

# WIN by LOSING!



Returning by popular demand!  
 11 weeks: Feb. 26 - May 11, 2012

**Information Nights\*:**

Tuesday, Jan. 10, 6:30-8 p.m.

Thursday, Feb. 2, 6:30-8 p.m.

\*You must attend one Information Night  
 in order to participate.  
 RSVP to Jason at [jasonm@jccoc.org](mailto:jasonm@jccoc.org).

Take part in the MERAGE JCC LARGEST LOSER WEIGHT LOSS PROGRAM where your dreams of losing 20-40 lbs can become a reality!

Since the program has started, our participants have shed **over 1100 lbs!** Our professional staff including a dietician/nutritionist and our coaches will teach you the fundamentals of healthy eating and efficient exercise habits that become part of your lifestyle.

- Learn how to eat correctly from our registered dietitian/nutritionist
- Buy fresh, healthy, kosher and delicious meals from Blueberry Hill
- Exercise with certified and professional exercise coaches
- Workout in teams and make friends
- Lose weight and feel great!



"Deciding to be a part of the LARGEST LOSER program was one of the best decisions I have ever made. They gave me the support, inspiration and knowledge needed for me to become healthy and fit. I came into the program hoping to lose 20 pounds, but I ended up losing 58 pounds. I attribute this success to my amazing trainers and dietician. The friendly competition and team spirit really helped to keep me motivated. I feel like I've been able to turn the clock back twenty years!"  
 - Andy Johnson, LL Winner Season 2

"The LARGEST LOSER Program was amazing and fun; it made a true difference in my life. In mid-June I climbed Mt Baldy!!! Thank you for offering it!!"  
 - Kim Mishow, LL Participant Seasons 1 & 2

"It was the most successful and encouraging program I have participated in, and the weight loss and inch loss was extremely encouraging to me. Each and every member of your team gave me the time I needed to be successful in this endeavor."  
 - Pinki Lifshitz, LL Participant Season 1

"The best decision I made was to join the LARGEST LOSER program. With the help of the amazing J fitness staff they helped me lose 30 lbs in a fun and educational way that has changed my life forever. I would recommend this to anyone who wants to lose weight the correct way and who wants to get great results!"  
 - Eric Schwartz, LL Winner Season 1

"Just a note to thank you for the great LARGEST LOSER program at the JCC! The program was so terrific! The nutrition component was great. I lost 25 pounds in the program, and another 25 since then, by keeping up the same good habits."  
 - Teri Hardke, LL participant Season 2



For more information contact Jason Meyers at [jasonm@jccoc.org](mailto:jasonm@jccoc.org) or (949)435-3400 x266

## Winter Fitness Specials

### For New Clients Only:

- PERSONAL TRAINING
- PILATES TRAINING
- MELT TRAINING

Purchase a package of 10 half hrs and SAVE \$50  
 Purchase a package of 10 hrs and SAVE \$100  
 Purchase a package of 20 half hrs and SAVE \$100  
 Purchase a package of 20 hrs and SAVE \$150

### Valued Customer Reward:

**DID YOU RECENTLY PURCHASE A TRAINING OR PILATES PACKAGE? USE IT UP BEFORE 1/20/12 AND SAVE ON YOUR NEXT PACKAGE!**

Purchase a package of 10 half hrs and SAVE \$50  
 Purchase a package of 10 hrs and SAVE \$100  
 Purchase a package of 20 half hrs and SAVE \$100  
 Purchase a package of 20 hrs and SAVE \$150

Call (949) 435-3400, ext. 283 for more information.  
 Offer good thru Feb. 29, 2012. Limit 2 packages per family.

## WE LOVE REFERRALS!! EXISTING CLIENTS: REFER A FRIEND AND SAVE ON BOOTCAMP FEES!

Refer a friend to a Bootcamp and you AND your friend will receive an 8-class bootcamp session for just \$99 each!  
 Offer good through Feb. 29, 2012.

