Shaw JCC
Akron

November &
December 2016

Aquatics

- Stingrays Swim Team
- Private & Semi-Private Lessons
- Red Cross-Certified Lessons for all ages
- Free Water Fitness Classes for Adults

Call 330-867-7850 to register or sign up at the fitness desk.

Aquatics

American Red Cross

Baby & Me

(ages <3) - American Red Cross

Learn how to handle your future swimmer and introduce your child to water fun. Learn how to hold your child, develop basic swimming skills, sing songs and implement water play to help build a positive parent-child relationship. We will work on kicking, floating, blowing bubbles, arm strokes and water safety.

Cost: $30 M/$50 G

Oct. 25-Nov. 17
Tuesdays & Thursdays
6:05-6:35 p.m.
603.556

Nov. 29-Dec. 22
Mondays & Wednesdays
6:05-6:35 p.m.
603.557

Preschool (ages 3+) - American Red Cross

(Formerly Aqua Toddlers) Build your toddler's confidence in the water through safe exploration. Children must be at least 3 years old. We will introduce your child to being comfortable in the water for the first time in a group setting without mom and dad. They will learn basic swimming skills, blowing bubbles, kicking, floating on front and back while assisted and most importantly having fun!

Cost: $35 M/$55 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	4:40-5:10 p.m.	603.018
Tuesdays & Thursdays	Oct. 25-Nov. 17	6:05-6:35 p.m.	603.019
Mondays & Wednesdays	Nov. 28-Dec. 21	4:40-5:10 p.m.	603.020
Mondays & Wednesdays	Nov. 28-Dec. 21	6:05-6:35 p.m.	603.021

Level 1 (ages 5+) - American Red Cross

Your child will learn the foundation for basic swimming skills, become comfortable in water, learn how to front crawl while assisted and how to kick and float on his/her own.

Cost: $40 M/$60 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	4:25-5:10 p.m.	603.117
Tuesdays & Thursdays	Oct. 25-Nov. 17	6:40-7:25 p.m.	603.118
Mondays & Wednesdays	Nov. 28-Dec. 21	4:25-5:10 p.m.	603.119
Mondays & Wednesdays	Nov. 28-Dec. 21	6:40-7:25 p.m.	603.120

M=member / G=guest

Level 2 (ages 5+) - American Red Cross

Expanding on their basic skills, your child will learn to paddle with their face in the water, float unassisted and tread water.

Cost: $40 M/$60 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	5:15-6 p.m.	603.226
Tuesdays & Thursdays	Oct. 25-Nov. 17	6:40-7:25 p.m.	603.227
Mondays & Wednesdays	Nov. 28-Dec. 21	5:15-6 p.m.	603.228
Mondays & Wednesdays	Nov. 28-Dec. 21	6:40-7:25 p.m.	603.229

Level 3 (ages 5+) - American Red Cross

Building on the foundation learned in previous levels, your child will develop the skills to do the elementary backstroke, front and back crawl and the butterfly kick.

Cost: $40 M/$60 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	5:15-6 p.m.	603.336
Mondays & Wednesdays	Nov. 28-Dec. 21	5:15-6 p.m.	603.337

Level 4 (ages 5+)- American Red Cross

Your child will learn to refine their breaststroke, alternate breathing and sidestroke in addition to new skills.

Cost: $40 M/$60 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	7:30-8:15 p.m.	603.444
Mondays & Wednesdays	Nov. 28-Dec. 21	7:30-8:15 p.m.	603.445

Adult Swim Lessons (ages 14+)

Cost: $40 M/$60 G

Tuesdays & Thursdays	Oct. 25-Nov. 17	7:30-8:15 p.m.	603.993
Mondays & Wednesdays	Nov. 28-Dec. 21	7:30-8:15 p.m.	603.994

Private & Semi-Private Swim Lessons

To schedule private lessons at your convenience, email Diane_Weaver@shawjcc.org with your phone number and other basic information. Swimmers do not have to be at the same ability level for semi-private lessons.

Private Lessons

(30 minute lessons for 1 paticipant - price is per participant)

5 lessons	$85 M/$125 G
10 lessons	$160 M/$240 G

Semi-Private Lessons

(30 minute lessons for 2 or more participants - price is per participant)

5 lessons	$50 M/$75 G
10 lessons	$90 M/$140 G

Stingrays Swim Team (ages 4+)

Mondays-Thursdays, 5-6:30 p.m. & Fridays, 4-5:30 p.m. Oct. 10-March 11

Cost: $180 M ($155 per additional child) & $230 G ($205 per additional child)

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Akron

Center Hours

Facility Hours

Monday–Thursday	5 a.m.–9 p.m.
Friday	5 a.m.–6 p.m.
Saturday & Sunday	7 a.m.–6 p.m.

Business Hours

Monday–Thursday	8 a.m.–7:30 p.m.
Friday	8 a.m.–6 p.m.

***NEW!* Babysitting Hours -** Call 330-835-0033

Mondays	8 -11:30 a.m. & 4:30 -7:30 p.m.
Tuesdays	8 a.m.-12:15 p.m. & 5-7:30 p.m.
Wednesdays	8 -11:30 a.m. & 4:30 -7:30 p.m.
Thursdays	8-11:30 a.m. & 5-7:30 p.m.
Fridays	8 a.m.-12:15 p.m.
Sundays	8 a.m.-12:30 p.m.

Holiday Hours

Thanksgiving, Nov. 24-25
Facility open 8 a.m.- 1 p.m.

Christmas Eve & Erev Chanukah, Dec. 24
Facility closes at 4 p.m.

Christmas & Chanukah, Dec. 25-26
Facility open 8 a.m.-1 p.m.

New Year's Eve, Dec. 31
Facility closes at 4 p.m.

New Year's Day, Jan. 1
Facility open 8 a.m.-1 p.m.

shawjcc.org • (330) 867-7850

Text @shawjcc to 81010 for the latest updates!

FREE! AQUATICS CLASSES

Refer to **shawjcc.org** or visit the fitness desk for a full listing of group exercise classes and an up-to-date schedule! Babysitting services are available. Call 330-835-0033 for more information.

Aqua Bootcamp (ages 16+) - Intermediate to Advanced

Wednesdays, 10:45-11:30 a.m., Thursdays, 6-7 p.m. & Sundays, 9-9:45 a.m.

High intensity workout improves cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land-based cardio workouts.

Aqua Fit (ages 16+) - All Levels

Tuesdays, 6-7 p.m.

Medium to high intensity level workout offers a combination of moves in the shallow or deep water to build strength and endurance.

Mild Water Movement (ages 16+) - Beginner to Intermediate

Mondays, Wednesdays & Thursdays, 9-9:45 a.m.

Low to medium intensity level workout for people with arthritis, MS or joint/muscle pain, increase range of motion and strengthen muscles.

ALBERT L. & JANET A.
SCHULTZ CAMPUS
FOR JEWISH LIFE

750 White Pond Drive
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