



Aquatics

All JCCNV families are welcome to come and enjoy the 25-meter, heated indoor pool. Join us every Sunday from 11:30am–12:30pm for open Family Swim Time.

If swimming is your goal, the USS JCC Waves Swim Team provides vital, age-appropriate and skill-level-ability training that allows swimmers to develop their peak athletic potential. Galim Swim Team provides training to improve swim strokes and endurance during the fall, winter and spring months.

You are never too old to swim! USS Masters Adult Swimming is an excellent program that offers advanced swimmers a comprehensive program of swimming in an organized group with structured workouts.

For those who want to learn to swim, ongoing group swim lessons are available for preschool-age children, Sunday through Friday, as well as private swim lessons and adaptive aquatics lessons for all ages. For direct information on all aquatics programs, contact Teo Albu at TeoA@jccnv.org or call (703) 537-3053.

Pool Hours

Sunday	8am-10pm
Monday-Thursday	6:30am-10pm
Friday	6:30am-5:30pm
Saturday	12:30pm-5:30pm

Sunday Family Swim Time

11:30am-12:30pm

The JCCNV pool is open Sunday mornings for families to enjoy swimming together. Children exploring the water with their parents tend to make a smoother transition to organized swim classes when they turn three. Children not yet potty trained must wear swim diapers, and all children under the age of ten must be supervised by an adult when at the pool.

Cost: Free for Members/ \$6 Guest Pass for NM

Pool Birthday Parties

Available on Sundays. Space is limited. Visit our website at www.jccnv.org or contact Teo Albu at (703) 537-3053 or TeoA@jccnv.org for additional information.

Preschool Swimming

Polliwogs: Beginner Skills

Ages 3-5

Pre-requisite: Child must be willing to participate without a parent's assistance. Children learn basic water skills using flotation devices to ensure safety and promote confidence. These skills include pool safety, bubble blowing, face submersion, floating, kicking and paddling. All children must be potty trained. Class is limited to four students.

Sundays, 9:30am-10am

Session I: June 6-27 (4 weeks)
 Cost: \$74M/ \$84NM
 Before May 27: \$54M/ \$64NM
 Class#: 673

Session II: July 11-25 (3 weeks)
 Cost: \$61M/ \$68NM
 Before July 1: \$41M/ \$48NM
 Class#: 1566

Session III: August 1-22 (4 weeks)
 Cost: \$74M/ \$84NM
 Before July 22: \$54M/ \$64NM
 Class#: 1567

Jellyfish: Intermediate Skills I

Ages 3-5

Pre-requisites: Child must be able to hold face in water for 5-10 seconds and float independently.

In this class, students trade flotation devices for proper breathing techniques and doggie paddling in preparation for stroke development. All children must be potty trained. Class is limited to four students.

Sundays, 10am-10:30am

Cost: \$74M/ \$84NM
 Before May 27: \$54M/ \$64NM
 Class#: 674

Session II: July 11-25 (3 weeks)
 Cost: \$61M/ \$68NM
 Before July 1: \$41M/ \$48NM
 Class#: 568

Session III: August 1-22 (4 weeks)
 Cost: \$74M/ \$84NM
 Before July 22: \$54M/ \$64NM
 Class#: 1569

Starfish: Intermediate Skills II

Ages 3-5

Prerequisites: Child must be comfortable in the deep end of the pool, able to doggie paddle and swim short distances on his own.

Prerequisite: Child must be comfortable in the deep end of the pool and able to doggie paddle and swim short distances on his own. Students learn stroke development and floating. All children must be potty trained. Class is limited to four students.

Sundays, 10:30am-11am

Session I: June 6-27 (4 weeks)
 Cost: \$74M/ \$84NM
 Before May 27: \$54M/ \$64NM
 Class#: 675

Session II: July 11-25 (3 weeks)
 Cost: \$61M/ \$68NM
 Before July 1: \$41M/ \$48NM
 Class#: 1570

Session III: Aug 1-22 (4 weeks)
 Cost: \$74M/ \$84NM
 Before July 22: \$54M/ \$64NM
 Class#: 1571

Guppies: Advanced Skills

Ages 3-5

Prerequisite: Child must be able to swim the length of the pool.

Students learn to tread water, dive and begin to refine their strokes, including the modified front crawl and elementary backstroke. All children must be potty trained. Class is limited to five students.

Sundays, 10:30am-11am

Session I: June 6-27 (4 weeks)
 Cost: \$74M/ \$84NM
 Before May 27: \$54M/ \$64NM
 Class#: 675

Session II: July 11-25 (3 weeks)
 Cost: \$61M/ \$68NM
 Before July 1: \$41M/ \$48NM
 Class#: 1570

Session III: August 1-22 (4 weeks)
 Cost: \$74M/ \$84NM
 Before July 22: \$54M/ \$64NM
 Class#: 1571



Preschool Summer Swim Lessons

Water Adjustment

Ages 3-5

Skills covered include pool safety, bubble-blowing face submersion, floating, kicking and paddling. Students must be willing to participate without a parent's assistance. Class size is limited.