For more information contact Jason Meyers at jasonm@jccoc.org or (949)435-3400 x266 or Shane Johnston at shanej@jccoc.org or x262.

## MELT Signature Sessions



This on-going 60-minute group exercise class offers a sampling of whole-body MELT and NeuroCore techniques including MELT Core Integration, Hand and Foot Melt, Melt Length, and Melt Hydrate. This class compliments all other forms of exercise and is best before a strength class or after an aerobic class.  
 Fee: Individual Class \$11, Package 8 classes \$78  
**Mondays, 10:30-11:30 p.m.**

## TRX Suspension Training System Bootcamp

The TRX Suspension Training System harnesses your own body weight to create resistance, allowing you to get a fast, effective total body workout using only one piece of equipment. Choose your level: beginner/intermediate or intermediate/advanced.

**Sessions meet twice a week and a choice of instructors, times and days is available.** Each bootcamp is \$150 for 8 one-hour sessions. Sign up at the fitness desk.



## JCC 21+ Men's 4 on 4 Fall Basketball League

Thursdays, 7-8 p.m. or 8-9 p.m. depending on schedule  
 (2/9-4/5, 9 weeks)  
 JCC members only \$100. Gymnasium  
 Register now for the New JCC Men's 4-on-4 Basketball League!  
 When you sign up you will be automatically drafted to a team by the

team captains and league commissioner. Teams will consist of a maximum of six players. Play one game per night consisting of four, 12-minute quarters. Games will last approximately an hour complete with referees, jerseys and statistics. Please contact Eddie Priesand at (949)435-3400x104 or eddiep@jccoc.org with any questions.

## Adult Sports Pick-Up Games

Monday	Tuesday	Wednesday	Thursday	Sunday
Drop-In Volleyball 6:30 p.m. Pick-up Basketball 6:30 p.m.	Pick-up Basketball 6:30 p.m.	Drop-In Indoor Soccer 6:30 p.m.	Pick-Up Basketball 6:30 p.m.	Pick-Up Basketball 8 a.m.

**FOR MORE INFORMATION**  
 contact Eddie Priesand, Sports and Recreation Supervisor at 949-435-3400 x104 or eddiep@jccoc.org.

# Let Us Help You Reach Your Fitness Goals

## Coming Soon: Watch for details!

- Triathlon Training Club
- Adult and pediatric nutrition program
- Bootcamp X training program
- Senior fitness program/classes

## Personalized Training

Additional fees apply.

**Sports X Training at the J** Do you want to Jump Higher? Run Faster? Become more agile? Whether you are a student athlete, weekend warrior or someone who is striving for elite fitness, the Sports X Training at the J will help you meet or surpass any fitness goal you are trying to achieve.

**Personal Training** can take you to the next level whether your focus is strength or cardiovascular fitness. Let one of our experienced, certified trainers tailor a program specifically for you or choose from our custom workouts.

**Personalized Boxing/ Kickboxing Training** Alternating bursts of intense activity such as kicking and punching, alternating with intervals of lighter activity including: core and corrective posture exercises, and simple calisthenics. Try this high cardio workout and watch the weight drop off! This workout is designed for all fitness levels.

**Personalized Pilates Training** Our private, duo or trio classes are for women and men who want beautiful long lean muscles! Utilizing our Stott Pilates Reformers our instructors can help you to achieve your fitness goals.

**Melt Method Training** Do you have body aches and pains? Are you feeling the effects of aging like joint problems, poor posture or sleep issues? It's time to GET OUT OF PAIN! MELT at the J utilizes Hand and Foot Treatment Balls along with specialized rollers to address common issues associated with aging and active living. Utilize the MELT Method system to improve flexibility, mobility, posture and reduce aches, pains, tension and stress.

