

Online registration available at jccabq.org!



Aquatics Programs 2011

Jewish Community Center of Greater Albuquerque

5520 Wyoming Blvd. NE • Albuquerque, NM 87109

505-332-0565



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Albuquerque
New Mexico

JCC of Greater Albuquerque
5520 Wyoming Blvd. NE
Albuquerque, NM 87109

Max & Ruth Pollack Aquatic Complex Schedule

Preseason Hours: May 1–May 29

Monday–Thursday	6:00 am–9:00 am 4:00 pm–8:00 pm
Friday	6:00 am–9:00 am
Saturday	8:00 am–6:30 pm
Sunday	8:00 am–6:30 pm

Memorial Day (May 30) 8:00 am–3:30 pm

Regular Season Hours: May 31–August 21

Monday–Thursday	6:00 am–8:00 pm
Friday	6:00 am–5:30 pm
Saturday	8:00 am–6:30 pm
Sunday	8:00 am–6:30 pm

Independence Day 8:00 am–3:30 pm

District Swim Meet: Thursday, July 21 8:00 am–4:00 pm

Postseason Hours: August 22–September 4

Monday–Thursday	6:00 am–9:00 am 4:00 pm–8:00 pm
Friday	6:00 am–9:00 am
Saturday	8:00 am–6:30 pm
Sunday	8:00 am–6:30 pm

Labor Day 8:00 am–3:30 pm

Postseason Hours: September 6–September 25

Saturday	8:00 am–6:30 pm
Sunday	8:00 am–6:30 pm




Register for classes at jccabq.org and receive \$5 discount per class!

Jewish Community Center of Greater Albuquerque
Max and Ruth Pollack Aquatic Complex Summer Schedule May 31-July 21

Competition Pool

Sunday 8am-6:30pm	Monday 6am-8:00pm	Tuesday 6am-8:00pm	Wednesday 6am-8:00pm	Thursday 6am-8:00pm	Friday 6am-5:30pm	Saturday 8am-6:30pm	
Adult Lap 8am-12:00 pm	Adult Lap 6am-7:30am	Adult Lap Swim 6am-9am	Adult Lap 6am-7:30am	Adult Lap Swim 6am-9am	Adult Lap 6am-7:30am	Open Swim 8am-6:30pm	
Learn-to-Swim 9am-12:00pm	OrCaS Swim Practice 7:30am-9:30am		OrCaS Swim Practice 7:30am-9:30am		OrCaS Swim Practice 7:30am-9:30am		OrCaS Swim Practice 7:30am-9:30am
Open Swim 12:00pm-6:30pm	Aquaerobics 9am-10am		Aquaerobics 9am-10am		Aquaerobics 9am-10am	Aquaerobics 9am-10am	Aquaerobics 9am-10am
	Learn-to-Swim 8am-12pm		Learn-to-Swim 8am-12pm		Learn-to-Swim 8am-12pm	Learn-to-Swim 8am-12pm	Camp Chai Rec Swim 11am-12:30pm
Lap swim is always available to our members except during Swim Team Practice and Masters Swim	Masters Swim 12pm - 1pm	Open Swim 12pm-5pm	Masters Swim 12pm - 1pm	Open Swim 12pm-5pm	Masters Swim 12pm - 1pm	Have your pool parties here! Call Debbie 348-4501	
	Open Swim 12pm-8pm	Camp Rec Swim 12pm - 1:30pm	Open Swim 12pm-8pm	Camp Rec Swim 12pm - 1:30pm	Open Swim 12pm-5:30pm		
	Camp Rec Swim 12pm - 1:30pm	OrCaS Swim Practice 5pm-7:30pm	Camp Rec Swim 12pm - 1:30pm	OrCaS Swim Practice 5pm-7:30pm	Join the OrCaS Swim Team. For more info call Jana 348-4497		
	Aquaerobics 5:30pm-6:30pm	Open Swim 7:30pm-8pm	Aquaerobics 5:30pm-6:30pm	Open Swim 7:30pm-8pm			Do you have any aquatics questions? Contact Matt Burnham, Aquatics Coordinator 348-4497

