

private swim lessons for all ages

The MJCCA Aquatics Department offers progressive swimming lessons to teach swimming skills and safety in and around the water.

All classes are conducted according to the American Red Cross Learn to Swim and Water Safety guidelines, and all staff is WSI (Water Safety Instructor) certified.

Private Lessons:

1:1 ratio- \$31 per 30 minute lesson or 10 lessons for \$260

Semi-Private Lesson:

2:1 ratio- \$42 (\$21 per student) per 30 minute lesson or 10 lessons for \$364 (\$182 per student)

Private Group Lessons:

3-5:1 ratio- \$15/student per 30 minutes lesson or 10 lessons for \$135/student



Return form to:

MJCCA Aquatics
5342 Tilly Mill Rd., Dunwoody, GA 30338
or fax to 678.812.3942

For more information,
contact Ashley Cohen at
aquatics@atlantajcc.org

Swim Lesson Levels — check one

Students' exact swim level will be determined at the first lesson.

- SEAHORSE (Water Adjustment): 12-36 months**
Students build swim readiness emphasizing fun in the water. Learn basic skills including water entry and exit using the stairs, bubble blowing, underwater exploration and more.
- GOLDFISH (Water Exploration): Suggested 3-5 years and up**
Get comfortable in and around the water. Students learn to float and swim on their back and front using arm and leg actions, kick with support, explore using arm and hand movements, learn how to use a life jacket and more.
- EEL (Primary Skills): Suggested 4-6 years and up**
Students learn the fundamentals of swimming, marking the beginning of the locomotive skills; entering and exiting the pool from the side, tread water using arm and leg motions, perform the front and back crawl, learn to jump into deep water, swim to the side and more.
- TURTLE (Stroke Development): Suggested 6-8 years and up**
Students begin to develop confidence in their strokes and improve other aquatic skills. Learn to dive from a kneeling or standing position, are proficient in the front and back crawl, begin performing elementary backstroke and breaststroke movements.
- STINGRAY (Stroke Improvement): Suggested 8-10 years**
Students further develop confidence in their strokes. Learn to dive from a stride position, are proficient in front and back crawl, elementary back stroke and breast stroke. Students begin to perform the butterfly and side strokes.
- DOLPHIN (Stroke Refinement): Suggested 10 years–adult**
Students show proficiency in all swim strokes. Introduces flip turns and works on stroke refinement. Students should exit this level being able to perform all swim strokes, dives and flip turns.

Register online!
atlantajcc.org

Sports Policies & Procedures

- Must be an MJCCA Total Health or Recreation Plus Member to participate. MJCCA Preschool students may participate at the Program Plus level for preschool classes & private lessons.
- A current MJCCA membership must be maintained throughout the session.
- Registrations will be accepted after the registration deadline only if space is available. A \$10 late fee will be charged after the registration deadline.
- Full Day MJCCA Preschool students are walked to and from classes.
- Half Day MJCCA Preschool students are walked to class and must be picked up by a family member or adult.
- All children ages 3+ participating in youth sports or preschool enrichment classes must be potty-trained.
- Aquatics: students must wear a bathing suit and bring a towel. It is recommended that female students wear a one-piece bathing suit.
- Aquatics: Children not potty trained are required to wear a swim diaper. Vinyl swim pants are encouraged with swim diaper.

MJCCA Participant Waiver

I /We (the "Undersigned") do hereby consent and agree to the following as a program participant of the Marcus Jewish Community Center of Atlanta. In connection with the participation in MJCCA Activities and/or use of MJCCA Facilities, the Undersigned (i) on his or her own behalf, (ii) on behalf of his or her personal representatives, heirs, next of kin:

- Hereby releases, waives, discharges and covenants not to sue the Marcus Jewish Community Center of Atlanta ("MJCCA"), and all of its directors, officers, board members, employees, volunteers, agents, independent contractors and sponsors, including any agent who assists in the performance of the Activities and/or use of MJCCA Facilities (hereinafter referred to as the "Releasees"), for any and all loss, damage or expense to the Undersigned, and any claim or demands therefore on account of injury to the person or property, or resulting in the death of the Undersigned arising out of or related to (i) the Undersigned's participation in the MJCCA Activities and/or use of MJCCA Facilities, (ii) transportation of the Undersigned to or from the MJCCA Activities and/or use of MJCCA Facilities, or (iii) any dental or medical assistance or treatment of the Undersigned, whether caused by the negligence of the Releasees or otherwise.
- Hereby assumes full responsibility for any risk of bodily injury, including, but not limited to, permanent disability, death, or property damage arising out of or related to the Undersigned's participation in the MJCCA Activities, transportation of the Undersigned to or from the MJCCA Activities and/or use of MJCCA Facilities, and any dental or medical assistance or treatment of the Undersigned, whether caused by the negligence of the Releasees or otherwise.
- Hereby acknowledges that the Activities and/or use of MJCCA Facilities are voluntary, involve the risk of serious injury, including permanent disability, death, and property damage.
- Hereby agrees that this Release extends to all acts of negligence by the Releasees, including negligent rescue operations or procedures and is intended to be as broad and inclusive as is permitted by the laws of the State of Georgia and that if any portion of this Release is held invalid, it is agreed that the balance shall, notwithstanding, continue in full force and effect.
- Hereby gives permission to the MJCCA and its directors, officers, employees, coaches and managers to provide routine health care and to administer any over-the-counter medications as deemed necessary by any of the foregoing.
- Hereby authorizes the MJCCA to take, use, and publish photographs, video or audio recordings, or quotations from interviews of me/my family members which may be used for editorial, fundraising, and/or promotional and advertising purposes and in any manner and medium; and to alter and composite the same without restriction and without my inspection or approval. I agree that there is to be no financial compensation for said use or publication, and hereby releases the MJCCA and persons functioning under its authority from all claims and liability relating to the same. I understand that to revoke this photo/video/testimonial release, I must do so in writing to the MJCCA Membership Department, membership@atlantajcc.org.

Refund Policy: Please be advised that the MJCCA operates on an MJCCA credit-only policy and does not issue any refunds unless otherwise advised and approved. Refunds are not available on tickets for plays, concerts, special events, or holiday programs. Refund policies for camps and preschools are stated in their registration materials.

Automatic Membership Renewal Policy for Those Enrolled in MJCCA Programs: Programs offered at the MJCCA require a current center membership, unless otherwise stated. When registering for one of these programs, members acknowledge that a membership is required throughout the entire program. If your membership renewal date occurs prior to or during the time of the program, your membership will automatically renew at prevailing rates and dues will be charged to the credit card provided for registration on a monthly basis unless other payment arrangements have been made with the membership department. If a credit card is not provided, it is the member's responsibility to contact the membership department and make payment arrangements.

UNDERSIGNED:

Signature _____ Print Name _____

Name of Minor Child _____ Date _____

Participant Information:

First Name _____ Last Name _____ Gender _____

DOB _____ Grade: Preschool Room # (if applicable) _____ Club J _____ Y _____ N _____

Contact #1: Name _____ Email _____

Contact #1: Address _____ City _____ Zip _____

Contact #1: Home # _____ Alt. Phone # _____

Contact #2: Name _____ Email _____

Contact #2: Address _____ City _____ Zip _____

Contact #2: Home # _____ Alt. Phone # _____

Other Participants (Separate Registration Form required): _____

Requested Day and Time: _____ Requested Instructor: _____

Payment:

Total Amount _____ Check # _____ Visa/MC/Amex/Discover Card # _____

Exp. Date ____ / ____ Name on Card _____

Signature _____ Date _____