**TRX Suspension Training** The TRX Suspension Training System harnesses your own body weight to create resistance as you train and can be used by people of all fitness levels, from members just beginning to develop a fitness routine to members looking to enhance their fitness routines or work on specific areas. The TRX Suspension Training System allows you to get a fast, effective total body workout using only one piece of equipment.

## Try One of Our Group Training/ Bootcamps:

### TRX SUSPENSION TRAINING SYSTEM BOOTCAMP

Sessions meet twice a week and a choice of instructors, times and days are available. Each bootcamp is \$150 for 8 one-hour sessions. Please sign up at the fitness desk. Our TRX Suspension Training System bootcamps are for members looking to increase their strength, flexibility, mobility, endurance and core stability. The system harnesses your own body weight to create resistance as you train and can be tailored for people of all fitness levels.

### ULTIMATE BOOTCAMP II & III

**Monday/Wednesday, 6-7 a.m. or Tuesday/Thursday, 7-8 a.m.**

Minimum 5, Maximum 12

Monthly program \$150/ 8 class session

This bootcamp is for the hardcore!! It's an intense cross fit style workout incorporating intense cardio and total body conditioning. Workouts will always be different and will be sure to build your stamina, strength and endurance.

Instructor: Shane Johnston, Head Trainer

### EXTREME FEMME BOOTCAMP

**Monday-Thursday, 8-9 a.m.**

**Choose 2 workouts from our new 4-day schedule**

Minimum of 6, Maximum of 12

Monthly program: \$150 per person/ 8-class session

This bootcamp for women is an intense cardio and total body workout incorporating speed & agility training, cardio interval training, plyometrics, and power with a focus on the core throughout!

Instructor: Shane Johnston, Head Trainer

### WORKING LADIES AND GUYS BOOTCAMP

**Tuesdays & Thursdays, 5:30-6:30 p.m.**

Minimum of 6, Maximum of 12

Monthly program: \$150 per person/ 8-class session

An intense cardio and total body workout incorporating speed & agility training, cardio interval training, plyometrics with a focus on the core.

Instructor: Vince Ortiz, Sports X Training Specialist

### WOMEN'S BOOTCAMP

**Monday & Wednesday, 9:30-10:30 a.m.**

Minimum 5, Maximum 12

Monthly program: \$150/8 class session

This high energy strength and cardio training program incorporates core strength movements with traditional cardio and bootcamp equipment. Instructor: Vince Ortiz

### CARDIO J BARRE

**Monday & Wednesday, 8:30-9:30 a.m.**

Monthly program: \$150 / 8 class sessions

Join this customized/ group personal training J Barre style class.

You will get elements of J Barre which includes a total body workout that uses elements of Pilates and ballet to tone your body along with bootcamp style workouts to get your heart rate up.

Instructor: Brooke Tovstein, Group X Specialist and Personal Trainer



All Fitness Programs are for JCC MEMBERS ONLY

### BENEFITS OF BOOTCAMP:

#### CALORIE BURN

You can burn 400-600 calories in a single workout!

#### EFFICIENT

You work multiple muscle groups and get a cardio workout in a short period of time.

#### FUN & FRIENDSHIP

Each exercise is different so you don't get bored. Plus you work together, make friends and support each other.

#### TEAMWORK

You work as a team to reach your potential fitness levels.

#### SAVINGS

Bootcamps run between \$15-\$20 each session as opposed to higher rates for personal training.

<b>MONDAY</b>			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
5:45-6:45 am	Sunrise Cycle	Poolside	David
7:30-8:20 am	Cycle	Spin Room	Shelley
8:30-9:20 am	Mat Pilates	Large Studio	Leslie
9-10 am	Water Aerobics	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10 am	*Cardio Blast	Large Studio	Carolyn
10-10:30 am	*Body Blitz	Large Studio	Carolyn
10:35-11:45 am	Vinyasa Flow Yoga	Large Studio	Heidi
12 noon-1 p.m.	Cardio Kickboxing	Large Studio	Rashmi
5-5:50 pm	Cycle	Spin Room	Meredith
5:30-6 pm	*Cardio Blast	Large Studio	Maggie
6-6:30 pm	*Body Blitz	Large Studio	Maggie
6:30-7:20 pm	Adv. Pilates	Large Studio	Leslie
6:30-7:20 pm	Cycle	Spin Room	Amy
7:20-7:40 pm	Stretch	Large Studio	Leslie

