



Sidney Albert
Albany JCC

Children’s Group Learn to Swim
American Red Cross Program

WINTER SWIMMING LESSONS

Registration is Open

Register online or at our Member Services Center

Session Dates:

Winter 1: Monday, Nov. 22 through Wednesday, Dec. 15

(Make- up week Dec. 22)

Level I

Level II

| | | | |
|-----------|-------------|-----------|-------------|
| Monday | 4:00 – 4:30 | Monday | 4:30 - 5:00 |
| Tuesday | 4:30 – 5:00 | Tuesday | 4:00 – 4:30 |
| Wednesday | 4:00 – 4:30 | Wednesday | 4:30 – 5:00 |
| | | | |
| Saturday | 12:00-12:30 | Saturday | 12:30-1:00 |

Additional Programming

Adult Swim Lessons:

November 20 – December 11

Saturday or Sunday after 1:00pm

(Appointment needed)

Cost: \$125 /\$90 AJCC Members Only

Minimum of three participants to run each class

PLEASE BE ADVISED: NO PARENTS ALLOWED ON DECK DURING LESSONS!

For more information, please contact Rossi at 438-6651 ext. 122 or RossiM@albanyjcc.org

Aquatics Class Descriptions

Please be advised: No parents allowed on deck after the first lesson for levels 1, 2 & 3

Infant Parent Aquatics Program: 12 – 36 months (30 min) SEPTEMBER 2021

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 (30 min) SEPTEMBER 2021

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.

Adult Swim Lesson (30 min)

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.

Private Lessons (30 - 45 min)

Individualized, 1 on 1 lesson is available. Instruction is designed to meet any recreational or competitive swimming needs for children or adults. By appointment only!

Private lesson, single lesson pass: \$50 AJCC members

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.

Fall 2021 September to December AJCC ARROWS SWIM TEAM

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

Please contact Coach Rossi for further information.

In order to participate on the Swim Team you must be an AJCC member.

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