



# MBJCC FALL 2024

# AQUATICS




**SESSION:** Sunday, August 25 - Friday, December 13, 2024  
**REGISTER ONLINE:** [mbjcc.org/class-search](http://mbjcc.org/class-search)  
**REGISTRATION DATES:** Priority Member: 8/1 | Community: 8/8

## RECREATIONAL GYMNASTICS CLASS SCHEDULE

### SUNDAY | 14 SESSIONS

TIME	CLASS	AGE	FEE
9:20 - 10 AM	Baby Dolphins	Must have experience	\$630   M: \$450
10 - 10:40 AM	Water Bonding	3 - 15 Months	\$630   M: \$450

### MONDAY | 13 SESSIONS

TIME	CLASS	AGE	FEE
3:20 - 4 PM	Guppies	34 Months - 3 Years	\$585   M: \$420
4 - 4:40 PM	Acrobatic Sharks	5 - 6 Years	\$585   M: \$420
4:40 - 5:20 PM	Soaring Dolphins	6+ Years	\$585   M: \$420
5 - 6 PM	Pre Team		See Fees on Back
6 - 7 PM	Young Team		See Fees on Back

### TUESDAY | 14 SESSIONS

TIME	CLASS	AGE	FEE
3:20 - 4 PM	Tumbling Minnows	3 - 4 Years	\$630   M: \$450
4 - 4:40 PM	Soaring Dolphins	6+ Years	\$630   M: \$450
4:40 - 5:20 PM	Acrobatic Sharks	5 - 6 Years	\$630   M: \$450
5 - 6 PM	Pre Team		See Fees on Back
6 - 7 PM	Young Team		See Fees on Back

### WEDNESDAY | 11 SESSIONS

TIME	CLASS	AGE	FEE
3:20 - 4 PM	Guppies	34 Months - 3 Years	\$495   M: \$355
4 - 4:40 PM	Acrobatic Sharks	5 - 6 Years	\$495   M: \$355
4:40 - 5:20 PM	Soaring Dolphins	6+ Years	\$495   M: \$355
5 - 6 PM	Pre Team		See Fees on Back
6 - 7 PM	Young Team		See Fees on Back

### THURSDAY | 11 SESSIONS

TIME	CLASS	AGE	FEE
3:20 - 4 PM	Tumbling Minnows	3 - 4 Years	\$495   M: \$355
4 - 4:40 PM	Soaring Dolphin	6+ Years	\$495   M: \$355
4:40 - 5:20 PM	Acrobatic Sharks	5 - 6 Years	\$495   M: \$355
5 - 6 PM	Pre Team		See Fees on Back
6 - 7 PM	Young Team		See Fees on Back

**CALL TO GET 10% OFF WHEN YOU REGISTER FOR TWO CLASSES /WEEK!**

## PRIVATE SWIM LESSONS | CALL SWIM GYM TO SCHEDULE

(305) 534-3206 x217

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.

FEE	
<b>Private 20 Minutes</b> 10 Lessons: \$375   Members: \$270 Single lesson: \$45   Members: \$35	<b>Semi-Private 20 Minutes</b> 10 Lessons: \$215   Members: \$155 Single lesson \$35   Members: \$25
<b>Private 40 Minutes</b> 10 Lessons: \$695   Members: \$500 5 Lessons: \$365   Members: \$260 Single Lesson: \$85   M: \$65	<b>Semi-Private 40 Minutes</b> 10 Lessons: \$395   Members: \$285 Single lesson: \$55   Members: \$40
<b>Private 60 Minutes</b> \$120   Members: \$90	<b>60-Minute Video Tape</b> \$130   Members: \$100

## TRANSPORTATION FROM SCHOOLS

Children enrolled in transportation must either be enrolled in an activity, Drop-in Homework Club, or picked up immediately upon arrival at the MBJCC. Children cannot be left alone at the MBJCC.

**REGISTRATION:** (Minimum registration required)  
 Availability limited. Requires registration at [mbjcc.org/transportation](http://mbjcc.org/transportation).