Tuesdays and Thursdays 1pm-1:30pm

June 29-July 8 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1543

July 13-22 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1544

July 27-August 5 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1545

August 10-19 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1546

Intermediate & Advance

Ages 3-5

This class helps students gain confidence without the aid of flotation devices as they learn the doggie paddle and the beginning stages of stroke development. Class size is limited.

Tuesdays and Thursdays 1:30pm-2pm

June 29-July 8 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1550

July 13-22 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1549

July 27-August 5 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1548

August 10-19 (4 classes)
Cost: \$54M/ \$64NM
Class#: 1547

After-Camp Swim Lessons

The special after-camp swim lessons program is open to everyone. Class sizes are limited.

Beginner Swim

Ages 5-13

For school-aged children who have never had swim lessons. Beginner swimming skills are covered; water safety will be emphasized.

Mondays and Wednesdays 4:10pm-4:50pm

June 28-July 7 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1498

July 12-21 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1499

July 26-August 4 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1500

August 9-18 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1501

Intermediate & Advanced Swim

Ages 5-13

Students will increase proficiency in front-and back-crawl and elementary backstroke. New skills include breast stroke, butterfly and sidestroke. Students must be able to swim front-crawl and elementary backstroke one length of the pool.

Tuesdays and Thursdays 4:10pm-4:50pm

June 29-July 8 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1502

July 13-July 22 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1503

July 27-August 5 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1504

August 10-19 (4 classes)
Cost: \$58M/ \$66NM
Class#: 1505



Youth Swimming-Summer Programs

USS JCC Waves Swim Team

Ages 7-16

The JCCNV Waves join forces with the Potomac Marlins to help children acquire the training and experience necessary for competitive swimming. Visit the JCCNV website at www.jccnv.org or contact Teo Albu at TeoA@jccnv.org or (703) 537-3053 for fees, placement guides and more info.

Practice runs: June 29-August 5
Tuesdays and Thursdays, 5pm-6:30pm

Swim Team Fees: \$140M/ \$180NM
Before June 19: \$120M/ \$160NM
Class#: 1508

USS Masters Swim Team

Prerequisite: Participants must be able to swim 20 pool lengths.

Adult Masters Swimming is a comprehensive program for advanced swimmers, swimming in an organized group. Structured workouts improve cardiovascular endurance and strengthen swimming skills. For those swimmers who register for the two-day or one-day-per-week program, class punch cards will be distributed.

Session I

April 1-June 29

(no practice April 6, May 18, 20)

Sundays, 8:30am-9:30am

Tuesdays and Thursdays, 8:15pm-9:15pm

3 days per week (36 sessions)

Cost: \$254M/ \$290NM

Code: 191/3MS/A10

2 days per week (24 sessions)

Class punch card required.

Cost: \$224M/ \$248NM

Class#: 191/3MS/2A10

1 day per week (13 sessions)

Class punch card required.

Cost: \$163M/ \$176NM

Class#: 191/3MS/1A10



Session II

July 1-September 28

(no practice Sept. 9, 23)

Sundays, 8:30am-9:30am

Tuesdays and Thursdays, 8:15pm-9:15pm

3 days per week (36 sessions)

Cost: \$254M/ \$290NM

Before June 21: \$234M/ \$270NM

Class#: 1565

2 days per week (25 sessions)

Class punch card required.

Cost: \$232M/ \$257NM

Before June 21: \$212M/ \$237NM

Class#: 1564

1 day per week (13 sessions)

Class punch card required.

Cost: \$163M/ \$176NM

Before June 21: \$143M/ \$156NM

Class#: 1563

Customized Aquatics

Please contact Teo Albu at TeoA@jccnv.org or call (703) 537-3053 before you register for these programs.

Create-a-Class

Contact: Teo Albu

Looking for something not in the class listings? Get together three or four participants of similar ages, abilities and goals, and the aquatics staff will tailor a class especially for the group.

Five 30-minute lessons

Cost: \$65M/ \$80NM (per swimmer)

Class#: June: 1557

July: 1558

August: 1559

Semiprivate Swim Lessons

Contact: Teo Albu

Semiprivate lessons are for two people of approximately the same age and skill level.

Five 30-minute lessons

Cost: \$75M/ \$95NM (per swimmer)

Class#: June: 1554

July: 1555

August: 1556

Private Swim Lessons

Contact: Teo Albu

Private lessons are available for people of all ages and levels of ability. Instruction is tailored to the specific needs of the individual student.

Cost per lesson: \$25M/ \$30NM

Cost per 5 lessons: \$110M/ \$130NM

Class#: June: 1551

July: 1552

August: 1553

Adapted Aquatics

Contact: Teo Albu

The program, designed for disabled persons of all ages and levels of disability, consists of private, one-on-one lessons tailored to the individual. The goal of the 30-minute private lessons is for the student to experience the relaxing pleasure of being in the water, while at the same time feeling comfortable, safe and independent.

Cost for 5 lessons: \$105M/ \$125NM

Class#: June: 1560

July: 1561

August: 1562

Water Aerobics Class Schedule

Effective April 11-June 25

Monday, Wednesday, Friday

9:30am-10:30am H20

Effective June 28-August 31

Monday, Wednesday, Friday

8:30am-9:30am H20

