LENNY KRAYZELBURG JCC SWIM ACADEMY

at the JCC of Louisville

Teaching EXCELLENCE

One Stroke at a Time

Why Choose the Lenny Krayzelburg Swim Academy?

- **Comprehensive & result driven swim method.**
- **Award system upon completion of each skill.**
- **Survival test curriculum that stresses water safety.**

Lenny Krayzelburg Swim Academy is a year round learn to swim program for children of all ages. Started in 2005 by 4 time Olympic Gold Medalist Lenny Krayzelburg, the core purpose is to teach children to be water safe and inspire love for the water. Since our inception we have taught thousands of kids' water safety and the importance of knowing how to swim.

Using the SwimRight© Method, we utilize the swim-float-swim technique as our foundation, and focus on providing children with the knowledge of confidence and safety in and around the water. From these basic skills we take students from beginning stages of swimming all the way to learning all 4 strokes, freestyle, backstroke, breaststroke and butterfly.

Our program offers a variety of classes to meet every parents needs. From parent/tot classes, private lessons, group classes and stroke development, you can find it all at the Lenny Krayzelburg Swim Academy.

Register Today!

Call the Lenny Krayzelburg Swim Academy Hotline at 238-2758.

Testimonials

The LK Swim School has been terrific. I have three kids enrolled of different ages and abilities. All three are taught appropriately. The instruction is strict but very kind. My youngest was three years old when he passed his survival test. I don't ever worry about being around water with my kids, they can SWIM!

- Hilary Garland

Just after her third birthday, our daughter tripped and fell into our friends' newly constructed pool. The shock of the fifty-five degree water knocked the wind out of her, but Frankie rolled to her back and kicked to the side of the pool. Her dad and I reached down to give her hand out of the pool and whisked her upstairs to a warm bath. Frankie's only complaint was that the water was too cold. She said she would wait until it was warmer before going in the pool again. Putting her in lessons at LKSS is one of the best things we have done for her.

- Lauren Aranguren

We have tried four swimming schools in the past two years and were discouraged by their lack of care for the kids, lack of continuity and honesty. After trying the Lenny Krayzelburg Swim School , our son loves to go to the pool. He loves his teacher and has improved tremendously.

- Ron and Doreece

Types of Lessons

PRIVATE LESSONS

One student per instructor

This type of lesson is necessary for infants and students under the age of three who are not water safe and who require 100% supervision. It is also recommended for older students with extreme anxiety about the water or behavior that is non-conducive to group lessons, once the anxiety or behavior is overcome, the older student can fit happily into a group lesson.

GROUP LESSONS

Up to 4 students per instructor

Group lessons are best for children three years and older, of any grade level, who can follow directions and work effectively in a class situation. For most students this is the ideal lesson structure. We make every attempt to group students of comparable ability, as well as maturity and compatibility.

PARENT/TOT LESSONS

Up to 8 parent/tot couples per instructor

This class is ideal for the parent who would like to take an active roll and more relaxed approach to the teaching process. Working as a group and individually, the class uses songs and simple drills to acclimate the child to the aquatic environment and begins teaching the back float survival skills. This class is for parents with children under 2 years old.

STROKE ADVANCE CLASSES

Up to 6 students per instructor

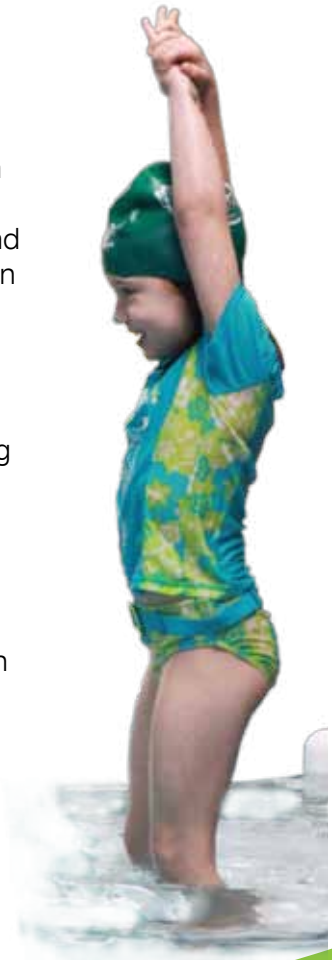
This class will have a coach who may be in the water but will most likely be on deck. The group is designed for ambitious students from ages 5 through 15, who can swim 25 yards with effective flutter kick, on both their front and their back. This curriculum provides a transition between swimming lessons with an instructor in the water and a pre-swim team orientation where the coach is on the deck. Graduates from this program are usually able to swim all four strokes and confidently move on to joining our swim team.

ADULT LESSONS

These lessons are for adults who have fear of the water, or just for people that want to polish up on their strokes to be more efficient lap swimmers.

LEARN MORE!

Visit www.jewishlouisville.org/lksa or call the LKSA hotline at 238-2758.



Registration

We begin our registration process for all new students with a FREE EVALUATION CLASS. The purpose of the evaluation is to introduce you to our school and also assess your child's comfort level in the pool.

An instructor will spend five to ten minutes with your child identifying their appropriate level. The instructor will then recommend whether your child should be placed in a private or a group class, and which of our six level levels they will start in.

Even if your child has never been in the pool and is a beginner, it is still a nice introduction to the school and a chance for your child to feel out their new environment. After the evaluation, our office will help you to find a schedule that fits your needs best.

Call Liz Stumper at 238-2758 or email at lstumper@jewishlouisville.org to learn more or to sign up today.

Call the Lenny Krayzelburg Swim Academy hotline at 238-2758 to register today.

Rates

Class Type	Member Rate	Non-Member Rate
Group Level 1-5	$70/month	$80/month
Private Lessons	$98/month	$108/month
Advanced Levels 6-7	$62/month	$72/month
Parent-Tot	$62/month	$72/month

REGISTRATION FEES

- First year enrollment is $55 per child and includes:
  - JCC of Louisville Lenny Krayzelburg Swim Cap
  - Progress Book
  - LK Swim Academy Swimsuit

- Annual registration fee from the second year on is $15 dollars per child or $35 dollars maximum per family.

DISCOUNTS

Student who take more than one lesson per week and families with multiple enrolled children can recieve special discounts.

Please contact Liz Stumper at the LKSA Swim Academy at 238-2758 for more information.

Your First Evaluation Lesson is Free!

Now enrolling students 2 months - Adults

Register Today! 238-2758

LENNY KRAYZELBURG JCC SWIM ACADEMY

at the JCC of Louisville

JCC Louisville

Jewish Community Center of Louisville
3600 Dutchmans Lane • Louisville, KY 40205
502.459.0660 • www.jewishlouisville.org