

Aquatics

For more information contact **Dae Williams**
at ext. 1278 or e-mail daew@vosjcc.org

Swim Lessons - All Ages

Swim lessons available year-round.

Private Swim Lessons 30 minute sessions

Session	M	NM	Code
3	\$85	\$115	SA0040
6	\$155	\$215	SA0041

Semi-Private Swim Lessons

30 minute sessions. Max. 3 - Priced Per Group

Session	M	NM	Code
3	\$145	208	SA0044
6	\$275	\$395	SA0045

Group Swim Lessons Ages 1 - 4

Classes are limited to no more than three children per instructor. Class follows Red Cross guidelines. Parents will be given progress cards.

Mommy & Me Swim Lessons 6 mo - 2 yrs

Lessons are available for parents and infants.

Private Swim Lessons 30 minute sessions

Session	M	NM	Code
3	\$89	\$120	SA00MM2
6	\$160	\$220	SA00MM3

Semi-Private Swim Lessons

30 minute sessions Max. 3 - Priced Per Group

Session	M	NM	Code
3	\$150	\$215	SA00MM6
6	\$290	\$405	SA00MM7

Masters Swim Teens/Adult

Emphasis on endurance and stroke techniques.

M/W/F 5:30 - 6:30 am Sun 10 - 11 am
M: \$25 **NM:** \$50 **Code:** SA0001

Camelback Coaching Elite Masters Teen/Adult

Instructor: Anne Wilson

M/W/F Noon - 1 pm

M: \$40 **NM:** \$75 *To register call Anne Wilson 480.363-3867*

Deep Water Aerobics

Sunday through Friday 8 - 9 am

This class offers strength training and cardiovascular benefits with zero gravitational impact on joints, and allows unrestricted full-range of motion. Buoyant equipment is provided.

Member: Free **Non Member:** \$50/month

Shallow Water Aerobics

Daily 9 - 10 am

This workout provides all the benefits of a land based workout: cardio conditioning plus improved flexibility, strength, endurance, and balance. Jogging and jumping can be performed comfortably because participants are supported by buoyancy. All fitness levels welcome, non-swimmers OK.

Member: Free **Non Member:** \$50/month

Stretching Pre or Post Workout

Program benefits athletes and enhances specific training regimens.

Session	Time	M	Code
6	15 min	\$95	SA00S15
6	30 min	\$180	SA00S30

Aquatics Personal Training

This is the perfect way to cross train. You will participate in high intensity swimming, weight training and cardio vascular testing.

60 minutes	M	NM	Code
6	\$330	\$426	SA00APT

30 minutes	M	NM	Code
6	\$180		SA00APT1
6		\$252	SA00APT2

Modified Hydro Therapy

Hydrotherapy and Hydrothermal heat tones the body, stimulates digestion, circulation and the immune system, and brings relief from pain.

60 minutes	M	NM	Code
6	\$379	\$520	SA00HT

30 minutes	M	NM	Code
6	\$180	\$252	SA00HT2

Competitive Swim Lessons

Session	M	NM	Code
3	\$85		SA00PCST3
6	\$155	\$215	SA00PCST6

JCC Neptune Swim

Program improves stroke technique, increases endurance, and builds character in a fun and social setting. *(Call 480-695-7946 for times).*

Practice Options: *Once per week*

	M	NM
Stroke Dev	\$40 + \$50*	\$50 + \$50*
Intermed/Adv	\$50 + \$50*	\$60 + \$50*

Practice Options: Unlimited 2-3 days per week

	M	NM
Stroke Dev	\$65 + \$50*	\$80 + \$50*
Intermed/Adv	\$80 + \$50*	\$95 + \$50*

Senior Group

For experienced high school level swimmers.

Requires a tryout prior to registration.

Call 480-695-7946 for information.

**Annual fee paid once per year to Swim Neptune. Additional fees apply if you wish to compete in USA Swimming meets.*

Infant Swimming Resource

Jane Condon, a Certified ISR Instructor, offers innovative, safe and effective techniques for introducing infants to swimming. Visit the ISR website at www.infantswim.com.