<b>TUESDAY</b>			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
6:15-7:15 am	Power Pump	Large Studio	Maggie
7:30-8:20 am	Cycle	Spin Room	Catie
8:30-9:20 am	Burn and Firm	Large Studio	Andi
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10:20 am	Zumba®	Large Studio	Janel
9:30-10:30 am	Aqua Fitness	Aquatics Center	Bethany
10:30-11:20 am	Stretch, Flex and Balance	Large Studio	Heidi
4:30-5:20 pm	Cycle	Spin Room	Brooke
5:30-6 pm	*Body Blitz	Large Studio	Margot
6-6:30 pm	*Ab Lab	Large Studio	Margot
6:35-7:20 pm	Cardio Kickboxing	Large Studio	Melissa
7:30-8:30 pm	Vinyasa Flow Yoga	Large Studio	Nicole

<b>WEDNESDAY</b>			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
5:45-6:45 am	Sunrise Cycle	Poolside	David
8:30-9:20 am	Mat Pilates	Large Studio	Marijane
9-10 am	Gentle Yoga	Senior Center	Ell
9:30-10:20 am	Cycle	Spin Room	Rohaya
9:30-10 am	*Cardio Kickbox	Large Studio	Brooke
10-10:30 am	*JBarre	Large Studio	Brooke
10:35-11:30 am	Svaroopa/ Vinyasa Yoga	Large Studio	Lisa
10:45-11:45 am	Aqua Fitness	Aquatics Ctr	Lynelle
12 noon-1 p.m.	Pilates Fusion	Large Studio	Whitney
4:30-5:20 pm	Burn & Firm	Large Studio	Samantha
5:30-6:25 pm	Cycle	Spin Room	Randy
6-6:30 pm	*Body Blitz	Large Studio	Maggie
5:30-6 pm	*Cardio Blast	Large Studio	Maggie
6:35-7:20 pm	Adv. Pilates	Large Studio	Leslie
6:30-7:20 pm	Cycle	Spin Room	Whitney

## Group X Weekly Class Schedule

<b>THURSDAY</b>			
Fitness Center Hours: 5 a.m.-10 p.m. Childcare: 8 a.m.-noon and 4-8 p.m.			
Time	Class Name	Location	Instructor
7:30-8:20 am	Cycle	Spin Room	Catie
8:30-9:20 am	Burn and Firm	Large Studio	Shana
9-10 am	Low Impact Water Aerobics	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Brooke
9:30-10:20 am	Zumba®	Large Studio	Janel
10:30-11:20 am	Stretch, Flex and Balance	Large Studio	Heidi
4:30-5:20 pm	Cycle	Spin Room	Shana
5:30-6 pm	*Body Blitz	Large Studio	Tina
6-6:30 pm	*Ab Lab	Large Studio	Tina
6:35-7:25 pm	Burn & Firm	Large Studio	Samantha
7:30-8:30 pm	Vinyasa Flow Yoga	Large Studio	Nicole

<b>FRIDAY</b>			
Fitness Center Hours: 5 a.m.-5 p.m. Childcare: 8 a.m.-noon			
Time	Class Name	Location	Instructor
6-6:50 am	Sunrise Cycle	Poolside	Randy
8:30-9:20 am	Zumba®	Large Studio	Joanne
9-10 am	Gentle Yoga	Senior Ctr	Ell
9-10 am	Water Pilates	Aquatics Ctr	Jennifer
9:30-10:20 am	Cycle	Spin Room	Rohaya/ Shelley
9:30-10 am	*Cardio Kickbox	Large Studio	Brooke
10-10:30 am	*JBarre	Large Studio	Brooke
10:30-11:20 am	Pilates Fusion	Large Studio	Andi
12 noon-12:30 pm	*Cardio Blast	Large Studio	Maggie
12:30-1 pm	*Body Blitz	Large Studio	Maggie
4-4:50 pm	Cycle	Spin Room	Sarah

