

PARENT & CHILD AQUATICS LEVEL 1

Ages 6-18 months
(10 Participants)

Saturday or Sunday
8:00-8:30a

PARENT & CHILD AQUATICS LEVEL 2

Ages 19-36 months
(10 Participants)

Saturday or Sunday
8:35-9:05a

Preschool Aquatics Level 1

Ages 4 & 5 years
(5 Participants)

Mon, Tues, Wed, or Thur
4:00-4:30p
6:20-6:50p

Friday
4:00-4:30p

Saturday or Sunday
9:10-9:40a
10:20-10:50a
12:05-12:35p

Preschool Aquatics Level 2

Ages 4 & 5 years
(5 Participants)

Mon, Tues, Wed, or Thurs
4:00-4:30p
4:35-5:05p

Friday
4:00-4:30p

Saturday or Sunday
9:10-9:40a
9:45-10:15a
10:20-10:50a
12:05-12:35p

Preschool Aquatics Level 3

Ages 4 & 5 years
(5 Participants)

Mon, Tues, Wed, or Thurs
4:35-5:05p
5:10-5:40p

Saturday or Sunday
9:45-10:15a
11:30am-12:00p
12:40-1:10p

Learn-to-Swim Level 1

Ages 6-12 years
(6 Participants)

Mon, Tues, Wed, or Thurs
5:10-5:40p
5:45-6:15p

Friday
4:35-5:05p

Saturday or Sunday
10:55-11:25a
12:40-1:10p

Learn-to-Swim Level 2

Ages 6-12 years
(6 Participants)

Mon, Tues, Wed, or Thurs
5:45-6:15p
6:20-6:50p

Friday
4:35-5:05p

Saturday or Sunday
10:55-11:25a
11:30am-12:00p



Licensed Training Provider of
American Red Cross
Aquatics

Classes meet once a week for 9 weeks.
All classes are 30-minutes long.

FEE: All Inclusive & Community plus Pool Membership: \$180
Community & Non-Members: \$225

For more information, contact Aquatics Director
Eric Hammermeister, ehammermeister@shamesjcc.org or call
(914) 366-7898 ext. 1140.

Learn-to-Swim Level 3

Ages 6-12years
(6 Participants)

Monday or Wednesday
4:00-4:45p
5:40-6:25p

Tuesday, Thursday, Friday
4:00-4:45p

Saturday or Sunday
8:00-8:45a
9:40-10:25a
11:20am-12:05p

Learn-to-Swim Level 4

Ages 6-12years
(8 Participants)

Mon, Tues, Wed, Thurs, or Fri
4:00-4:45p
4:50-5:35p

Saturday or Sunday
8:00-8:45a
8:50-9:35a
11:20am-12:05p

Learn-to-Swim Level 5

Ages 6-12years
(8 Participants)

Monday or Wednesday
4:50-5:35p
5:40-6:25p

Tues, Thurs, or Fri
4:50-5:35p

Saturday or Sunday
8:50-9:35a
9:40-10:25a

Learn-to-Swim Level 6

Ages 6-12years
(8 Participants)

Dates/Times TBD,
Call for scheduling

Teen Swim All Levels

Ages 13-17years
(8 Participants)

TEEN BEGINNER:
Saturday or Sunday
12:10-12:55p

TEEN INTERMEDIATE:
Dates/Times TBD
Call for scheduling

TEEN ADVANCED:
Dates/Times TBD
Call for scheduling

Adult Swim All Levels

Ages 18+
(10 Participants)

ADULT BEGINNER:
Saturday or Sunday
10:30-11:15a

ADULT INTERMEDIATE:
Dates/Times TBD
Call for scheduling

ADULT ADVANCED:
Dates/Times TBD
Call for scheduling



Classes meet once a week for 9 weeks.
All classes are 45-minutes long.

FEE: All Inclusive & Community plus Pool Membership: \$225
Community & Non-Members: \$270

For more information, contact Aquatics Director
Eric Hammermeister, ehammermeister@shamesjcc.org or call