



SWIM ACADEMY

AUGUST 29, 2022 - MAY 24, 2023



7 - 11 YEARS

Fees
\$1,800 | Members: \$1,500
Includes team uniform.

ENTRY LEVEL PRACTICES
Tuesdays - Thursdays: 4 - 5 PM

PRE TEAM PRACTICES
Mondays - Thursdays: 5 - 6 PM

YOUNG TEAM PRACTICES
Mondays - Thursdays: 6 - 7 PM

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-REQ'S FOR TEAM

Pre Team

- | | | |
|------------------------|-----------------------|-------------|
| Kick 8 x 25's | Swim 8 x 25's | 200 Kick |
| • 2 Butterfly Kicks | • 2 Butterfly Swim | |
| • 2 Backstroke Kicks | • 2 Backstroke Swim | |
| • 2 Breaststroke Kicks | • 2 Breaststroke Swim | 6 x 50 Free |
| • 2 Freestyle Kicks | • 2 Freestyle Swim | |

Young Team

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

HOLIDAY CLOSINGS

- | | | |
|-------------------------------------|---|--|
| Mon., September 5 • Labor Day | Tues., October 11 • Sukkot | Mon., January 16 • MLK Jr. Day |
| Mon., September 26 • Rosh Hashanah | Mon., October 17 • Shemini Atzeret | Mon., January 23 • Teacher Work Day |
| Tues., September 27 • Rosh Hashanah | Tues., October 18 • Simchat Torah | Mon., February 20 • President's Day |
| Tues., October 4 • Erev Yom Kippur | Thurs., November 3 • 10 Year Celebration | Mon., March 20 - Fri., March 24 • Spring Break |
| Wed., October 5 • Yom Kippur | Tues., November 8 • School Day Out | Wed., April 5 - Thur., April 13 • Passover Break |
| Mon., October 10 • Sukkot | Fri., November 11 • School Day Out | Wed., April 26 • Yom Ha'atzmaut Celebration |
| | Mon. Nov. 21 - Fri., Nov. 25 • Thanksgiving | |

Jennie Strauss
Swim Gym Program Director
swimgym@mbjcc.org | x217



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:
f /mbjcc
@ /mbjcc
#mbjccstories
#10yearsofmbjcc