

J 2022 Summer CAMPS

IJ & Jeanné Wagner JCC



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IMPORTANT DATES 2022

Early Bird Registration

January 18 - February 28 5% discount

January 18-26 • Registration for families currently enrolled in JCC programs and families who were enrolled in camp 2021.

January 27 • Camp Kick Off Event

January 27 - February 14 • JCC member registration

February 15 • Public registration

April 22 • Scholarship Applications Due - Please contact the Camp Directors for more information.

May 10 • Change Deadline for June Session – No June cancellations or refunds after May 10.

May 15 • Fees due for June Session

June 10 • Change Deadline for July Session – No July cancellations or refunds after June 10.

June 15 • Fees due for July Session

June 23 • Shalom on the Range - No Extended Care

July 10 • Change Deadline for August Session – No August cancellations or refunds after July 10.

July 15 • Fees due for August Session

SUMMER CAMP 2022

SESSION 1 • June 6 - July 1 (4 weeks)

SESSION 2 • July 5 - July 29 (4 weeks)

SESSION 3 • August 1 - August 19 (3 weeks)



REGISTRATION POLICIES

Cancellation Policy:

At the time of registration, a non-refundable registration fee of \$50 will be processed. Registration cancellations and changes may be made, free of charge by May 10, June 10, and July 10 before each camp session. No refunds will be issued after these deadlines.

Payment Policy:

- Changes to registration are due May 10, June 10, and July 10 before each camp session.
- Camp fees will post on May 15, June 15, and July 15 prior to each camp session.
- Rejected credit cards and returned checks will be assessed a \$25 fee

Camp Change/Add Policy:

- All changes to camp registration (adding, removing, or switching sessions) requires approval of the Camp Director. Please contact **Jase Schwartz** (jschwartz@slcjcc.org) to process a Bernie Camp change, and the **ECC** (ecc@slcjcc.org) to process a Camp K'TonTon change.
- Any changes MUST be submitted by 5:00 PM May 10, June 10, and July 10 before camp session begins.
- Cancelled sessions after February 28 forfeit their early bird discount for remaining sessions.

REGISTRATION INSTRUCTIONS

Visiting your JCC online account will allow you to edit your personal or family contact information including primary address, phone number, and email address. You will also be able to update and edit payment options which can be stored to make payments online or at the JCC.

1. First, make sure you have updated your information at the JCC: LAST NAME, BIRTH DATE, ZIP CODE, EMAIL ADDRESS and PHOTOGRAPH. These fields are all REQUIRED for membership.
2. Then, visit the JCC camp page at slcjcc.org/camp and select the "Registration" link.
3. Choose the "Login" link.
4. If you created a password when you verified your information you can log in to view your account balance and register for programs, otherwise continue to step 5.
5. Select "Find Account" located under "I want to set up online access to my account." If you currently have an active JCC membership or have forgotten your login credentials, DO NOT select "I don't have an account, but want to create one"
6. You will then be prompted to enter your Last Name, Birth Date (MM/DD/YYYY) and Zip Code.
7. For verification, you will then be asked to enter your email address.
8. You should then receive an email with your login credentials.

If you have already verified your personal information at the JCC and you still cannot access your online account, please contact the JCC for assistance.

Early Bird Discount

If you register by February 28, 2022 use the code "**Summer2022**" to receive a 5% discount on your selected sessions and programs.

BERNIE CAMP & CAMP K'TON TON

Individual and Special Needs

The JCC supports the participation of children with varying needs in our camp program. It is beneficial for all children to have the chance to socialize with each other as friends and campers. Our goal is always to support the individual needs of every child in our camp programs. In order to provide a safe and rewarding experience for all campers, children with differing behavior needs, exceptionalities, and any type of written plan or diagnosis may require a meeting with camp directors prior to registration. This meeting will address camper's individual needs and help us partner with each family to ensure that your child has a great summer experience. Families may be required to provide additional documentation to help camp staff understand your child's individual needs.