Therapy Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Open Swim 8am-9am	Adult Open Swim 6am-8am	Adult Open Swim 6am-8am	Adult Open Swim 6am-8am	Adult Open Swim 6am-8am	Adult Open Swim 6am-11am	Open Swim 8am-6:30pm
Learn-to-Swim 9am-12pm <i>*No free swim during this time</i>	Learn-to-Swim 8am-12pm <i>*No free swim during this time</i>	Learn-to-Swim 8am-12pm <i>*No free swim during this time</i>	Learn-to-Swim 8am-12pm <i>*No free swim during this time</i>	Learn-to-Swim 8am-12pm <i>*No free swim during this time</i>	Camp Chai Rec Swim 11am-12:30pm	Try our dynamic and fun Aquaerobics class. Free to members only.
Open Swim 12:00pm-6:30pm	Camp Rec Swim 12pm - 1:30pm	Camp Rec Swim 12pm - 1:30pm	Camp Rec Swim 12pm - 1:30pm	Camp Rec Swim 12pm - 1:30pm	Open Swim 11:00am-5:30pm	
	Open Swim 12:00pm-8:00pm	Open Swim 12:00pm-8:00pm	Open Swim 12:00pm-8:00pm	Open Swim 12:00pm-8:00pm		
Learn-To-Swim at the JCC! For more information about our swim lessons go to www.jccabq.org or call Liz Reid, Swim Lessons Coordinator at 348-4497 or email aquatics@jccabq.org						

Register for classes at jccabq.org and receive \$5 discount per class!

JCC Learn to Swim Program

The JCC Learn to Swim Program is designed to help your child learn skills from bubble blowing all the way to stroke refinement. This will include safety skills in, on, and around the water. As your child progresses through our program, they will learn specific skills that will help them advance through the five different class levels. We offer five weekday sessions and four Sunday sessions. Our classes are 25 minutes long and here at the JCC we never let our student-to-instructor ratio exceed 6 to 1 for Levels I-V.

Infant Classes

Parent & Tot Swim Class (6–36 months)

This class is the first step in building confidence in the water and learning basic safety skills. It will also emphasize the importance cues and how to use them. We require that only one parent be in the water with their child during the lessons. The goal of this class is for parents and children to be comfortable in the water together and begin to learn the fundamentals of swimming. Progression in the class includes guided water exploration and initiation of independent swimming. Swim diapers are required for this class. These can be purchased at Target and Walmart.

Advanced Parent & Tot Swim Class (6–36 months)

In this class, we stress more independence and water safety skills through parent engagement. The class progresses to a parent-child trust structure, and applies the same concept to a trust with the instructor and the child. Only one parent is recommended for this class.

[See Registration Form for class times and prices.](#)

Monday through Thursday (8 Classes per Session)

SESSION 1	June 6–16
SESSION 2	June 20–30
SESSION 3	July 4*–14
	*No Class on July 4. Make-up July 8
SESSION 4	July 18–28
SESSION 5	August 1–11

Sunday (4 Classes per Session)

PRE-SEASON	May 1–May 22
SESSION 1	June 5–June 26
SESSION 2	July 10–July 31
SESSION 3	August 7–28



Classes Ages 3 and Up

Starfish (Level I) Intro to Water Skills

A safe and fun introduction to water. Skills introduced include: floating, kicking, bubble blowing, alternate arm motion, and more. Prerequisite for class: none

Seahorses (Level II) Fundamental Aquatics Skills

Students learn to float without support and recover to vertical position. This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills. Prerequisite for class: submerge face and shoulders in the water, front and back kick with support or successful completion of Level I.

Barracuda (Level III) Stroke Development

This class builds on skills from Level II through additional guided practice in deeper water. It will introduce scissor kick, elementary backstroke, breaststroke kick, and dolphin kick. Prerequisite for class: prone float, back float, crawl kick without support or successful completion of Level II.