<b>SATURDAY</b>			
Fitness Center Hours: 7:45 a.m.-5 p.m. Childcare: 7:45 a.m.-noon			
Time	Class Name	Location	Instructor
8:30-9 am	*Cardio Kickbox	Large Studio	Carolyn
8:30-9:20 am	Cycle	Spin Room	Brooke
9-9:30 am	*Body Blitz	Large Studio	Carolyn
9:30-10:20 am	Cycle	Spin Room	Randy
9:35-10:20 am	Vinyasa Flow Yoga	Large Studio	Carolyn

<b>SUNDAY</b>			
Fitness Center Hours: 7:45 a.m.-6 p.m. Childcare: 7:45 a.m.-12:30 p.m.			
Time	Class Name	Location	Instructor
8-8:50 am	Cycle	Spin Room	Catie
9-9:30 am	*Body Blitz	Large Studio	Tina
9-9:50 am	Cycle	Spin Room	Shana
9:30-10:00 am	*Ab Lab	Large Studio	Tina
10:10-11:30 am	Yoga	Large Studio	Dorothy
11:30 am-12:30 pm	Zumba®	Large Studio	Joanne

**\*Half hour options - Mix & Match to create your own Power Hour!**  
Subject to change without notice.

**Information: call the Fitness Desk**  
**(949) 435-3400 ext. 283, or visit [www.jccc.org](http://www.jccc.org)**  
**Merage Jewish Community Center of Orange County**

# FREE Group X Classes for JCC Members

**\*NEW! Half hour options: Mix & Match to create your own personal Power Hour!**



**\*Ab Lab:** Attack your abs with a 30 minute class full of exercises for your entire core.

**Athletic X Training:** This class focuses on total body muscle strength and endurance and may include drills. It offers short recoveries and lasting results.

**\*Body Blitz:** Maximize your workout with 30 minutes strength core/flexibility for a very efficient and total body workout. All levels welcome.

**Burn and Firm:** Burn and Firm incorporates high energy cardio and toning exercises for a total body workout. This class uses a variety of fitness equipment to keep you mentally and physically motivated.

**\*Cardio Blast:** A high intensity class using cardio formats such as step, hi/lo, plyometrics and sports conditioning drills for a fat-burning workout.

**\*Cardio Kickboxing:** This high-speed, intense aerobic workout will get your heart pumping! Learn kicking and punching techniques while strengthening the entire body. Be ready to jab, hook, roundhouse, and totally empower yourself!

**Cycle & Sunrise Cycle:** A fantastic heart pumping workout that simulates various outdoor bike riding styles in and out of the saddle, from flats to sprints to climbs. Weather permitting, the sunrise cycle class will be held outside by the pool.

**Gentle Yoga:** This gentle approach to yoga helps you increase flexibility, improve circulation and experience more energy. It's a great way to start getting in shape. Bring your own Yoga Mat.

**\*J Barre:** A total body workout that uses elements of Pilates and ballet to tone your body, burn fat and improve flexibility, balance and poise through simple, concentrated movements.

**Low Impact Water Aerobics:** Increase your strength, flexibility and aerobic conditioning through water exercises without putting stress on your joints and muscles. This low impact class is geared for people with arthritis or osteoporosis.

**Low Impact Water Aerobics:** Increase your strength, flexibility and aerobic conditioning through water exercises without putting stress on your joints and muscles. This low impact class is geared for people with arthritis or osteoporosis.