For more information, to schedule an intake meeting, or if you are uncertain if your child would qualify, please contact:

Camp K'Ton Ton (children ages 2-5): **Hailey Farrall**, ECC Assistant Director 801-581-0097
Bernie Camp (school-age children): **Jase Schwartz**, Bernie Camp Director 801-581-0098 ext. 135

- Space is limited so that we can continue to provide a quality experience for all campers.
- Depending on your child's individual needs, a basic fee of \$150 may be assessed to make the accommodations necessary to provide them with a safe and rewarding experience at camp, or parents may be asked to supplement the child's experience.

SCHOLARSHIP INFORMATION 2022

We are so pleased that you are interested in the JCC and our programming. We do our best to meet the needs of all families requesting financial assistance but we are limited by the amount available for financial assistance and by the number of requests received.

Applications will be accepted for Membership dues, Early Childhood Center (ECC) tuition, Camp K' Ton Ton fees, Bernie Camp fees and Club J Afterschool fees. Extended Care, overnight camps and other add on's are excluded.

ALL APPLICATIONS ARE DUE NO LATER THAN FRIDAY APRIL 22, 2022

Contact camp directors for applications and guidelines.



BERNIE CAMP MISSION STATEMENT

Bernie Camp creates a fun and welcoming community, fostering a deep sense of belonging and connection with Jewish values in every camper and staff member.

CAMP THEME

THIS YEAR'S CAMP THEME IS PELÉ

Summer 2022 is a time of pelé – wonder. This year we are taking the time to look at the world through eyes full of wonder. Together we will discover the natural wonders around us, create wonderful works of art, and dream and wonder about the future.

QUICK CAMP FACTS

- We are guided by Jewish values and open to all
- We celebrate the diversity of our staff, volunteers, families, and campers
- Bernie Camp runs 11 weeks: June 6 - August 19, 2022
- Your Bernie camper can expect more time in the pool this summer for lessons and free swim. Each week your child will have group lessons and opportunities to play in our wonderful outdoor pool. Look for more specifics, as well as your camper's swim schedule as summer approaches.
- Camp is offered in three sessions:
 - **Session 1** (June 6 - July 1); **Session 2** (July 5 - 29); **Session 3** (August 1 - 19)
- Bernie Camp is divided into small, all-gender groups organized by rising grade and focus activities. Descriptions of each camp group are provided on the following pages.
- Camp days: 8:30 AM - 4:00 PM Monday - Thursday; 8:30 AM - 3:00 PM Friday
- Extended Care hours (available on a limited basis) are 7:30 - 8:30 AM and 4:00 - 6:00 PM Monday-Thursday; 7:30 - 8:30 AM and 3:00 - 6:00 PM on Fridays

- Bernie Campers must be entering 1st grade or above. For younger campers (ages 2 by June 1, 2022 through Kindergarten), please see Camp K'Ton Ton options.

Please Note: Bernie Camp follows CDC guidance regarding health and safety during this time. Campers and staff will wear masks at all times, except to eat or swim, regardless of vaccination status. As always, the continual changing conditions of the pandemic make our protocols subject to change.

BERNIE CAMP ADMINISTRATIVE STAFF

General Questions: youth@slcjcc.org

Jase Schwartz – Camp Director // jschwartz@slcjcc.org // 801-581-0098 ext. 135

Kristina Obermark - Youth & Teen Director // kobermark@slcjcc.org // 801-581-0098 ext.116

Karla Pardini - Chief Programming Officer // kpardini@slcjcc.org //801-581-0098 ext.139

BERNIE CAMP BY THE WEEK

(Subject to change)

J	DATES	THEME	FRIDAY ACTIVITY
1	June 6-10	Carnival Week	Carnival Games
2	June 13-17	Shipwrecked! (Pirate Week)	Pirate Boat
3	June 20-24	Rewind	90's Dance Party
4	June 27-July 1	Western Week	Bernie Derby
5	July 5-8	Olympics Week	Maccabiah Games
6	July 11-15	Once Upon a Time	Camp Plays
7	July 18-22	Dinosaur Week	Egg Drop Challenge
8	July 26-29	Celebrations Week Teva - Explorers and C.I.T.s	Chanukah in July (Jewish Celebration)
9	August 1-5	Water Week	Swim Olympics
10	August 8-12	Bernie-Palooza (Rockstar Week)	Lip Sync/ Slideshow
11	August 15-19	Outer Space	Rocket Launch

BERNIE CAMP GROUPS & PRICING

YELADIM (CHILDREN): GRADES 1 - 3

Yeladim exposes our youngest campers to a bit of everything Bernie Camp has to offer. Our Yeladim campers enjoy field trips, arts and crafts, sports, music, Israeli culture, and workshops with on-site visitors. Yeladim campers also participate in swim lessons and open swim time, Morning Circle, Shabbat, Friendship Circle and Friday Activities!

