

# B Benderson Children's Spring Group Swim Schedule B

## FRIDAYS

6 weeks  
April 20-May 25

### Water Babies

10:05-10:30 am  
\$45, Members \$30

## SUNDAYS

6 weeks  
April 15-May 20

### Water Babies

10:30-11:00 am  
\$45, Members \$30

### Basic Water Skills 1&2

12:00-12:30 pm  
\$81, Members \$66

### Learn to Swim 1 & 2

12:35-1:05 pm  
\$81, Members \$66

### Learn to Swim 3-5

12:00-12:45 pm  
\$119, Members \$93

Group classes not right for you or your child?

We offer private swim lessons to be tailored to you or your child specific needs. See pages 11 & 15 for details.

## TUESDAYS

6 weeks  
April 17-May 22

### Basic Water Skills 1&2

4:05-4:35 pm  
\$81, Members \$66

### Learn to Swim 1 & 2

3:30-4:00, 4:40-5:10 pm  
\$81, Members \$66

### Learn to Swim 3-5

4:05-4:50 pm  
\$119, Members \$93

Any new students planning on participating in our Winter swimming program, with the exception of our Water Babies and Gym & Swim classes must attend a mandatory swim evaluation. If you participated in the Winter Learn to Swim program this will not be necessary. For details call Julie Kingsley and Erin Ruszaj (Benderson) at 688-4114, ext. 365.

No classes or Storm Swim on:  
Sunday, May 27  
Monday, May 28

## WEDNESDAYS

6 weeks  
April 18-May 23

### Gym & Swim

12:30-2:30 pm  
\$80, Members \$60  
Great for UPK!

### Wild Water Games

3:30-4:00 pm  
\$75, Members \$58

## THURSDAYS

6 weeks  
April 19-May 24

### Gym & Swim

9:30-11:30 pm  
\$80, Members \$60

### Gym & Swim

12:30-2:30 pm  
\$80, Members \$60

### Basic Water Skills 1&2

4:40-5:10 pm  
\$81, Members \$66

### Learn to Swim 1 & 2

3:30-4:00, 4:05-4:35 pm  
\$81, Members \$66

### Learn to Swim 3-5

4:05-4:50 pm  
\$119, Members \$93

# STORM Swim Club

B

Swim Club



## Storm Swim / Ages 5-16

Back and better than ever, Storm Swim Team Benderson now has 3 levels! Our experienced swim coaches will help your son or daughter learn stroke refinement, sportsmanship, and team camaraderie while improving their fitness, stroke mechanics, starts, turns, USA swim rules and race skills. A minimum of two swim meets each session will be offered at all 3 levels. Placement will be at the coach's discretion. For details call Julie Kingsley & Erin Ruszaj at 688-4114, ext. 365.

Level 1: 45 Minute Sessions-Intended for children capable of swimming at least one length of the pool, freestyle and backstroke.

Level 2: 1 Hour Sessions-Aimed at children who can complete one length of all four of the competitive strokes butterfly, backstroke, breaststroke, and freestyle.

Level 3: 1½ Hour Sessions-Designed for the more experienced swimmer who can swim multiple lengths of the four competitive strokes at an American Red Cross level 5 or better and average an attendance of at least 7 practices a month. Special arrangements can be made for swimmers competing on their middle or high school teams.

Sunday, April 15-Wednesday, June 13

| Sundays:                | Mondays:                | Wednesdays:             |
|-------------------------|-------------------------|-------------------------|
| Level 1<br>1:15-2:00 pm | Level 1<br>4:00-4:45 pm | Level 1<br>4:00-4:45 pm |
| Level 2<br>1:15-2:15 pm | Level 2<br>4:15-5:15 pm | Level 2<br>4:15-5:15 pm |
| Level 3<br>1:15-2:45 pm | Level 3<br>4:15-5:45 pm | Level 3<br>4:15-5:45 pm |
|                         | Level 1<br>6:30-7:15 pm | Level 1<br>6:30-7:15 pm |
|                         | Level 2<br>6:30-7:30 pm | Level 2<br>6:30-7:30 pm |
|                         | Level 3<br>6:30-8:00 pm | Level 3<br>6:30-8:00 pm |

2 Day Price:

Level 1: \$110, JCC Member \$70  
Level 2: \$135, JCC Member \$105  
Level 3: \$165, JCC Member \$120

3 Day Price:

Level 1: \$120, JCC Member \$90  
Level 2: \$160, JCC Member \$115  
Level 3: \$190, JCC Member \$140

STORM SWIM MEETS

Monday, May 14 Holland  
Wednesday, June 13, Benderson

## Vacation Break Gym & Swim Camp

The JCC Benderson Building will be offering a Columbus Day and a five day December break Gym and Swim Vacation Camp. Join us for swimming, tumbling, and gym sport fun! Pricing is available for all five days and by individual days. Please register in advance. We will accept same day registration only if there is room! To sign up and for more information, contact Julie Kingsley & Erin Ruszaj at 688-4114, ext. 365, [jkingsley@jccbuffalo.org](mailto:jkingsley@jccbuffalo.org).

Ages 3-10

April Break April 9-13 9:30 am-12:30 pm  
Daily Prices: \$17, JCC Members \$13 5 Day Prices: \$80, JCC Members \$60



Stay tuned for more information about Gym & Swim Summer programs in our Summer brochure!

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