



# JEWISH COMMUNITY CENTER 2009 POOL GUIDE



## Welcome JCC Members

The 2009 swimming season is upon us and we would like to invite all of our members to make the most of their membership by using the pool this summer. The JCC pool is a gathering place for our members and a great place to be when the weather gets hot. Maximize your membership by enjoying the pool in the evenings after work, on the weekends with your family and friends, and complete your early morning workout by swimming some laps.

Incorporating the pool into your personal training will add a new dimension to your fitness program. Utilize this great aerobic opportunity during our lap swimming hours and make the most of this wonderful time of year.

Whatever needs the pool may satisfy, we know it will provide many hours of rewarding recreation to you and your family. Several aquatics programs will be run throughout the course of the swimming season and are detailed on the following pages. At a glance, they include:

- Learn to Swim Lessons
- Private and Semi-Private Lessons
- Swim Team
- Adult Lap Swim
- Children's Pool Parties

Please take a moment to fill out the Emergency Authorization Form included in this guide. The form should be completed and returned to the JCC, attn: David Willard, prior to your child's initial swim in the JCC pool. Children ages 13 to 17 swimming unsupervised must have the lower half of the form filled out by a parent or guardian.

Please remember to bring your membership card with you to the pool as it will be used by the aquatics staff to ensure member only use. Pool patrons are not permitted to park on the hill and walk down to the pool. Please use one of the main parking lots and JCC entrances. We appreciate all comments and concerns regarding this and all other programs here at the JCC and hope to see you poolside.

Thank you,

**David Willard**  
Aquatics Director

## CALENDAR & POOL HOURS

<b>Sunday, May 24</b> .....	Pool Opens at 9:00 AM
<b>Sunday, June 7</b> .....	Learn to Swim Lessons Begin
<b>Monday, June 29</b> .....	Camp Rishon & Swim Team Begin
<b>Friday, July 4</b> .....	Holiday, Pool Open 9:00 AM - 7:00 PM
<b>Monday, September 7</b> .....	Labor Day, Last Day of Pool Operation

### Pool Hours Before and After Camp Rishon Season

<b>Sunday, May 24 — Sunday, June 28 &amp; Saturday, August 22 — Monday, September 7</b>	
Sunday - Friday .....	9:00 AM - 7:00 PM
Saturday .....	11:00 AM - 7:00 PM
Lap Swim (Monday - Friday only) ends at noon	

### Camp Rishon Season

<b>Monday, June 29 — Friday, August 21</b>	
Monday - Friday .....	3:30 PM - 7:00 PM
Saturday .....	11:00 AM - 7:00 PM
Sunday .....	9:00 AM - 7:00 PM
Lap Swim only .....	8:00 AM - 9:00 AM (Monday - Friday)

*(15 minutes each hour may be designated for Adult Swim and can be scheduled by making a request with the lifeguards on duty.)*

# JCC POOL INFORMATION

## Children & Guests

### Children in the Pool

1. All children under 13 years old must be supervised at the pool by an adult or a sibling over the age of 13.
2. Children who are not tall enough to stand with their chest at mid level in the shallow end of the pool must be accompanied in the water by a supervising adult, or sibling at least 13 years old, unless they pass a test with the lifeguards. The test consists of swimming two widths of the pool and treading water for thirty seconds.
3. No child is allowed in the small pool unless accompanied by an adult or sibling at least 13 years old.
4. Swimming accessories like kickboards and water noodles are not permitted in either pool without lifeguard permission. There are times when the pools are too crowded to allow these items to be used. Keep in mind the small pool is intended for non-swimmers and is not to be used by those with swimming ability as a play area.
5. At the discretion of the lifeguards, older children may be asked to leave the small pool.
6. Children who are not yet toilet trained must wear disposable diapers and plastic pants or special swimming diapers when they go into the pool.
7. Lifeguards have the final authority regarding safety issues in the pool and pool area.

## Children's Pool Parties

The JCC will host a pool party for your child, which includes two hours of swim time. To ensure the safety of all bathers, **unscheduled parties will not be allowed at any time.** Please call David Willard at 234-4522 ext. 144 to find out more information or to setup your party.

**Fee:** 10 children or fewer: \$70 Members  
\$150 Non Members  
(\$3.00 extra for each additional child)

## Guest Passes

Guest passes can only be purchased by JCC members. Passes are \$5 each or a book of 5 for \$20. Guest Passes can be purchased at the main office front desk and the fitness desk. Please remember, passes for Saturday must be purchased in advance. Guests will not be permitted at anytime without a guest pass. Guests must also be accompanied by a JCC member.



## POOL RULES

1. No swimming without a lifeguard on duty.
2. No glass containers of any kind (including suntan lotion bottles, etc.) are allowed in the pool area.
3. No food or gum is allowed in the pool area at any time. Beverages are allowed but must be in a can, plastic bottle, or paper cup. Please help keep the pool area neat and free of ants and bees by putting all garbage in the trash receptacles.
4. Persons with rashes, open sores, inflamed eyes and/or communicable diseases are not allowed in the pool. All bandages must be removed before entering the pool area.
5. Inflatable toys, kickboards, etc. may be used in the pool only with permission of the lifeguard on duty. Permission will be denied if the pool is crowded or if the toys are deemed a possible safety hazard.
6. No running, pushing, or boisterous play in the pool area.
7. Shower before and after using the pool.
8. Diving is permitted only in the designated area at the deep end of the large pool.
9. No urination, defecation, spitting, or nose blowing in the pool.
10. The decision of the lifeguards on duty in all matters concerning the pool and the enforcement of these rules is final.