Dolphin (Level IV) Stroke Improvement

This class develops confidence and skills learned and improves other aquatics skills. This class will introduce sidestroke and treading water. Diving and additional safety skills are also introduced. Prerequisite for class: basics of front crawl, back float and comfortable in deep water or successful completion of Level III.

Sharks (Level V) Stroke Refinement

This class will provide further coordination and refinement of strokes. Diving skills are advanced along with basic water rescue skills. Prerequisite for class: knowledge of the front crawl, backstroke, elementary backstroke, sidestroke, treading in deep water and diving or successful completion of Level IV.

Contact Liz Reid, Swim Lessons Coordinator, at 348-4497 or Aquatics@jccabq.org.

Register for classes at jccabq.org and receive \$5 discount per class!

Masters Swim

A great way to train for personal fitness, swim competitions, and triathlons. Stroke development will be analyzed and competitive skills developed. This class is for 19 years and older. Must have basic knowledge of all four strokes.

Practice Times:

June 1st - August 19th

Mon, Wed, & Fri 12:00–1:00 pm

\$155 Members/\$190 Non Members

Aquaerobics

Aquaerobics is an enjoyable way to exercise while toning and trimming. Rhythmic water exercises are a wonderful way to keep in shape. This hour-long class takes place in the shallow end of the competition pool, which serves as an added resistance force. FREE for members! For JCC Members only.

June 1st - August 21st

Mon, Wed, Fri 9:00 am–10:00 am

Mon & Wed 5:30 pm–6:30 pm

Sat 9:00 am–10:00 am

Private Swim Lessons

Our instructors will help you learn to swim and develop your swim stroke. Private lessons are for 30 minutes and are open to all ages and abilities. After we have received your online registration, one of our instructors will call you to set up lesson times.

Private Lessons Packages

Members

1 Lesson–\$30

3 Lessons–\$75

6 Lessons–\$140

9 Lessons–\$200

12 Lessons–\$245

Non-members

1 Lesson–\$45

3 Lessons–\$120

6 Lessons–\$230

9 Lessons–\$335

12 Lessons–\$425

Semi-Private Lessons Packages

Members

1 Lesson–\$40

3 Lessons–\$105

6 Lessons–\$200

9 Lessons–\$290

12 Lessons–\$365

Non-members

1 Lesson–\$55

3 Lessons–\$150

6 Lessons–\$290

9 Lessons–\$425

12 Lessons–\$545

*Semi-Private Lessons are scheduled with two or more siblings at the same time.



Register for classes at jccabq.org and receive \$5 discount per class!

Pre-Swim Team Clinic

Participate in learning to improve your stroke technique for the next swim season. This clinic is for both boys and girls that have a beginning to intermediate swimming level or higher level. Students will receive a total of eight sessions.

If a swimmer decides to continue from this clinic, the cost of the clinic will be rolled into the cost of swim team participation.

Practice Times:

May 2nd - May 25th

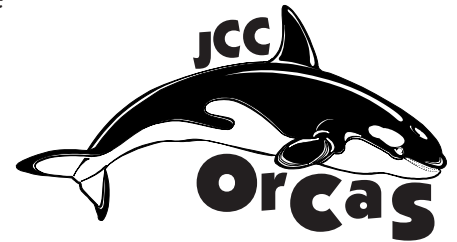
Mondays and Wednesdays: 4:00 pm - 4:45 pm

\$125 members/\$165 non-members

For swim team or meet information, please contact Jana Price at D4JPrices@aol.com.

OrCaS Swim Team

The JCC **OrCaS** swim team is a competitive, fun swim team open to boys and girls ages five and over who have achieved at least an intermediate level of swimming ability. The **OrCaS** are a part of the Sundance Swim League and will compete with other clubs around the state. The swim meets are held every week from the beginning of May to the end of July. The JCC will host the district meet for the Sundance Championships at the end of the season.



