



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

Semi-Private 20 Minutes
10 Lessons: \$175 | Members: \$135
Single lesson \$30 | Members: \$20

Private 40 Minutes
10 Lessons: \$610 | Members: \$480
5 Lessons: \$320 | Members: \$250
Single lesson: \$75 | Members: \$60

Semi-Private 40 Minutes
10 Lessons: \$345 | Members: \$265
Single lesson: \$50 | Members: \$35

Private 60 Minutes
\$120 | Members: \$90

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
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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
Friday, November 11 • School Day Out
Mon. Nov. 21 - Fri., Nov.25 • 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
Powered By Community

GET SOCIAL WITH THE #MBJCC:
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#mbjccstories
#10yearsofmbjcc