DAY	FEE	SCHOOLS'	TIME
<b>Mondays</b>	\$290   M: \$235	North Beach	2/3:05 PM   W: 2 PM
<b>Tuesdays</b>	\$310   M: \$255	TBS	2:45 PM   W: 3:30 PM
<b>Wednesdays</b>	\$265   M: \$220	Ruth K Broad	2/3:05 PM   W: 2 PM
<b>Thursdays</b>	\$265   M: \$220	Casa Dei Bambini	2:45 PM
<b>Fridays</b>	\$245   M: \$200	St. John	2:45 PM

\*Inquire for additional schools

### LEHRMAN COMMUNITY DAY SCHOOL TIME: 3:30 PM | F: 2:30 PM

DAY	FEE
<b>Mondays</b>	\$310   M: \$255
<b>Tuesdays</b>	\$355   M: \$290
<b>Wednesdays</b>	\$310   M: \$255
<b>Thursdays</b>	\$310   M: \$255
<b>Fridays</b>	\$265   M: \$215

Lehrman Students only.  
 Week of August 20 and week of December 16 no youth classes.  
 Child must be picked up from the MBJCC as soon as the bus arrives.

## DROP-IN HOMEWORK CLUB

Students can drop in to Homework Club for a one hour time block either before or after their scheduled classes.

DAY	FEE
<b>Mondays</b>	\$290   M: \$235
<b>Tuesdays</b>	\$310   M: \$255
<b>Wednesdays</b>	\$265   M: \$220
<b>Thursdays</b>	\$265   M: \$220
<b>Fridays</b>	\$245   M: \$200

## HOLIDAY SCHEDULE

DATE	HOLIDAY
Su-M, 9/1-9/2	Labor Day Weekend/Labor Day
W-Th, 9/4-9/5	Swim Coach Training
Wednesday, 10/2	Erev Rosh Hashanah
Thursday, 10/3	Rosh Hashanah
Friday, 10/4	Rosh Hashanah
Friday, 10/11	Erev Yom Kippur
Wednesday, 10/16	Erev Sukkot
Thursday, 10/17	Sukkot
Friday, 10/18	Sukkot
Wednesday, 10/23	Shemini Atzeret
Thursday, 10/24	Shemini Atzeret
Friday, 10/25	Simchat Torah
Tuesday, 11/5	School Day Out
Monday, 11/11	School Day Out
M - Su, 11/25-12/1	Fall Break
Su, 12/15	Chanukah Festival

## PROGRAM CONTACTS

NAME	TITLE	EMAIL	EXT
Jennie Strauss	Swim Gym Program Director	swimgym@mbjcc.org	x217

## JOIN TODAY!

**BECOME A MEMBER AND SAVE UP TO 40% OFF!**

Visit the Membership Office or Contact our Membership Team:

Nicole Linares: x203 or nicole@mbjcc.org | Julie Eibinder: x205 or julie@mbjcc.org

## WATER BONDING: PARENT & CHILD LEVEL 1

WITH PARENT

**3+ MONTHS (NO EXPERIENCE)**

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 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.

## BABY DOLPHINS: PARENT & CHILD LEVEL 2

WITH PARENT

**PREREQUISITE: WATER BONDING**

You and your baby have completed more than 150 hours in water. This class will continue with accelerated skills that go along with a wide selection of games and songs. Through the progression and development, babies will learn to protect themselves from danger, and understand and respect the water. They will realize their limits and slowly reach aquatic independence

## GUPPIES SWIM GROUP

WITHOUT PARENT

**34 MONTHS - 3 YEARS SWIM GROUP**

This class is for the precocious and daring toddler that can play in the class without mommy or daddy. The child has successfully gained enough strength and coordination to take a breath in the water. The child has advanced language skills and has the ability to be without a parent. Some swimming experience with an instructor preferred.

## 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.

## 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!

## 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.

# SWIM ACADEMY | AUGUST 26, 2024 - MAY 31, 2025

## 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.

### PRE TEAM

PRACTICES

**Mondays - Thursdays  
5 - 6 PM**

### PRE TEAM PRE-REQ'S

Kick 8 x 25's

- 2 Butterfly Kicks
- 2 Backstroke Kicks
- 2 Breaststroke Kicks
- 2 Freestyle Kicks

Swim 8 x 25's

- 2 Butterfly Swim
- 2 Backstroke Swim
- 2 Breaststroke Swim
- 2 Freestyle Swim

### YOUNG TEAM

PRACTICES

**Mondays - Thursdays:  
6 - 7 PM**

### FEES

**\$1,900 | Members: \$1,600**

Uniforms and swim meets additional fees.  
10 monthly payments

### YOUNG TEAM PRE-REQ'S

Must have been in Pre Team and evaluated by the Coaching Staff