## WATER AEROBICS IN THE JCC OUTDOOR HEATED POOL

Starts June 23 and Runs Through the Summer  
Tuesday and Thursday Mornings  
8:00 – 8:55 AM



# JCC SWIM LESSONS

## Swim Lessons Program

The JCC is offering private, semi-private and group swim instruction for children of all ages in our outdoor heated pool. You can sign up for one of our scheduled classes or coordinate your own private lesson or semi private class.

Classes are offered on weekends and weekdays.

Private lessons are scheduled at your convenience with the instructor of your choice. Semi private lessons, 2 students, can be scheduled as well.

You do not need to be a member of the JCC to sign up for these lessons, however a discount is offered to members.

## Swim Level Guidelines

### Level 0 – Water Babies

Help your baby learn to swim! This special class is for parent(s) and babies age 6 months to 36 months.

### Level 1 – Water Exploration

In this class, swimmers will put faces in water for three seconds, practice supported front and back floats, and blow bubbles.

### Level 2 – Primary Skills

In this class, swimmers will learn to float unsupported on their front and back, flutter kick, and begin preliminary arm strokes.

### Level 3 – Stroke Readiness

The swimmers in this class will jump into deep water and do the front crawl with breathing. They'll also learn the back crawl, breaststroke, and elementary backstroke.

### Level 4 – Stroke Development

This class will learn and/or improve the elementary backstroke, front and back crawl, breaststroke, and sidestroke.

## LEARN TO SWIM LESSONS

Session 1 – Levels 0, 1, 2*	Session 1 – Levels 3 & 4*
Day: Sundays Time: 11:00 AM – 11:30 AM Dates: June 7, 14, 21, 28 Fee: \$16 Member, \$32 Non-member	Day: Sundays Time: 11:30 AM – 12 Noon Dates: June 7, 14, 21, 28 Fee: \$16 Member, \$32 Non-member
Session 2 – Levels 0, 1, 2*	Session 2 – Levels 3 & 4*
Day: Monday – Friday Time: 3:30 PM – 4:00 PM Dates: June 8 – 12 Fee: \$20 Member, \$40 Non-member	Day: Monday – Friday Time: 4:00 PM – 4:45 PM Dates: June 8 – 12 Fee: \$25 Member, \$50 Non-member
Session 3 – Levels 0, 1, 2*	Session 3 – Levels 3 & 4*
Day: Monday – Friday Time: 3:30 PM – 4:00 PM Dates: June 15 – 19 Fee: \$20 Member, \$40 Non-member	Day: Monday – Friday Time: 4:00 PM – 4:45 PM Dates: June 15 – 19 Fee: \$25 Member, \$50 Non-member
Session 4 – Levels 0, 1, 2*	Session 4 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: June 23 – July 2 Fee: \$16 Member, \$32 Non-member	Day: Tuesdays & Thursdays Time: 6:00 PM – 6:45 PM Dates: June 23 – July 2 Fee: \$16 Member, \$32 Non-member
Session 5 – Levels 0, 1, 2*	Session 5 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: July 7 – July 23 Fee: \$24 Member, \$48 Non-member	Day: Tuesdays & Thursdays Time: 6:00 PM – 6:45 PM Dates: July 7 – July 23 Fee: \$30 Member, \$60 Non-member
Session 6 – Levels 0, 1, 2*	Session 6 – Levels 3 & 4*
Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: August 4 – 20 Fee: \$24 Member, \$48 Non-member	Day: Tuesdays & Thursdays Time: 5:30 PM – 6:00 PM Dates: August 4 – 20 Fee: \$24 Member, \$48 Non-member

\* (Minimum of 3 to keep class open)

## Private Lessons

Ages: All  
Time: ½ hour  
Fee: Members – \$18, \$62 for 4  
Non-members – \$28, \$105 for 4

\*\*One week prior notice scheduling needed

## Semi-Private Lessons (2 People)

Ages: All  
Time: ½ hour  
Fee: Members – \$25, \$90 for 4  
Non-members – \$35, \$130 for 4

## Swim Team (Must Have Passed Level 4)

Grades: 2nd & Up  
Day: Mon. – Fri.  
Time: 8:00 AM – 9:00 AM  
Dates: June 22 – August 14  
Fee: \$60 Members, \$85 Non-members



# JEWISH COMMUNITY CENTER - AQUATICS DEPARTMENT

## Class Registration & Emergency Authorization

### MAIN INFORMATION

Parent/Guardian Name: _____	Date: _____
Address: _____	Home Phone: _____
Address: _____	Work Phone: _____
City: _____ St: _____ Zip: _____	Cell Phone: _____

### CLASS REGISTRATION

Name	Class	Day(s)	Time	Fee
1.				
2.				
3.				
4.				

