Learn-to-Swim teaches children of varying ages and abilities how to swim skillfully and safely. Each level includes training in basic water safety in addition to aquatic and safety skills taught in a logical progression.

At least one instructor in each class has successfully completed American Red Cross training and is a certified Water Safety Instructor!

**COST:**

**SAT, SUN, MON** (8 Wk Sessions):
$75/Member, $100/Non-Member

**WED** (10 Wk Sessions):
$100/Member, $130/Non-Member

**DATES:**

Saturdays (8 Weeks): **MAR 21st – MAY 16th**  
No class on 4/11

Sundays (8 Weeks): **MAR 22nd – MAY 17th**  
No class on 4/12

Mondays (8 Weeks): **MAR 30th – MAY 18th**

Wednesdays (10 Weeks): **MAR 18th – MAY 20th**

Registration is available online, in person, or over the phone. For more information, please contact Stephanie Kegelman, Aquatics Director, at 302-478-5660 x401 or by email at stephkegelman@siegeljcc.org.

See reverse for Group Swim schedule.

**ADULT SWIM CLASSES ALSO OFFERED!**
Visit our website for more information.

**PRIVATE SWIM LESSONS:**
For Children or Adults: Private or semi-private lessons are recommended for swimmers who need special attention. Each lesson provides the one-on-one attention needed for the swimmer(s) to excel! Lessons are scheduled at your convenience. Contact the Aquatics Department for pricing and package information.
**COMBO LEVEL 1 & PRESCHOOL 2**

**Recommended Ages:**
- COMBO LEVEL 1: 3 Years +
- PRESCHOOL 2: 2 – 3 Years

Parents accompany their little ones in the water for this fun and interactive class. Songs, games, and splashing activities teach basic water movements, floating, and breath control. Objectives include water adjustment, blowing bubbles, kicking, scooping, and floating with assistance.

**LEVEL 2**

**Recommended Ages:** 6 Years +

This class builds on basic aquatic and water safety skills. Participants begin to perform skills at a slightly more advanced level and begin to move independently through the water for short distances. Participants must be able to submerge their head independently.

**LEVEL 3**

**Recommended Ages:** 6 Years +

This class teaches basic aquatic and safety skills. Children then build on their skills and start performing them at a slightly more advanced level. Children begin learning how to move through the water independently.

**LEVEL 4**

**Recommended Ages:** 6 Years +

This class increases children’s proficiency in performing previously learned skills. Instructors provide additional guided practice and increased repetitions, distances, times, and levels of refinement. All skills are performed independently. Children improve their coordination and control of locomotion in the water.

**LEVEL 5**

**Recommended Ages:** 6 Years +

This class focuses on refining the performance of all six swimming strokes (front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke), over greater distances. Participants also learn to perform front crawl using rotary breathing, tread water for 1 minute, and perform a kneeling dive.

**SATURDAY**

- COMBO LEVEL 1 & PRESCHOOL 2: 1:45 – 2:15 PM
- LEVEL 2: 2:15 – 2:45 PM
- LEVEL 3: 2:45 – 3:15 PM
- LEVEL 4: 3:15 – 3:45 PM
- LEVEL 5: 3:45 – 4:15 PM

**SUNDAY**

- COMBO LEVEL 1 & PRESCHOOL 2: 10:15 – 10:45 AM
- LEVEL 2: 10:45 – 11:15 AM
- LEVEL 3: 11:15 – 11:45 AM
- LEVEL 4: 11:45 AM – 12:15 PM

**MONDAY**

- COMBO LEVEL 1 & PRESCHOOL 2: 12:45 – 1:15 PM
- LEVEL 2: 1:15 – 1:45 PM
- LEVEL 3: 1:45 – 2:15 PM
- LEVEL 4: 2:15 – 2:45 PM

**WEDNESDAY**

- COMBO LEVEL 1 & PRESCHOOL 2: 6 – 6:30 PM
- LEVEL 2: 5 – 5:30 PM
- LEVEL 3: 5:30 – 6 PM

*Can arrange ECC, AEA, or KidsPlace pickup for these classes.

**NOTE:** Classes are filled on a first-come, first-serve basis. Class sizes are limited to allow each participant to fully benefit from the program. Registration will close when maximum limits are reached. The Siegel JCC reserves the right to cancel a class due to insufficient registration. **Make-ups and refunds will not be given if an individual class is missed.**