**Mat & Advanced Pilates and Pilates Fusion:** Pilates is a total body conditioning approach, designed to improve your core strength, flexibility and posture. Advanced Pilates is the same as Mat Pilates but a faster paced and more advanced class.

**Stretch, Flex & Balance:** A great class to increase flexibility, proper posture mechanics and balance control This 3-part format begins with moving stretches, advances to core and balance, and ends with relaxing static stretches. Increase your flexibility and help reduce injury!

**Svaroopa/Vinyasa Yoga:** This yoga class utilizes a unique blend of poses to create a core opening by relaxing the deepest layers of tension in the body.

**\*TriFit A & B:** The ultimate 90 minute full body workout! Burn calories on the spin bike for 30 minutes, switch for 30 minutes to a full body resistance workout targeting various muscle groups, then stretch and lengthen your body in a 30 minute yoga session. Choose any or all of the 30-minute sections.

**Vinyasa Flow Yoga:** This yoga practice uses postures in a flowing manner, connecting each posture with a breath. This class is appropriate for all levels.

**Water Pilates:** Pilates exercises for the pool elongate the entire body with unique conditioning exercises. Build a stronger core by moving from the inside out. Develop strength and flexibility with fluidity and grace. Water Pilates appeals to wide spectrum of ages and fitness levels. Modifications are addressed with most exercises.

**Zumba®:** This is a fast-pace exciting dance class! It incorporates several Latin dance moves to burn calories while learning to move your body in ways you never thought possible.

**PLEASE NOTE: Classes and instructors are subject to change without notice.**

All Group X classes are for JCC MEMBERS ONLY



JCC Aquatics Center

All Aquatics Center Programs are for Merage JCC MEMBERS ONLY

**FOR INFORMATION** about JCC Aquatics Center programs, please contact Chris Duncan, Aquatics Director at (949) 435-3400 ext. 144, [chrisd@jccoc.org](mailto:chrisd@jccoc.org) or Gina Duncan, Asst. Aquatics Director at (949) 435-3400 ext. 160, [ginad@jccoc.org](mailto:ginad@jccoc.org).

The Merage JCC Milton J. and Doris H. Chasin Aquatics Center offers something for members of every age and experience level including swim lessons, youth swim team and low impact water aerobics with daily lap swimming. Our pool facilities are fully-equipped with custom lounge chairs and shade area, a heated toddler pool, Jacuzzi, an electronic scoreboard and professional lifeguards on duty during all hours.

**POOL HOURS & INFORMATION:**

Monday-Thursday	5 a.m.-9:30 p.m.
Friday	5 a.m.-4:30 p.m.
Saturdays	7:45 a.m.-4:30 p.m.
Sundays	8 a.m.-5:30 p.m.

**LAP SWIM:** Lap Swimming (continuous swimming lengthwise) is available throughout the day in designated lanes. If the number of Lap Swimmers exceeds 2 per lane, please switch to circle swimming. Children may lap swim adhering to these guidelines and, if necessary, accompanied by a responsible adult. Please note: During the swim team workouts in the afternoon we have 2 lanes open for lap swim 3-7 M-Th, 3-4:30 F

**EQUIPMENT:** JCC's kickboards and pull buoys may be used by lap swimmers and for instructional purposes only. Aqua Fitness equipment is to be used only by Aqua Fitness class participants. Please help us maintain and preserve our equipment by returning it to the shelves designated for these items.

**FAMILY SWIM:** Open Swim is designated for free or unstructured swimming and is available for families and individuals. Children must be accompanied by a responsible adult unless they are in at least 5th grade.

**POOL TEMP:** For the comfort of all participants, the temperature will be kept at 81-83 degrees at all times. This may vary slightly as is normal when dealing with a thermostat.

**FLOTATION DEVICES:** If a child requires a floatation device to swim, then a responsible adult must be within arm's reach of the child at all times-- no exceptions.

