

aquatics



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
2:40 - 3:20 pm Water Bonding* 3 - 15 Months	4 - 4:40 pm Tumbling Minnows 3 - 4 Years	3:20 - 4 pm Tumbling Minnows 3 - 4 Years	4 - 4:40 pm Acrobatic Sharks 5 - 6 Years	10:40 - 11:20 am Water Bonding* 3 - 15 Months	10 - 10:40 am Water Bonding* 3 - 15 Months
4 - 4:40 pm Acrobatic Sharks 5 - 6 Years	Acrobatic Sharks 5 - 6 Years	4 - 4:40 pm Guppies* 30 Months - 3 Years	4:40 - 5:20 pm Soaring Dolphins 6+ Years	WINTER: 10 Weeks	10:40 - 11:20 am Baby Dolphins* 16 - 30 Months
4:40 - 5:20 pm Tumbling Minnows 3 - 4 Years	Soaring Dolphins 6+ Years	Acrobatic Sharks 5 - 6 Years	5:20 - 6 pm Swim Fit 6+ Years		Guppies* 30 Months - 3 Years
Soaring Dolphins 6+ Years	WINTER: 9 Weeks	Soaring Dolphins 6+ Years	WINTER: 10 Weeks		Soaring Dolphins 6+ Years
Acrobatic Sharks 5 - 6 Years		4:40 - 5:20 pm Tumbling Minnows 3 - 4 Years			11:20 am - 12 pm Tumbling Minnows 3 - 4 Years
5:20 - 6 pm Soaring Dolphins 6+ Years		5:20 - 6 pm Swim Fit 6+ Years			Acrobatic Sharks 5 - 6 Years
Swim Fit 6+ Years		WINTER: 10 Weeks			WINTER: 9 Weeks
WINTER: 7 Weeks					



Transportation is available for Pre-K - 5th Grade from local public and private schools. Please refer to our Program Guide for more information.

Swim Gym's philosophy is that swimming is a lifestyle and a vehicle to health and fitness. Students will learn to "swim for life, not swim for their lives". Every instructor is trained with Swim Gym's innovative teaching approach and cutting edge techniques. Children will begin with a curriculum that focuses on gymnastics, fitness, flexibility, and comfort in the water and is slowly refine technique. Regardless of age, from infants to senior citizens, everyone walks away with water safety, fitness and fun!

SCHEDULE

Monday, January 11 - Friday, March 18, 2016

STAFF

Brian Devine • Swim Gym Operations Director: x217 | brian@mbjcc.org
Jennie Strauss • Swim Gym Program Director: x217 | mbjcc@swimgym.net

HOLIDAYS

Monday, January 18 • Martin Luther King Day
Monday, January 25 • Miami Dade County Teacher Work Day
Monday, February 15 • President's Day
Tuesday, February 16 • Miami Dade County Teacher Work Day
Sunday, March 20 • Purim Carnival

REGISTER TODAY!

Online at mbjcc.org, in-person or by phone.
Stella Gelsomino • Registrar: stella@mbjcc.org or ext. 235

AQUATICS CLASS DESCRIPTIONS

PRIVATE LESSONS

In a hurry to see your child learn to swim? This alternative may help your child to accelerate the learning process. Our private lessons offer a one swimmer to one teacher ratio. We have the best teachers that will guide people of all ages, from baby to adult, through Swim Gym's specialized learn-to-swim program.

Saturdays & Sundays • 9:00 am - 1:00 pm
Mondays - Thursdays • 9:00 am - 7:00 pm
Fridays • 8:00 am - 4:40 pm

Private 20 Minutes

10-lesson Fee: \$315 | Member Discount: \$245
1 lesson Fee: \$40 | Member Discount: \$30

Private 40 Minutes

10-lesson Fee: \$610 | Member Discount: \$480
5-lesson Fee: \$315 | Member Discount: \$245
1 lesson Fee: \$75 | Member Discount: \$60

Private 60 Minutes

Fee: \$120 | Member Discount: \$90

60-Minute Video Tape

Fee: \$130 | Member Discount: \$100

Semi-Private 20 Minutes

10 lesson Fee: \$175 | Member Discount: \$135
1 lesson Fee: \$30 | Member Discount: \$20

Semi-Private 40 Minutes

10-lesson Fee: \$345 | Member Discount: \$265
1 lesson Fee: \$50 | Member Discount: \$35

Small Group 40 Minutes

10-lesson Fee: \$230 | Member Discount: \$175

Water Bonding: Parent & Child Level 1: 3 - 15 Months

Disconnect from all distractions that the world brings us today, and immerse yourself and your baby in a high energy, fun filled class. We will play games and sing songs so that your child can associate the pool with a fun experience with mommy or daddy.