Visa/MC #: _____	Exp. Date: _____
Signature: _____	JCC Member? <input type="checkbox"/> YES <input type="checkbox"/> NO

**IMPORTANT: PLEASE READ AND SIGN WHERE APPROPRIATE.**

The JCC must have a current Authorization for Medical Treatment of Minors on file for each participant in its programs.

### EMERGENCY AUTHORIZATION

I hereby appoint the appropriate JCC staff members to act on my behalf in authorizing unexpected medical, dental, or surgical care and/or hospitalization for the below named minor(s) during the period of May 28, 2009 through September 4th, 2009 in the event of my unavailability.

Name	Date of Birth	Allergies/Special Conditions
1.		
2.		
3.		
4.		

Signature of Parent/Guardian: _____	<b>Medical/Dental/Hospitalization Coverage for Named Minor(s)</b>
Date: _____	Insurance Company/Government Program: _____
Signature of Witness: _____	ID/Contact/Group #: _____
Date: _____	Family Physician: _____ Phone #: _____

### RELEASE FOR ADULT PARTICIPATION IN ATHLETIC/RECREATION PROGRAM

I recognize that participating in an athletic event has certain inherent risks for which the Jewish Community Center of Syracuse, Inc. is not liable. I hereby, for myself, executors, and administrators, waive and release any and all claims for damage I may seek against the JCC or places used by the JCC in conjunction with this athletic/recreation event, for any and all injuries suffered by me in connection with participation in this athletic/recreation event.

I also recognize that medical expenses I may incur in connection with participation in this athletic/recreation event are my own responsibility. I hereby appoint the appropriate JCC staff member to act in my behalf in authorizing unexpected medical, dental, surgical care and or hospitalization should I be unable to do so. I have read the proceeding paragraphs as acknowledged by my signature below.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# TRIBUTES FROM 2-3-09 TO 3-16-09

**TO** **FROM**

**SENIOR ADULT DEPARTMENT**  
Dr. Hadley Falk In memory of your mother  
Selma Radin

**GENERAL OPERATING FUND**  
Dr. Hadley Falk In memory of your mother  
Sandra S. Wiley  
Ilene & Herb Mendel  
Sandra & William Holtzman

**BERT & LAURA ERLEBACHER CULTURAL & EDUCATION FUND**  
Marci Erlebacher Congratulations on receiving  
Women in Leadership Award  
Helen & Stan Marcum

**BEN MELTZER ENDOWMENT FUND**  
Jo Brown In memory of Goldye Meltzer  
Jaimie Blackman

## JEFFREY SUSSMAN ATHLETIC SCHOLARSHIP FUND

Karen Kruth Happy Special Birthday  
Jackie & Neil Kassel

### TRIBUTE INFORMATION

To commemorate special occasions - births, birthdays, graduations, anniversaries, weddings, Bar or Bat Mitzvah, or to perpetuate the memory of a loved one - the JCC welcomes tax-deductible gifts to one of our many endowments and special funds. The JCC will send an acknowledgement card to the individual (or next of kin) in whose name the contribution was made. Some of our funds are listed below. For further information, please contact Nancy Kasow at 445-2360.

Morris & Dorothy Cohen  
Endowment Fund

Sydelle Rothman  
ECDP Scholarship Fund

Bert & Laura Erlebacher  
Cultural & Education Fund

Ida Rubin Senior Adult Nutrition  
Endowment Fund

Ben Meltzer Endowment Fund

Leadership Development Fund

Ava & Irving Raphael  
Maccabi Endowment Fund

Jeffrey Sussman  
Athletic Scholarship Fund  
General Operating Fund

## The Perfect Summer Weekend:



WORK OUT



CLIMB OUR WALLS!



SHOOT HOOPS



HANG AT THE POOL

*You can do it all at the JCC.*

- **Outdoor Heated Pool**
- We offer group and private swim lessons
- Plenty of sunshine and fresh air!
- Our shallow child pool is just the right depth for beginners
- Family changing rooms make it easy for parents

The JCC Neulander  
Family

**Sports & Fitness Center**  
at the JCC of Syracuse

Join now and receive  
**10% off Membership.**

Join with a friend  
and you both  
receive  
**15% off!**

**OFFER  
GOOD UNTIL  
6/30/09**

## SHABBAT CANDLE LIGHTING

### May

May 1 .....	7:48 PM
May 8 .....	7:56 PM
May 15 .....	8:04 PM
May 22 .....	8:11 PM
May 29 .....	8:17 PM

### June

June 5 .....	8:23 PM
June 12 .....	8:27 PM
June 19 .....	8:29 PM
June 26 .....	8:30 PM

### July

July 3 .....	8:29 PM
July 10 .....	8:27 PM
July 17 .....	8:22 PM
July 24 .....	8:16 PM
July 31 .....	8:09 PM

### August

August 7 .....	8:00 PM
August 14 .....	7:50 PM
August 21 .....	7:40 PM
August 28 .....	7:28 PM

**Call to Schedule a Tour 234-4522**