**DIAPERS:** Children who are not potty trained must wear a swim diaper and a swimsuit in the pool at all times.

Year Round Youth Aquatics Program  
**Merage JCC WAVES**  
**Swim Team Trains Winners**

WAVES swimming uses a progressive age group program in which the swimmer is instructed and developed in physical, mental and emotional levels in a systematic fashion. An emphasis on fun and family for the younger swimmers develops into a gradual increase in commitment over a period of years. Every unique group for children emphasizes the joy of swimming at the same time introducing the child to beginning swimming technique. The "pre-team" portion of the class teaches the fundamental motor skills of swimming with an emphasis on correct body placement.

The WAVES offer competitive and non-competitive tracks for swimmers to follow once they finish with swim lessons.

**MONDAY –THURSDAY NON-COMPETITIVE GROUPS**

- Senior Group1 ages 13 & up:** 4-6:30 p.m. \$90 mo.
- Gold Group ages 13 & up:** 5:15-7 p.m. \$80 mo.
- Bronze Group ages 9-13:** 5:15-6:45 p.m. \$75 mo.
- Blue Group ages 9-13:** 3:30-4:45 p.m. \$70 mo.
- White Group ages 5-9:** 3:45-4:30 p.m. \$60 mo.
- Dolphin Group ages 5-9:** 3:45-4:30 p.m. \$50 mo.

**Non-competitive groups** learn basic skills of this lifetime sport including the different strokes and how to exercise in the water. Instruction is positive and the emphasis is on having fun. Your child will learn in a non-pressure, fun-filled environment. The program teaches sportsmanship, physical fitness and teamwork!

**Coaches:** Coach Chris M, Coach Justine, Coach Cece, Coach Andrew, Coach Talia and Coach Amy

**MONDAY –FRIDAY COMPETITIVE GROUPS**

- Senior Group II ages 13 & up:** 3:30-6:30 p.m. \$95 mo
- Silver Group ages 9-13:** 4:30-6:30 p.m. \$85 mo.
- Red Group ages 5-9:** 4:15-5:30p.m. \$75 mo.

**Competitive groups** are specifically designed to introduce boys and girls to the continuation of swimming skills with the utmost regard to their physical and emotional development. This program caters to young swimmers who want to race. Team members must swim 3-4 times per week and participate in scheduled swim meets.

**Coaches:** Coach Chris Duncan, Coach Gina, Coach Lara, Fitness Specialist John Harry

**Registration fee:** A non-refundable registration fee is required for the 2012 seasons.

Fee includes team t-shirt and swim cap. New Swim Team Members \$150 and Active Swim Team Members \$120, sibling discount: \$10 off per additional swim team member.

**FOR ADDITIONAL INFORMATION AND GROUP PLACEMENT,** please contact Chris Duncan at (949) 435-3400, ext. 144 or email [chrisd@jccoc.org](mailto:chrisd@jccoc.org) or Gina Duncan at (949) 435-3400, ext. 160 or email [ginad@jccoc.org](mailto:ginad@jccoc.org).

# Swimming lessons at the J Will Help You Get Ready for Spring/Summer

Swimmers are taught how to move with a strong sense of dynamics. By understanding movement in the water and placement of their bodies, students refine their technique and learn the subtleties that improve feel for the water, placement of arms and legs, and balance. Emphasis is placed on proper alignment, correct direction of all movements, and swimming dynamics (connecting one movement to another).

Swim lessons are offered throughout the day and evening and can be arranged by calling the Aquatics Office. Instructors will work with you or your children to create an individualized program that meets your child's specific needs. We will be happy to try to accommodate requests for new classes. **JCC Membership is required to use the pool and register for classes.**

**Cancellation Policy:** Please reschedule within 24 hours of the lesson. Packages expire 1 year from purchase.

## CHILDREN'S PRIVATE SWIM LESSONS, AGES 3+

Day and time to be scheduled with the Aquatic Center \$145 for five 20-minute sessions, \$180 for five 30-minute sessions Private lessons are an outstanding way to further your child's ability at his/her own pace. We specialize in individual attention through one-on-one teaching with our staff, who will design lessons to fit a swimmer's needs and learning style.