OMANUT (ART): GRADES 4 - 6

Omanut campers will have an enriched art experience in addition to all that Bernie Camp has to offer. On top of swimming, field trips, sports, music and Israeli culture, Omanut campers will collaborate on a session-long art project. This might be an art show or a performing art production, depending upon what the campers express the most interest in.

MISCHAK (SPORTS): GRADES 4 - 6

Mischak campers will have an athletic-focused experience at Bernie Camp. In addition to arts & crafts, field trips, music and Israeli culture, Mischak campers will compete in tournaments, take hikes in the surrounding areas, and talk about social and leadership skills as they relate to sports and good sportsmanship.

YELADIM, OMANUT, AND MISCHAK PRICES PER SESSION

Session 1: June 6 - July 1, 2022

Member \$1200

Public \$1800

Session 2: July 5 - July 29, 2022

Member \$1200

Public \$1800

Session 3: August 1 – August 19, 2022

Member \$900

Public \$1350



Explorers: Grade 7-8

Explorers are those campers who are entering 7th and 8th grade in the upcoming school year. The Explorers have a very different camp experience from the rest of Bernie because they get to explore the Salt Lake Valley. They will spend their sessions hiking, going on fieldtrips, volunteering and doing community service, and learning about their community. During the second session, the Explorers are scheduled for three weeks of Bernie Camp, but can participate in Teva – an off-site weeklong overnight camping experience for emerging 7th-10th graders.

Teva requires a separate registration.

EXPLORERS PRICES PER SESSION

Session 1: June 6 - July 1, 2022

Member \$1,300

Public \$1,950

Session 2: July 5 - July 29, 2022

Member \$975

Public \$1,450

Session 3: August 1 - August 19, 2022

Member \$975

Public \$1,450

C.I.T. (COUNSELOR-IN-TRAINING): GRADES 9 - 10 // JCC MEMBERS ONLY

The JCC's C.I.T. program offers teens a chance to develop leadership skills and gain experience working with young children – potentially setting them up for counselor positions in the summers to come. Enrollment is limited.

This is an 11-week program and participation in all three sessions is mandatory. Registration in the C.I.T. program includes Teva, a weeklong overnight camping experience held off-site during the final week of July. Please contact the camp administration team for C.I.T. admission information. All C.I.T. applicants must be interviewed for this program; registration will not be processed without approval.

C.I.T. PRICES PER SUMMER

June 6 - August 19, 2022

Member \$1,750

Public N/A

TEVA (Nature)

Teva allows campers in grades 7-10 to stretch their wings and have a sleep-away camp experience with their JCC community. Offered for only one week during the summer, Explorers and CITs can enjoy the peaceful nature that surrounds Eden, Utah. Teva is the only option for Explorers during the 8th week of camp and requires a separate registration. Teva is included in the registration for all Counselors-in-Training (C.I.T.s)

July 25-29 (4 nights)

Member \$685

Public \$1,025



Camp Change/Add Policy:

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- Any changes MUST be submitted by 5:00 PM the 10th of the month prior to camp session beginning.

BERNIE CAMP – EXTENDED CARE

To meet the needs of working families, we offer supervised early-morning and early evening care for Bernie Campers at the JCC.

