



**Children's Group Learn to Swim**  
**American Red Cross Program**  
**SWIMMING LESSONS**

Registration will be open on June 20, 2022  
(Register online or at our Member Services Center)

**Session Dates 2022**  
**Summer 2: Monday, July 11 through August 4**  
(Make-up week August 8 – August 11)

<b>Level I</b>		<b>Level II</b>	
Monday	4:00 - 4:30	Monday	4:30 – 5:00
		Tuesday	
Tuesday	4:30 – 5:00	Tuesday	4:00 – 4:30
Wednesday	4:00 – 4:30	Wednesday	4:30 – 5:00
Thursday	4:30 – 5:00	Thursday	4:00 – 4:30

**Additional Programming**

**Adult Swim Lessons:**  
**Per appointment only**

Cost: \$125 / \$90 AJCC members

Minimum of three participants to run each class

For more information, please contact Rossi at 438-6651 ext. 122 or [RossiM@albanyjcc.org](mailto:RossiM@albanyjcc.org)

## **Aquatics Class descriptions:**

**Please be advised: No parents allow on deck after the first lesson for level 1 & 2**

### **Infant Parent Aquatics Program: 12 – 36 months (30 min)**

This class helps infants and toddlers become comfortable in and around the water with a parent or guardian. Infants should be able to sit on their own before taking this class. The class is not designed to teach children to become good swimmers or survive in the water on their own. This program gives information and techniques to help orient children to the water and to supervise water activities in a safe manner. Class requires the participation of a parent or adult guardian in the water with the child.

### **Level 1 Water Exploration (30 min)**

This course marks the formal beginning of the Learn to Swim Program. Children will learn to kick on front and back with support. They will also learn to be comfortable putting their face in the water and blowing bubbles. Water safety rules and the proper way to enter and exit the pool will also be taught. Upon completion children should have a basic understanding of the rules of the pool and be able to submerge themselves in the water.

### **Level 2 Primary Skills (30 min)**

Children will learn a supine float unassisted, as well as flutter kick on front and back. The basics of front crawl, back crawl and rhythmic breathing will also be covered. In addition, children will retrieve objects underwater and become oriented to the deep water. This level marks the beginning of true locomotion skills.

### **Level 3 & 4 Stroke development / Stroke Improvement Mon. & Wed. or Tue. & Thurs. from 6pm-7pm**

With a freestyle base, learn to maximize efficiency by keeping head still and rotating body. Learn the “frog-kick” and breaststroke swimming, with an introduction to the Butterfly. Students will increase their endurance and improve their skills by swimming front crawl and back crawl for greater distances.

### **UNDER SWIM TEAM STROKE SCHOOL:**

**Monday & Wednesday or Tuesday & Thursday from 6:00pm-7:00pm**

### **Adult Swim Lesson (45 minutes) / Private Swim Lessons**

This course is designed to teach adults basic swimming and water safety skills in addition to increasing personal comfort in and around the water. Classes are taught following the American Red Cross guidelines for adult swimming. Skills learned in this level will include floating without support and recover to a vertical position as well as coordinating the front crawl and back crawl. The course will also introduce the fundamentals of treading water.

**Any person who wishes to cancel a private lesson must contact the Aquatics office at least 24 hours in advance, otherwise he/she will be charged for the lesson.**

**Note: Pool, program and instructor schedules dictate lesson availability.**

### **2022 Summer AJCC ARROWS SWIM TEAM**

The AJCC ARROWS is a year round competitive swim team. The team competes with both the Fall USA Swimming and Summer Suburban Leagues as well as in USA Swimming. Youth swimmers of all ages are encouraged to try out for the team. We combine fun with competition!

**LEVEL 3 should try out for Swim Team Stroke School.**

**Monday & Wednesday or Tuesday & Thursday from 6:00pm-7:00pm**

**Please contact Coach Rossi for further information.**

**For more information about our program please feel free to contact Rossi at 518-438-6651 ext.122 or e-mail RossiM@albanyjcc.org**