



# AQUATICS

## FALL 2022



### LESSONS FOR ALL AGES

#### Sundays

9 AM - 1 PM

#### Mondays -

#### Thursdays

6 AM - 7 PM

Varied availability

Swim Gym at the MBJCC offers individual private lessons and small group customized programs tailored to your schedule.

##### Private 20 Minutes

10 Lessons: \$320 | Members: \$250  
Single lesson: \$40 | Members: \$30

##### Private 40 Minutes

10 Lessons: \$610 | Members: \$480  
5 Lessons: \$320 | Members: \$250  
Single lesson: \$75 | Members: \$60

##### Private 60 Minutes

\$120 | Members: \$90

##### Semi-Private 20 Minutes

10 Lessons: \$175 | Members: \$135  
Single lesson: \$30 | Members: \$20

##### Semi-Private 40 Minutes

10 Lessons: \$345 | Members: \$265  
Single lesson: \$50 | Members: \$35

##### Small Group 40 Minutes

10 Lessons: \$350 | Members: \$250

##### 60-Minute Video Tape

\$130 | Members: \$100

### PARENT/CHILD SWIM 3 MONTHS - (APPROX.) 30 MONTHS

Play games and sing songs so that your child can associate the pool with a fun experience with a parent. Our highly trained instructors provide you with the tools to make your babies strong swimmers and improve both physical and cognitive development. It takes 50-100 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 the water.

As your baby grows into a toddler and gains more experience in the water, we continue to teach accelerated skills that go along with a wide selection of games and songs. Through the progression and development, babies/toddlers will learn to protect themselves from danger, and understand and respect the water. They will realize their limits and slowly reach aquatic independence.

### MBJCC SWIM ACADEMY FOR AGES 7 - 11 YEARS

Swim Gym at the MBJCC has prepared an exclusive competitive program to improve advanced stroke techniques and turns to swim competitively. Swim Team will help swimmers refine their performance through improved swim, dive and turn techniques in all four swimming strokes: freestyle, backstroke, breaststroke and butterfly.

#### ENTRY LEVEL PRE TEAM PRACTICES Tuesdays - Thursdays: 4 - 5 PM

#### PRE TEAM PRACTICES Mondays - Thursdays: 5 - 6 PM

#### YOUNG TEAM PRACTICES Mondays - Thursdays: 6 - 7 PM

## Mariner Program

on the Sol Stern Dock

**KAYAK, STAND UP PADDLE & CANOE  
ON THE INDIAN CREEK WATERWAY  
MONTHLY & DAILY RENTALS AVAILABLE.**

#### Saturdays & Sundays

10 AM - 5 PM

#### Mondays - Thursdays

6 AM - 30 min before sunset

#### Fridays

9 AM - 3:30 PM



#### Jennie Strauss

Swim Gym Program Director  
swimgym@mbjcc.org | x217

#### HOLIDAY CLOSINGS

Monday, September 5 • Labor Day  
Monday, September 26 • Rosh Hashanah  
Tuesday, September 27 • Rosh Hashanah  
Tuesday, October 4 • Erev Yom Kippur

Wednesday, October 5 • Yom Kippur  
Monday, October 10 • Sukkot  
Tuesday, October 11 • Sukkot  
Monday, October 17 • Shemini Atzeret  
Tuesday, October 18 • Simchat Torah

Thursday, November 3 • 10 Year Celebration  
Tuesday, November 8 • School Day Out  
Thursday, November 11 • School Day Out  
Mon. Nov. 21 - Fri., Nov. 26 • Thanksgiving Break



### SHARE YOUR MBJCC STORY!

This year we will celebrate 10 years!  
Tell us your stories, share your memories.  
We want to hear from you.  
Why do you love the MBJCC community?

Do you have a class or program that you love?  
Send us your story and a picture or video to  
**10years@mbjcc.org** for a chance to be featured!

miami beach jcc  
**Celebrating 10**  
BUILDING FOR THE FUTURE  
toPowered By Community

#### GET SOCIAL WITH THE #MBJCC:

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#mbjccstories

#10yearsofmbjcc