

JCC Camps Swimming

OUR PROGRAM

We are so excited to offer a program that offers a gradual objective skill progression. This program features 9 levels of specific skills and goals to ensure no step of strong swimming is missed. Even in group lessons your child can progress at their own pace. You as parents will receive at least one email a week outlining your child's progress. Whether at the Grossman waterfront or the LS camps' pools, your child will receive the same excellent attention from our staff to ensure your child's progress throughout their swimming journey.

OUR STAFF

The staff are certified (40+ hours of training and shadowing), caring instructors who teach using the SwimRight® Method and stay physically present in the water with their students, emphasizing both technical safety and emotional support. Their approach is hands-on from the very start, guiding swimmers through foundational skills and gradually building their confidence. This team is committed to nurturing children's progress with warmth, competence, and consistent encouragement.

PROGRAM HIGHLIGHTS

- Uses a swim–float–swim progression as the foundational technique, helping children learn survival and transition skills early
- Emphasizes water safety and confidence first, before stroke development – the SwimSafe program teaches essential skills to be independent and safe in and around water
- A multi-level structure for both SwimSafe (introductory levels 1–6) and SwimRight (advanced levels 7–9), allowing gradual, scaffolded progression.
- Breaks down each of the four competitive strokes (freestyle, backstroke, breaststroke, butterfly) into progression drills so swimmers can focus on individual components (body position, timing, breathing) before combining them
- Uses a Skill tree as a tracking and communication tool – students earn stars, ribbons, and level promotions when mastering skills. Parents will have a full picture of student progress
- Incorporates advanced drills in later levels to refine technique and transition swimmers toward competitive or high-level swimming.



LEVELS

Levels	Objective	Color
Splashers	Introduce the student to the water and have them become familiar and comfortable in the water	Yellow
Floaters	Establish an unlimited comfort level while in a back float and to increase awareness in the water	Orange
Kickers	Achieve complete independence and confidence in the water	Green
Kickboarders	Provide physical support designed to assist in learning drills that involve rotational skills and the use of arms while swimming	Red
Rollers	Further develop rotational drills while maintaining correct body positions and proper kicking	Blue
Streamliners	Master catch up stroke for freestyle and backstroke switch drill. Introduce kicking for breaststroke and butterfly.	White
Freestylers	Fully develop freestyle and backstroke strokes. Begin stroke development for breast and butterfly. Ensure swimmer no longer needs hands on instruction	Bronze
Gliders	Solidify proper technique for full freestyle and backstroke continue to develop breast and butterfly strokes through a series of drills. Learn starts and turns	Silver
Flyers	Swim full breaststroke and butterfly. Put into practice a series of advanced drills to further solidify great technique for all four strokes	Gold

WHAT TO EXPECT

- Weekly emails outlining your child's level and skills
- Smaller class ratios 4:1
- Hands on instruction at all points in the program
- Leadership that is easily reachable via email during the camp week to answer your questions about your child's swimming
- Kids will be appropriately and safely challenged to encourage great swimming
- A strong swimming foundation with a greater potential for skill development
- Easy transfer between summer and year round lessons or swim team

Vacation Camp Add-ons

SWIM LESSON

- One 25 minute lesson each day
- Cost: +\$45/day (in addition to School Break Camp daily rate)
- Gain confidence and swim skills from our expert instructors
- Free swim in the afternoon
- Build on skills they have already achieved if they have done our program in the past
- Daily emails with skill achievements

SWIM INTENSIVE

- Four- 30 minute lessons each day
- Cost: +\$188/day (in addition to School Break Camp daily rate)
- Gain confidence and swim skills from our expert instructors
- Three progressive swim lessons each day
- Free swim in the afternoon
- Campers who elect this option spend half their day in the pool
- Significant progress in their comfort and confidence in the water
- Build on skills they have already achieved if they have done our program in the past
- Daily emails with skill achievements