Practice Times:

May 2nd - May 25th

8 & Under Mon & Wed 4:45 pm–5:30 pm

9s & 10s Mon & Wed 4:45 pm–5:30 pm

11s & 12s Mon & Wed 5:30 pm–6:30 pm

13s & 14s Mon & Wed 5:30 pm–6:30 pm

15s–18s Mon & Wed 5:30 pm–6:30 pm

May 31st - July 22nd

Mon, Wed, & Fri: 7:00 am–9:30 am

Tue & Thu: 5:00 pm – 7:30 pm

Swim Team Cost:

\$180 members \$160 2nd child \$140 3rd child

\$265 non-members \$245 2nd child \$225 3rd child



*Fee includes practice sessions and Sundance fee for the league. Bathing suits, fins, team bags, caps, goggles, and uniforms are not included in swim team fees.

POOL RULES

1. Swim only when there is a lifeguard on duty. Children 9–12 years old need to be accompanied by an adult. Children 8 and under need to have an adult accompany them in the water. It is recommended that inexperienced swimmers use flotation devices, such as lifejackets, under the direct supervision of an adult.
2. The lifeguard is to be obeyed at all times.
3. Showers are required by State Law. Appropriate swim attire required in all pools (please, no blue jeans or cut-off shorts). Please apply sunscreen 15 minutes before entering the pool.
4. Children who are not potty trained must wear swim diapers.
5. Diving is not allowed in the deep end of the pool. Please enter feet-first only. Lap lanes are for lap swimming only. Swimmers may not cross the lap lanes to enter or exit pool.
6. Please do not play, sit, or hang on ladders, guard stands, the ramp, and lane ropes. Please use all swim equipment appropriately.
7. Please do not ride on shoulders, flick a towel, or participate in other potentially unsafe activities. There is also no running. Any use of toys is at the discretion of the lifeguard.
8. Lounge chairs and toys may not be in front of drain.
9. Food or drinks are allowed in the grass area only. No food or drinks are allowed on the pool deck, except for bottled water. Please keep the facility clean by using the trash barrels. No glassware is allowed anywhere in or around the pool. No alcohol is permitted anywhere in the aquatics complex.
10. Changing is permitted in the locker rooms/bathrooms only.
11. No one is allowed in the pool who has a communicable disease or open sores (including scabs from chicken pox).
12. Two lap lanes will be open during family recreation time and are for lap swimming only. Anyone not doing laps will be asked to move out of the lap lanes immediately. If there are two swimmers in a lane and a third swimmer comes, that swimmer will be responsible to inform the other swimmers to circle swim.
13. Please read and obey all pool rules and posted signs in the pool area.

Register for classes at jccabq.org and receive \$5 discount per class!

\$5 Discount Per Class for Online Registration at jccabq.org 2011 JCC Aquatics Registration Form

Are you a JCC Member? YES NO Member# _____ Email: _____

Swimmer Name: Last: _____ First: _____ M or F (circle one)

Parent 1: _____ **Work #:** _____ **Cell #:** _____

Parent 2: _____ **Work #:** _____ **Cell #:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Emergency Contact Name: _____ **Phone #:** _____

Swimmer Date of Birth: _____ **Age:** _____ **Home #:** _____

Learn - To - Swim Program

Sundays
(4 Classes per session)

PRE-SEASON – May 1- May 22
SESSION 1 – June 5 - June 26
SESSION 2 - July 10- July 31
SESSION 3 – August 7 – 28

\$65 Members / Session
\$77 Non-Members / Session

Infant/Toddler (6-36 Months)

Parent & Tot	SESSIONS
9:00 to 9:25 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2
10:00 to 10:25 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2
10:30 to 10:55 am	<input type="checkbox"/> 1
11:00 to 11:25 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2
11:30 to 11:55 am	<input type="checkbox"/> Pre

Advanced Parent & Tot

9:30am to 9:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2
10:30 to 10:55 am	<input type="checkbox"/> 2
11:30 to 11:55am	<input type="checkbox"/> 1 <input type="checkbox"/> 2