- Space is limited so you must sign up for Extended Care when you register for camp sessions.
AM Extended: Monday – Friday, 7:30 – 8:30 AM

PRICES PER SESSION

Session 1: June 6 - July 1, 2022
Member \$125
Public \$190

Session 2: July 5 - July 29, 2022
Member \$125
Public \$190

Session 3: August 1 - August 19, 2022
Member \$95
Public \$145

**PM Extended: Monday – Thursday,
4:00 – 6:00 PM // Friday, 3:00 – 6:00 PM**

PRICES PER SESSION

Session 1: June 6 - July 1, 2022
Member \$420
Public \$630

Session 2: July 5 - July 29, 2022
Member \$420
Public \$630

Session 3: August 1 – August 19, 2022
Member \$315
Public \$475





K'Ton Ton is Hebrew for “little one,” and our JCC’s Early Childhood Center is the setting for Camp K'Ton Ton (CKT). Our focus is on enriching the lives of young children by building friendships, fostering discovery, and having summertime fun! CKT campers will have many opportunities to actively explore many natural outdoor environments and the surrounding SLC community.

Summer 2022 we are celebrating Pelé – Wonder! This year we are taking the time to look at the world through eyes full of wonder. Together we will discover the natural wonders around us, create wonderful works of art, and dream and wonder about the future.

CKT is getting ready for a summer of wonder! Join us for a summer of bustling fun, outdoor exploration, field trips, gardening, water play, swimming, movement, special guests, and so much more.

Basic Camp Information

CKT registration requires a JCC family membership. Joining online is easy! Learn more about joining the JCC at slcjcc.org/jointhejcc

We offer CKT enrollment in 3 sessions:

Session 1: June 6-July 1

Session 2: July 5- July 29

Session 3: August 1-August 19

Full day option is from 8:30 AM – 3:30 PM Monday – Thursday, and 8:30 AM – 3:00 PM on Friday.

Half day option is from 8:30 AM – 12:00 PM Monday – Friday. This schedule is only offered in our 2s and 3s programs.

In addition to our Full day or Half day program you can add AM extended hours from 7:30 AM - 8:30 AM Monday – Friday.

In addition to our Full day program you can add PM extended hours from 3:30 PM – 6:00 PM Monday – Thursday, and 3:00 PM – 6:00 PM on Friday.

Registration for CKT is separate from registration for the ECC school year, your child does not need to be enrolled in the ECC to attend camp.

CKT is for children two years old (by June 1, 2022) through kindergarten (entering in the fall of 2022). For children entering 1st grade or above, please see Bernie Camp options.

Age Groups:

2-Year-Olds (2s): Must be two by June 1, 2022

3-Year-Olds (3s): Must be three by September 1, 2022

4-Year-Olds (4s): Must be four by September 1, 2022

5-Year-Olds (5s): Must be five by September 1, 2022

Special Activities:

CKT groups provide a safe and healthy environment where your child can socialize, explore, and create. In addition to daily science, art, and sensory experiences, our campers enjoy weekly water experiences, gardening, and special guests/activities each Friday!

Our 2s group will enjoy weekly water play on our toddler playground.

Our 3s group will swim twice a week in our JCC pool.

Our 4s and 5s groups will swim twice a week in our JCC pool, field trip once a week, and participate in a movement class once a week.

Pricing Per Session:

Session 1: June 6 – July 1, 2022

Full Day: \$1200

Half Day: \$900

AM Extended: \$150

PM extended: \$480

Session 2: July 5 – July 29, 2022

Full Day: \$1200

Half Day: \$900

AM Extended: \$150

PM extended: \$480

Session 3: August 1 – August 19, 2022

Full Day: \$900

Half Day: \$675

AM Extended: \$100

PM extended: \$360

Early Bird Discount

If you register by February 28, 2022 use the code **"Summer2022"** to receive a 5% discount on your selected sessions and programs.



ECC Main Line: 801-581-0098

Teresa Cereska

ECC Director
tcereska@slcjcc.org
801-581-0098 ext. 140

Hailey Farrall

ECC Camp Director
hfarrall@slcjcc.org
801-581-0098 ext. 140

Karla Pardini

JCC Chief Programming Officer
kpardini@slcjcc.org
801-581-0098 ext. 139

Hannah Mackay

ECC Program Coordinator
hmackay@slcjcc.org
801-581-0098 ext. 101

Liah Abercrombie

ECC Administrative Assistant
labcrombie@slcjcc.org
801-581-0098 EXT 101



GROUP SWIM LESSONS

Preschool (4/5) Group Lessons (Preschool to Rising Kindergarten)

Afternoon preschool group lessons are a great opportunity for young children (4 years old to rising Kindergarten) to become familiar with the aquatic environment and gain basic aquatic skills in a fun and friendly setting. Participants will learn the skills needed to be safe in and around the water. There will be 1 instructor for every 5 children.