## CHILDREN'S SEMI-PRIVATE SWIM LESSONS, AGES 3+

Day and time to be scheduled with the Aquatic Center. \$100 per child for five 20-minute sessions, \$120 for five 30-minute sessions Semi-Private lessons are an outstanding way to further your child's ability with a friend or sibling. This is a Create-A-Class program offers lessons tailored to your lifestyle. Swimming is more fun with a buddy, and a lesson package makes a great gift.

## CHILDREN'S GROUP SWIM LESSONS, AGES 3 +

Monday-Thursday eight-30 minute classes \$125 per session Progressive Learn to Swim Program for Children, lessons vary by level. With early childhood swim classes, your little ones will learn to swim in small schools with excellent teacher/student ratios never higher than 1:5. Each class meets twice a week, Levels 1-10. Please note: Make ups are not provided for group lesson absences. Schedule with the Aquatics Center.

The Merage JCC WAVES swimming team offers competitive and non-competitive tracks for swimmers to follow once they finish with swim lessons.

## ADULT SWIMMERS

Day and time to be scheduled with the Aquatic Center \$145 for five 20-minute sessions, \$180 for five 30-minute sessions **First timers:** Learn how to be comfortable in the water. Our experienced instructors offer one-on-one positive encouragement and support as they guide new swimmers through body awareness in the water, putting your face in the water, how to be in control of submerging and floating on your front or back with effective breathing control.

## SPECIALIZED SWIM LESSONS

**Day and time to be scheduled with the Aquatics Center** \$145 for five 20-minute sessions, \$180 for five 30-minute sessions We have specialized classes for children who have great fear and apprehension of the water, and for children with special needs. Water safety for these children is extremely important. Beginning with basic water safety, our experienced instructors guide children to feel safe and comfortable in the water as they learn to be confident swimmers.

**For additional information and group placement,** please contact Gina Duncan, Asst. Aquatics Director, at (949) 435-3400, ext. 160 or e-mail [gjinad@jccoc.org](mailto:gjinad@jccoc.org).



## SAVE ON WINTER SPECIALIZED SWIM LESSONS

Sign up now for stroke lessons and get a package of five 30-min. lessons for the price of the 20 minute session, a savings of \$35. Offer valid Jan. 23 – Mar. 16, 2012.

All Aquatics Center Programs are for Merage JCC MEMBERS ONLY

**FOR INFORMATION** about JCC Aquatics Center programs, please contact Chris Duncan, Aquatics Director at (949) 435-3400 ext. 144, [chrisd@jccoc.org](mailto:chrisd@jccoc.org). or Gina Duncan, Asst. Aquatics Director at (949) 435-3400 ext. 160, [gjinad@jccoc.org](mailto:gjinad@jccoc.org).

## Low Impact Classes

These low impact programs are FREE to JCC members.

### LOW IMPACT WATER AEROBICS, 18+

**Mondays & Thursdays, 9-10 a.m. Pool** Increase your strength, flexibility and aerobic conditioning through water exercises without putting stress on your joints and muscles. This low impact class geared for people with arthritis or osteoporosis. Instructor: Jen Massey

### AQUA FITNESS, 18+

**Tuesdays, 9:30-10:30 a.m.** Instructor: Bethany  
**Wednesday, 10:45-11:45 a.m.** Instructor: Lynnelle Harmer  
Burn calories and move to the beat in ways you never thought you could in this high energy fun new class.

### WATER PILATES, 18+

**Fridays 9-10 a.m.** This program adapts Pilates exercises for the pool. Build a stronger core, improve posture, develop strength, flexibility and grace. Focus on breathing for exercise and energy enhancement. Instructor: Jen Massey, Water Aerobics/Pilates Instructor