Youth (Ages 3 & up)

Starfish

SESSIONS
9:00 to 9:25 am <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
10:00 to 10:25 am <input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
11:00 to 11:25 am <input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2
11:30 to 11:55 am <input type="checkbox"/> Pre

Seahorse

9:30 to 9:55 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
10:30 to 10:55 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3
11:30 to 11:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2

Barracuda

9:00 to 9:25 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2
9:30 to 9:55 am	<input type="checkbox"/> Pre
10:30 to 10:55 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2
11:00 to 11:25 am	<input type="checkbox"/> 3

Dolphin

9:30 to 9:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2
11:00 to 11:25 am	<input type="checkbox"/> Pre <input type="checkbox"/> 1 <input type="checkbox"/> 2
11:30 to 11:55 am	<input type="checkbox"/> 3

Shark

11:30 to 11:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2
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Monday thru Thursday
(8 Classes per Session)

SESSION 1 - June 6 – 16
SESSION 2 - June 20 - 30
SESSION 3 - July 4* – 14
**No Class on July 4*
Make up day will be July 8
SESSION 4 - July 18 – 28
SESSION 5 - August 1 – 11

\$99 Members / Session
\$130 Non-Members / Session

Infant/Toddler (6-36 Months)

Parent & Tot	SESSIONS
11:00 to 11:25am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4

Youth (Ages 3 & up)

Starfish

SESSIONS
8:00 to 8:25 am <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
11:00 to 11:25 am <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

Seahorse

8:30 to 8:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
11:30 to 11:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

Barracuda

11:00 to 11:25 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
11:30 to 11:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5

Dolphin

11:00 to 11:25 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
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Shark

11:30 to 11:55 am	<input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
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Pre-Swim Team Clinic
\$125 Members \$165 Non-Members
May 2 – 25
Mondays & Wednesdays
4:00-4:45 pm

Private Swim Lessons
(30 minutes)

Members	Non-members
<input type="checkbox"/> 1 Lesson- \$30	<input type="checkbox"/> 1 Lesson - \$45
<input type="checkbox"/> 3 Lessons- \$75	<input type="checkbox"/> 3 Lessons - \$120
<input type="checkbox"/> 6 Lessons- \$140	<input type="checkbox"/> 6 Lessons - \$230
<input type="checkbox"/> 9 Lessons- \$200	<input type="checkbox"/> 9 Lessons - \$335
<input type="checkbox"/> 12 Lessons-\$245	<input type="checkbox"/> 12 Lessons - \$425

Semi-Private Lessons
(30 minutes)

Members	Non-members
<input type="checkbox"/> 1 Lesson - \$40	<input type="checkbox"/> 1 Lesson - \$55
<input type="checkbox"/> 3 Lessons- \$105	<input type="checkbox"/> 3 Lessons - \$150
<input type="checkbox"/> 6 Lessons - \$200	<input type="checkbox"/> 6 Lessons - \$290
<input type="checkbox"/> 9 Lessons - \$290	<input type="checkbox"/> 9 Lessons - \$425
<input type="checkbox"/> 12 Lessons - \$365	<input type="checkbox"/> 12 Lessons - \$545

MASTERS SWIM
\$155 Members
\$190 Non-Members
June 1 – Aug. 19
Mon – Wed – Fri
12:00 noon – 1:00pm

Cancellation & Refund Policy

Cancellations received at least 10 days prior to program start date will be refunded less a 10% surcharge.

Cancellations received within 3 days of program start date will receive a credit voucher toward a future JCC program less a 10% surcharge.

No refunds or credits will be issued for voluntary withdrawal, no-shows, or expulsion.

Injuries and illness, with a valid letter from your physician, will receive a credit voucher toward a future JCC program less a 10% surcharge.

All refunds/credits requested after June 1st will be processed by August 31st.

Refunds for private and semi-private lessons will not be given after September 25th.

Parent Signature: _____

QB **MARKS** **ONLINE**

Register for classes at jccabq.org and receive \$5 discount per class!