

Swim University • אוניברסיטה לשחייה



JCC Junior Lifeguards

June 19-July 14 (4 Wks)

Monday & Wednesday, 12-12:45pm (Senior Group)

Tuesday & Thursday, 12-12:45pm (Junior Group)

Ages: 8-15

Throughout this course, participants will learn a new sense of teamwork and communication while developing their work ethic and leadership skills. By training in, and implementing, advanced swim techniques and basic water rescues, youths will gain experience and skills which are applicable and relevant in many aspects of life. Additionally, this course is a great way to prepare participants for one of the open water Junior Lifeguard programs.

Week 1: Water rescue skills, assists, water entry techniques, and swimming

Week 2: CPR, first aid, emergency action plans, sudden illness response

Week 3: Snorkeling, backboarding, lifeguarding/ instructing skills

Week 4: Rescue relays, putting everything together

\$80/AJCC Member; \$95/Public

Youth Swim Team with Coach Ignacio Berumen

Monday-Friday, Workout times vary

Ages 6-14

Become a stronger swimmer; train to improve swim stroke and technique; compete in optional swim meets.

Start anytime! • FREE Tryouts: Mon, 5-5:30pm (Everyone must try out!)

\$80; \$70/MVP

Prep Swim Team

Tuesday, Thursday, 4:30-5:15pm

Ages 5-12

Learn strokes and flip turns; improve technique and gain endurance. Prep Swim Team is a stepping stone from swim lessons to the Youth Swim Team. Start anytime! • FREE Tryouts: Tue, 4:30-5pm (Everyone must try out!)

\$65; \$50/MVP

Kehillah (community):

Camp Komaroff has many activities that emphasize kehillah. From singing camp songs to our Senior Lunch participants to experiencing the importance of sustainability in our gardening chug, we are dedicated to serving the Jewish community.



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Group Swim Classes

Session I: June 19-July 14 (4 wks)

Session II: July 17-August 11 (4 wks)

Session III: August 14-23 (2 wks)

Monday & Wednesday or Tuesday & Thursday

Tiny Tots: Ages: 3-5 (1:4 ratio): 9-9:30am / 10-10:30am / 1:30-2pm / 2:30-3pm

Beginner: Ages: 4-6 (1:4 ratio): 9:30-10am / 2-2:30pm / 3-3:30pm

Advanced Beginner: Ages: 5-8 (1:6 ratio): 10-10:30am / 3:30-4pm

\$95; \$80/MVP, 4 week session • \$50; \$40/MVP, 2 week session

Private Swim Lessons

1-on-1 Instruction for all ages

Learn how to swim with one of our Swim University instructors.

(4) 15 min lessons: \$120; \$95/MVP

(4) 30 min lessons: \$180; \$150/MVP

Youth Water Polo

Session I: June 19-July 14 (4 wks)

Session II: July 17-August 11 (4 wks)

Session III: August 14-25 (2 wks)

Monday & Wednesday: Ages: 5-8, 4-4:30pm • Ages: 8-10, 4:30-5:15pm

Sunday: Ages: 8-12, 3-4pm

Learn the basics of ball handling and shooting while improving swim skills.

Work on treading water and swim strokes specific to water polo.

Start anytime! FREE Tryouts: Mondays, 4-5pm (Everyone must try out!)

Monday & Wednesday: (4 wks) \$70/AJCC Member; \$90/Public • (2 wks) \$35/AJCC Member; \$45/Public

Sunday: (4 wks) \$35/AJCC Member; \$50/Public • (2 wks) \$17.50/AJCC Member; \$22.50/Public

Tuesday & Thursday Nights at the Pool

June 20-August 15

Tuesday & Thursday, 5:30-8pm

This summer pool guests can expect a line-up of extra good times as the Alpert JCC membership department presents Tuesday Nights at the Pool and Thursday Pizza Dinners. Come to swim and stay for the fun! For AJCC Members Only!

Food will be available for purchase, and themes are subject to change

For information, please contact Jeremiah Brubaker, Member Relations Manager, (562) 426-7601 x1320

or jbrubaker@alpertjcc.org



Swim University Instructors

Our instructors are American Red Cross (ARC) Water Safety Instructors and follow the American Red Cross Learn to Swim program guidelines.

Have Aquatics Questions?

Ignacio Berumen, Aquatics Manager,
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