



JCC WAVES Swim Team

WAVES swimming uses a progressive age group program which help swimmers develop physically, mentally and emotionally. An emphasis on fun and family for younger swimmers develops into a gradual increase in commitment over a period of years. For the latest JCC WAVES info, go to jccwaves.org.

JCC Waves Splash Zone (Monday-Thursday, pre-competitive)

Level 1 (ages 4-9)	3:30 - 5 p.m.	\$100 mo.
Level 2 (ages 5-9)	3:30 - 5 p.m.	\$100 mo.
Level 3 (ages 8-12)	3:30 - 5 p.m.	\$100 mo.

Splash Zone is an innovative group that will teach sportsmanship, physical fitness, water skills for any water situation, safety and teamwork.

Non-competitive Group (Monday-Thursday)

Waves Fitness group ages 11+ 5 - 6:45 p.m. \$110 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.

Competitive Groups (Monday-Friday)

Waves Competition ages 5 - 10	3:45 - 5 p.m.	\$120 mo.
Waves Champions 1 ages 10 - 14	5 - 6:45 p.m.	\$120 mo.
Waves Champions 2 ages 13+	3:45 - 6:30 p.m.	\$120 mo.
Waves National ages 13+	3:45 - 6:30 p.m.	\$120 mo.

Competitive groups are specifically designed to introduce boys and girls who want to race to the continuation of swimming skills with the utmost regard to their physical and emotional development. Team members must swim 3 - 4 times per week and participate in scheduled swim meets. Coaches: Coach Chris Duncan, Coach Gina, Coach Julia. **New swimmers must schedule an evaluation prior to registration.**

Join the JCC WAVES: A non-refundable registration fee is required. Fee includes team suit, team t-shirt and swim cap. New swim team members \$250 and active swim team members \$215, sibling discount: \$10 off per additional swim team member. Swim team fees are non-refundable.



Chris Duncan, Aquatic Director, oversees all aspects of the JCC's swimming programs. Chris has more than 25 years of progressively responsible experience instructing as many as 10,000 swimmers in all capacities of aquatics. Chris leads swimmers through a lifetime of swimming skills, water safety and competitive training for all ages. He provides superior instruction for adults and children who are first learning to swim and those who are mastering their stroke techniques. Chris is a lifetime member of the American Swim Coaches Association.

Gina Duncan, Assistant Aquatic Director, oversees the training of all swimmers 12 & younger and specializes in top finishes at Southern California Junior Olympics. Gina works one-on-one with top swimmers so they become the best in the nation. Gina's successes include multiple swimmers on the USA Swimming National Top 100 ranking list, and working with SCS and USA Swimming as an All Star and Camp Coach.

FOR INFORMATION about Merage JCC Aquatics programs or swim team group placement evaluations, please contact Gina Duncan, Asst. Aquatics Director, 949.435.3400 x160, ginad@jccoc.org.



Merage Jewish Community
Center of Orange County

1 Federation Way
Irvine, CA 92603

949.435.3400
jccoc.org

the J SWIM



Swim Lessons
WAVES Swim Team
JCC Waves Splash Zone
Water Aerobics

jccoc.org



Swim lessons are offered day and evening in the Merage JCC Aquatics Center. Instructors will work with you or your children to create an individualized program that meets your or your child's specific needs. We are happy to try to accommodate requests for new classes. JCC Membership is required to use the pool.

Cancellation Policy: Lessons must be canceled 24 hours prior to the scheduled lesson. Swim lesson fees are non-refundable.

The Merage JCC WAVES swimming team offers both competitive and non-competitive tracks for swimmers to follow once they finish with swim lessons. For information and group placement, please contact the Aquatics Office at swimming@jccoc.org.

Children's Private Swim Lessons, Ages 3+
Day and Time to be scheduled with the Aquatics Center

\$284 for eight 20-minute lessons, \$484 for 16 lessons
\$340 for eight 30-minute lessons, \$578 for 16 lessons

Private lessons help to further your child's ability at their own pace. We specialize in individual attention through one-on-one teaching with our staff, who will design lessons to fit the swimmer's needs and learning style.

Pick-up service is available for members in Club J, Camp Haverim, Camp Yeladim (ages 3+) and the ECLC (ages 3+) at an additional cost. Includes bag & goggles. Inquire at the Aquatics office for details.

FOR INFORMATION about Merage JCC Aquatics programs or swim team group placement evaluations, please contact Gina Duncan, Asst. Aquatics Director, 949.435.3400 x160, ginad@jccoc.org.

Children's Semi-Private Swim Lessons, Ages 3+
Day and Time to be scheduled with the Aquatics Center

\$244 for eight 30-minute semi-private lessons, \$416 for 16 lessons

Semi-private lessons allow your child to learn to swim with a friend or sibling. This create-a-class program offers lessons tailored to your lifestyle.

Specialized Swim Lessons
Day and Time to be scheduled with the Aquatics Center

\$212 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. 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.

Adult Stroke Lessons

\$212 for five 30-minute sessions

Private Waterpolo and Jr.Guard lessons also available.

Stand Up Paddle Board Class

Build endurance, strength, and coordination. Small group or private classes available with instructor Brenda Gustin. Contact Gina for details and pricing ginad@jccoc.org

The Milton J. & Doris H. Chasin Aquatics Center

Rules and Policies

- Please use the family locker room.
- Proper swimwear must be worn to enter the water.
- Instructors must be JCC employees. outside instructors/coaches are not allowed
- Groups of two or more training in the pool must have permission from Aquatics Director.
- Must be a minimum of 42" to ride the Wild Slide.
- Personal flotation devices and water toys must be approved by the Aquatic Director before being used in the pool.
- Children under the age of 12 must be accompanied by an adult (over the age of 18) in the pool area.
- Children using the warm water/teaching pool under the age of 7 must be accompanied by an adult (over the age of 18) in the water.



Free programs for JCC members

Lap Swimming

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: there are no lap swim lanes during the swim team work out between 3:30 - 6:30 p.m. Monday through Thursday; Limited lane space from 3:30 - 5:30 p.m. on Fridays; and 12 - 3 p.m. Sundays.

Water Slide

Saturday & Sunday, 11 a.m. - 4 p.m.

Water Fitness Classes

Join the fun of exercising in the water! The natural buoyancy of the water holds up to 90% of your body weight making exercise less stressful to your muscles and joints while providing a terrific workout.

Low Impact Water Aerobics, 18+ Mon/Thurs 8:30 - 9:20 a.m.

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.

Aqua Blast, Tues/Wed 10 - 10:50 a.m. Fri 8:30 - 9:20 a.m.

Aqua Blast is a great way to change things up, add something new, and work your muscles head to toe!

Aqua Deck Fitness, Tues 8:30 - 9:20 a.m.

Dry-land training to supplement water resistance movements in the pool. The class focuses on general fitness, stretching, and toning. A great supplement to aqua aerobics.

Aqua Sculpt, Thurs 9:30 - 10:20 a.m.

Shallow water workout provides added resistance to tone and strengthen your muscles, improve your range of motion and test your cardio fitness in a whole new way.