Our highly trained instructors will provide you with the tools to make your babies strong swimmers and improve both physical and cognitive development. It takes 250 hours of water time for your child to become a strong swimmer, and most importantly, for you to have piece of mind in and around water.

Mondays • 2:40- 3:20 pm

7-Weeks | January 11 – March 14
Fee: \$170 | Member Discount: \$120

Fridays • 10:40 - 11:20 am

10-Weeks | January 15 – March 18
Fee: \$240 | Member Discount: \$170

Sundays • 10 - 10:40 am

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Baby Dolphins: Parent & Child Level 2: 16 - 30 Months

You have successfully bonded with your baby for more than 150 hours in water. This class will continue to showcase accelerated skills that go along with a wide selection of games and songs.

Through the progression and development of this class, babies will learn to protect themselves from danger, and understand and respect the water. They will realize their limits and slowly reach aquatic independence.

Sundays • 10:40 - 11:20 am

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Guppies: Turning 3's Swim Group: 30 Months - 3 Years

This class is for the precocious and daring toddler that can play in the class without mommy or daddy. This child has successfully gained enough strength and coordination to take a breath in the water. The child has advanced language skills and has been in our program at least 3 sessions.

Wednesdays • 4 - 4:40 pm

10-Weeks | January 13 - March 16
Fee: \$240 | Member Discount: \$170

Sundays • 10:40 - 11:20 am

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Tumbling Minnows: 3 - 4's Swim Group

This exciting group enables children to swim independently from the parent. The swim instructor understands that children are just learning to take turns, share toys, and demonstrate skills in a fun loving environment filled with many "High Fives." Students are exposed to essential safety skills: jumping, diving, dog paddling, crawl, floating, swimming to the bottom, and swimming on their back. You'll love the "dolphin" and "froggy" strokes too!

Tuesdays • 4 - 4:40 pm

9-Weeks | January 12 – March 15
Fee: \$215 | Member Discount: \$155

Wednesdays • 3:20 pm - 4 pm

Wednesdays • 4:40 - 5:20 pm
10-Weeks | January 13 - March 16
Fee: \$240 | Member Discount: \$170

Sundays • 11:20 am - 12 pm

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Acrobatic Sharks: 5 - 6's Swim Group

Ready for kindergarten and first grade, children learn safety and fun skills as well as real stroke technique. These children learn to love swimming with the fun and games of freestyle, backstroke, breaststroke and butterfly lessons. Seeing such skills develop at this age is amazing!

Mondays • 4 - 4:40 pm

Mondays • 4:40- 5:20 pm
7-Weeks | January 11 – March 14
Fee: \$170 | Member Discount: \$120

Tuesdays • 4 - 4:40 pm

19-Weeks | January 12 – March 15
Fee: \$215 | Member Discount: \$155

Wednesdays • 4:40 - 5:20 pm

10-Weeks | January 13 - March 16
Fee: \$240 | Member Discount: \$170

Thursdays • 4 - 4:40 pm

10-Weeks | January 14 – March 17
Fee: \$240 | Member Discount: \$170

Sundays • 11:20 am - 12 pm

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Soaring Dolphin: 6's & Older Swim Group

Jump in and be part of this group of swimming "friends." At this level, swimmers advance significantly in diving, freestyle, backstroke, breaststroke, butterfly and turning techniques. Classes are adapted for beginner, intermediate and more advanced swimmers.

Mondays • 4:40 - 5:20 pm

Mondays • 5:20 - 6 pm
7-Weeks | January 11 – March 14
Fee: \$170 | Member Discount: \$120

Tuesdays • 4 - 4:40 pm

9-Weeks | January 12 – March 15
Fee: \$215 | Member Discount: \$155

Wednesdays • 4 - 4:40 pm

10-Weeks | January 13 - March 16
Fee: \$240 | Member Discount: \$170

Thursdays • 4:40 pm - 5:20 pm

Thursdays • 5:20 pm - 6 pm
10-Weeks | January 14 – March 17
Fee: \$240 | Member Discount: \$170

Sundays • 10:40 - 11:20 am

9-Weeks | January 17 – March 13
Fee: \$215 | Member Discount: \$155

Swim Fit: 6+ Years

Cross Training and Fitness meet the water. By this age, students have learned to swim and realize that swimming is important as a form of fitness. Refinement of stroke techniques is combined with development of overall fitness and coordination skills for swimmers. The class will consist of an up-tempo and fun, noncompetitive fitness class that will surely motivate kids into staying fit and healthy.

Mondays • 5:20 - 6 pm

7-Weeks | January 11 – March 14
Fee: \$170 | Member Discount: \$120

Wednesdays • 5:20 - 6 pm

10-Weeks | January 13 - March 16
Fee: \$240 | Member Discount: \$170

Thursdays • 5:20 - 6 pm

110-Weeks | January 14 – March 17
Fee: \$240 | Member Discount: \$170