

# J swim SCHOOL



**WHERE YOUR SWIMMING  
JOURNEY BEGINS!**

# Why Choose The J Swim School?

The J Swim School provides year-round swimming lessons for children and adults. Our program is designed to teach water safety, develop proper technique for multiple swim strokes and inspire a passion for swimming. Lessons will be offered in private or group lessons.

At The J Swim School, we believe the skill of swimming to be invaluable. Our trained instructors will use their swimming experience, knowledge and personalities to mold our participants into safe and confident swimmers. Our participants will learn to be water safe, water fit and have water fun!

The Jewish term *l'dor v'dor* means passing skills from one generation to the next. With this in mind, The J Swim School hopes to teach a new generation the skill of swimming, knowing that it will improve their fitness, fun and safety as it has for swimmers at The J for over 125 years.

## The J Swim School Promise

- We will staff knowledgeable, caring and fun instructors.
- We will provide appropriate motivational tools to your kids to help them track their progress and be excited about swimming.
- We will make your children water safe and, as they proceed through the program, teach them the techniques and skills that will enable them to become efficient and comfortable in the water.
- We will provide the highest quality swim instruction in Louisville.



"Our children have been a part of The J's swim program for six years. The coaching staff is patient and work with each child's strengths and weaknesses. They have gained athletic skills and confidence that will serve them in and out of the pool. We are very pleased with The J swim program!"

-Christy Hulsewede

# Levels

## WATER SAFETY

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### LEVEL 1

All children will learn the basic fundamentals of water safety, while becoming comfortable in the water and with their teacher. The instructor will be with the children at all times!

### LEVEL 2

Focuses on the mastering of basic survival swimming skills. These skills include the back float, kicking short distances in the water and rolling from stomach to back. Students must pass Test 1 to advance to the next level.

## PRE-STROKE

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### LEVEL 3

In the introductory pre-stroke level, students will master being streamlined in the water. They will also further their ability to roll from front to back to breathe, and then roll back to their stomach.

### LEVEL 4

Swimmers will develop proper side breath technique. They will also learn elementary backstroke and begin other necessary skills of swimming, such as somersaults. Students must pass Test 2 to advance to the next level.

## STROKE

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### LEVEL 5

The freestyle and backstroke arm and leg movements are synced and the development of these strokes begins. Skills such as one arm freestyle and backstroke and superman catch-up-stroke are learned.

### LEVEL 6

We introduce the breaststroke pull and kick, butterfly pull and kick and the timing of both strokes. Skills such as streamline breaststroke kick and body dolphin are also learned.

## STROKE ADVANCEMENT

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### LEVEL 7

**THE FINAL LEVEL!** The technique of each stroke will be fully developed. Additionally, the other elements of competitive swimming will be learned. Skills include all four basic strokes, as well as starts and turns for each stroke.

# Additional Lessons

## PARENT-TOT

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The parent tot class is an introductory course for kids aged 3-24 months. It offers a gentle approach to the water for new swimmers and their parents to adjust to The J Swim School lesson format. Skills like submersion, kicking and the back-float will be introduced.

## ADULT LESSONS

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Lessons are provided for those over the age of 18 to learn how to swim and for those who are trying to improve their technique.



**LEARN MORE!**

VISIT [WWW.JEWISHLouisville.org/swimschool](http://WWW.JEWISHLouisville.org/swimschool) OR CALL 502-238-2758.

# How to Enroll

At The J Swim School, we begin every student's journey with a free evaluation lesson. This lesson will serve as an opportunity for our families to see how we do things at The J Swim School and ask questions prior to enrolling. Additionally, we will determine at which level your child should begin and create a schedule.

To sign up for your free evaluation lesson, contact The J Swim School at 502-238-2758.

## Rates

PRICING (MONTHLY)	PRIVATE (LVL. 1-7)	GROUP (LVL. 2-7)	PARENT-TOT	ADULT
The J Member	\$102	\$74	\$66	\$74
Community Member	\$112	\$84	\$76	\$84

\*No registration fee. Free evaluation. Students have swim lessons weekly.

Register online at  
[www.jewishlouisville.org/swimschool](http://www.jewishlouisville.org/swimschool)

**YOUR FIRST EVALUATION  
LESSON IS FREE!**

**NOW ENROLLING STUDENTS  
3 MONTHS TO ADULTS**

**REGISTER TODAY!  
502-238-2758**



**JEWISH COMMUNITY CENTER OF LOUISVILLE**  
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