No class April 8, 15)

5:00–5:30 p.m.

5:35–6:05 p.m.

Saturdays (No class April 11, 18)

12:55–1:25 p.m.

1:30–2:00 p.m.

Sundays (No class April 12)

1:25–1:55 p.m.

2:00–2:30 p.m.

Stingrays

This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle and backstroke and streamlining. The students discover in this class that the water is a fun place to be and to learn to develop their own sense of confidence.

Ages 6–12 Years

Prerequisite: Graduate of Puffers

Course Number Session 1: 63009-07 Session 2: 63009-22

Mondays, (No class April 13)

5:00–5:30 p.m.

5:35–6:05 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Wednesdays (No class April 8, 15)

5:00–5:30 p.m.

5:35–6:05 p.m.

Thursdays (No class April 9,16)

4:45–5:15 p.m.

Saturdays (No class April 11, 18)

12:55–1:25 p.m.

1:30–2:00 p.m.

Sundays (No class April 12)

1:25–1:55 p.m.

2:00–2:30 p.m.



Seals

For swimmers who are able to swim freestyle and backstrokes over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). In this class we see the swimmers putting all the things learned in the previous classes together and their confidence grows.

Course Number Session 1: 63009-08 Session 2: 63009-23

Mondays (No class April 13)

6:10–6:40 p.m.

6:45–7:15 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Wednesdays (No class April 8, 15)

6:10–6:40 p.m.

Thursdays (No class April 9, 16)

5:25–5:55 p.m.

Saturdays (No class April 11, 18)

12:55–1:25 p.m.

1:30–2:00 p.m.

Sundays (No class April 12)

1:25–1:55 p.m.

2:00–2:30 p.m.

Dolphins

Having achieved the skills of swimming backstroke and freestyle with side breathing to the preferred side, swimmers are now ready to learn freestyle side breathing to the non-preferred side.

Course Number Session 1: 63009-09 Session 2: 63009-25

Tuesdays (No class April 14)

4:45–5:15 p.m.

5:25–5:55 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Sharks

In this level, swimmers are introduced to bilateral breathing. They also work on flip turns, and learn to put arms, legs, and breathing together for the breast stroke and butterfly. This is a great class for your child to take if they have any interest in the Sabes Stars Swim Team. They can brush up on all four competitive strokes, as well as work on some swim team techniques.

Course Number Session 1: 63009-10 Session 2: 63009-24

Mondays (No class April 13)

6:10–6:40 p.m.

6:45–7:15 p.m.

Session 2 Fees: \$80 Members/\$110 Non-members

Sabes Swim Club (formerly Sabes Stars Swim Team)

The Sabes JCC Swim Club offers both a pre-competitive and competitive swim experience. This club practices just like a competitive swim team using dry-land training, stroke work, drills, distance and sprint swimming, starts (from the starting blocks), flip turns, using the pace clock, and much more. The club consists of those who are eager to compete against themselves and others (swim meets), and those not yet ready to compete but who really enjoy swimming laps with their friends. One thing each swimmer has in common is their great enjoyment of the sport of swimming. Swimmers are encouraged to participate in swim meets, but are not required. Whether your child wants to be the next Michael Phelps, or simply be a part of a group of exceptional athletes and have fun, this club is the one to join! Swimming Ability Requirement: Swimmers must be able to swim front crawl comfortably for 25 yards using a side breathing technique (one length), and back crawl comfortably for 25 yards. If you are unsure about your child's ability to complete this requirement, please call the aquatics director to schedule a time to have your swimmers abilities measured.

February 16–May 17 (No practice March 25, April 8; April 12–19: No regular schedule, optional practice Mon, Wed, Sun 4:45–6 p.m.)

Mondays and Wednesdays

3:30–4:40 p.m.

Course Number: 63009-11

5–6 p.m.

Course Number: 63009-12

Sundays, 3:30–4:45 p.m.

Season Fee: \$240 Members/\$330 Non-members

Log Rolling

This class is a great way to improve balance, concentration and agility while having a great time practicing a sport that so few have the opportunity to participate. Come and join us for this new and exciting addition to the Aquatics classes repertoire.

Ages: All Ages

Prerequisite: none

Tuesdays

8 classes: January 6–February 24

3:30–4:15 p.m.

Course Number: 63009-15

4:35–5:20 p.m.

Course Number: 63009-19

Member Fee: \$80/Non-member Fee: \$110

Prenatal Water Exercise

A water exercise class that uses specially designed exercise techniques to allow you to workout effectively, without compromising the health and safety of you or your baby. The water allows you to keep cool while you exercise, and the buoyancy gives all your joints some rest and relaxation. The benefits of water exercise on all the systems of the body are tried and true, making this class the perfect choice during all nine months of your pregnancy.

Wednesdays, 6:15–7 p.m.

10-lesson punch card: \$80 Members/\$100 Non-members

The Sabes JCC offers a range of great youth programming from theatre, art, music and dance to youth basketball leagues and karate. Sign up for these and other programs at www.sabesjcc.org.



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