

JCC Triggerfish Swim Team

Ages 6-14 yrs

Participants in this program must have passed all requirements of Youth Level 3 to be successful. The program is designed to introduce your child to the concept of a swim team and using swimming as a form of exercise. Workouts are held twice a week learning a proper warm-up and refinement of strokes through drills to understand a balanced workout/practice. All swimmers will review the basic components of competitive swimming strokes, starts, turns and training tactics.

Please contact Assistant Aquatics Director/ Head Coach, Taylor Ladd with any questions at tladd@jccmilwaukee.org or 414-967-8191. Location: Peck Aquatic Center

25 Tuesdays and Thursdays, Sep 10-Dec 19

***No Tuesday practice: 10/1, 10/8, 10/15, 10/22*

***No Thursday practice: 11/28*

6:30-7:30 PM

MEM \$240 / COMM \$312

**JCC Members enjoy
Aquafit Deep • Aquafit Shallow •
Splash!**

Find free Aqua Fitness classes on Group
Exercise pages 35-36
or visit jccmilwaukee.org/schedules

American Red Cross Lifeguard Training

Ages 15 and up

Interested in a great summer job or challenging career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

Core Courses

Prerequisites: Must be at least 15 years old and pass certain swimming requirements including a continuous 300 yard swim, retrieval of a 10lb object from 10ft of water, and treading water without the use of your hands for 2 min.

**students who can not pass the prerequisite swimming skills will be refunded the course fee minus a \$25.00 swim test fee.*

Location: Peck Aquatic Center

Class Dates: TBD

MEM \$225 / PTRN \$150 / COMM \$300

To learn more about getting certified to be a lifeguard, contact Jess Lanke at 414-967-8194.

Arthritis Aquatics

Ages 14 and up

Alleviate pain from arthritis with a gentle exercise routine conducted in our heated small pool by a nationally certified arthritis instructor.

Location: Peck Aquatic Center

SESSION I

MONDAYS:

Instructor: Sandra Ingram

4 Mondays, Sep 9-Oct 7

No class: 9/30

10:15-11:00 AM

MEM \$40 / PTRN \$40 / COMM \$60

WEDNESDAYS

Instructor: Sandra Ingram

6 Wednesdays, Sep 11-Oct 23

No class: 10/9

10:15-11:00 AM

MEM \$40 / PTRN \$40 / COMM \$60

THURSDAYS

Instructor: Jo Ann Jackson

7 Thursdays, Sep 12-Oct 24

9:30-10:15 AM

MEM \$28 / PTRN \$28 / COMM \$42

SESSION II

MONDAYS:

Instructor: Sandra Ingram

8 Mondays, Oct 28-Dec 16

No class: 10/14, 10/21

10:15-11:00 AM

MEM \$40 / PTRN \$40 / COMM \$60

WEDNESDAYS

Instructor: Sandra Ingram

7 Wednesdays, Oct 30-Dec 18

No class: 11/27

10:15-11:00 AM

MEM \$40 / PTRN \$40 / COMM \$60

THURSDAYS

Instructor: Jo Ann Jackson

7 Thursdays, Oct 31-Dec 19

No class: 11/28

9:30-10:15 AM

MEM \$28 / PTRN \$28 / COMM \$42

Adult Lap Swim

Age 18 & up

We make every effort to make sure there are 2 lap lanes available at all times for lap swimmers, however there are special times where we designate **Adult Only Lap Swim**. You can view our current pool schedule online at jccmilwaukee.org or contact the Aquatic Office at (414) 967-8194.

Female Only & Male Only Swim Times

We respect the fact that there is a need to allow females & males swim in our pools at separate times either due to privacy or religion reasons.

Female Only Swim - Sundays, 6:30-7:30 PM

Male Only Swim - Thursdays, 8:30-9:30 PM

HARRY & ROSE SAMSON FAMILY JCC
HEALTH CENTER

**Adult-Only, Upgraded
Locker Suites**

REVIVE in Infinity Deluxe
Massage Chairs

REFRESH in private sauna,
steam room and whirlpool

RELAX in private lounge with
snacks, gourmet coffees &
Rishi tea service

All the necessary spa
amenities provided in a calm
and soothing atmosphere.

Personalized kit lockers with
towel and laundry service.
Dry clean and shoe shine
upon request.

Monthly Rate
Individual \$51 • Couple \$89
Corporate Rates Available

To learn more about the
added value of a **Health
Center Membership**

contact
**Member Experience
Manager Mardi Smirl**
at **414-967-8203**

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