NOTE: We will do our best to staff extra instructors to accommodate waitlisted children so please register to the waitlist if the classes are full!

When

Session 1: June 6 – July 1

M/W OR T/Th 3:15-3:45 PM

Session 2: July 5 – July 29

M/W OR T/Th 3:15-3:45 PM

Session 3: August 1– August 19

M/W OR T/Th 3:15-3:45 PM

Cost

Session 1: \$180

Session 2: \$180

Session 3: \$135

What to expect:

If your child attends Camp K'TON TON, the swim instructors will transition them to the pool and get them changed for their lesson. If your child does not attend camp, you will meet the instructors on the indoor pool deck at 3:15 PM.

At 3:45 PM you will NEED to be on the indoor pool deck to pick up your child. We please ask that you are on time to pick up your child and make sure you sign them out from the instructor's clipboard. The swim instructors will NOT be transitioning any children back to the ECC.



SUMMER SWIM TEAM 2022

The JCC Jellyfish and Jr. Jellies are excited to invite JCC members to join them for a summer of learning, fun, and friendship in the water. Our goals are to help swimmers improve technique, grow as individuals, and enjoy the feeling of being a valued member of a team.

Meet the Jr. Jellies

The Jr Jellies is a pre-competitive program for rising-1st graders and up, and is a great place for kids wanting to join the swim team but who aren't quite ready to make the leap into laps. Its goal is to serve as a transitional program for swimmers wanting to transition from private/group lessons to competitive or recreational swim team. This program offers in-water coaching and a smaller group setting that will help swimmers develop an understanding of the strokes in a safe and fun environment. Participants entering the Jr. Jellies need to be able to submerge fully while blowing bubbles, float on the belly and back unassisted, perform rudimentary freestyle and backstroke, and generally feel comfortable trying new skills.

The Jr. Team will be provided:

- Pre-season and summer training
- An intensive M/W or T/Th curriculum delivered by in-water coaches
- Team swag (tee, swim cap, shirt and team photo)
- Transitions to/from Bernie Camp if needed
- In- and out-of-water team activities
- End-of-season banquet
- End-of-season inner-squad meet to show off the skills gained over the summer

Jr. Jellies Program Dates

Pre-Season Parent Meeting: Tuesday, April 19 6:30-7:00pm

At this meeting we will discuss program philosophy, meets, team events, logistical details, and place gear orders. While kids are welcome to join, this meeting is primarily for parents.

Jr. Jellies Practice Schedule:

Pre-season: May 16-June 2: 4-4:30 PM (M/W or T/Th)

Summer-Season June 6-Aug 2: 3:45-4:15 PM (M/W or T/Th)

Cost: \$300/season May 16-Aug 2

Jr. Jellies Entry Requirement Checklist

Float unassisted

Able to submerge and blow bubbles

Demonstrate rudimentary freestyle

Demonstrate rudimentary backstroke

Comfortable in the water, willing to try new skills

Consistently able to follow team safety rules without constant supervision or reminders. (Eg. Stay on swim platform when asked, keep one hand on the wall while waiting for a turn, etc.)

* *Coach pre-approval required for Jr. Jellies.*

Contact Sage at smaaranen@slcjcc.org to set up a swim assessment.

Meet the Jellyfish

NEW THIS YEAR

Our summer swim team is being offered as one comprehensive package. For one, flat rate, participants in Jellyfish Training Groups 1-4 are provided:

- Pre-season and summer training
- The ability to attend any or all practice days
- Transitions to/from Bernie Camp if needed
- Team swag (tee, swim cap, shirt and team photo)
- Access to swim meets
- In- and out-of-water team activities
- End of season banquet

JELLYFISH PROGRAM DATES - May 16 - Aug 2

Pre-Season Parent Meeting: Monday, April 18 6:30-7:00pm

At this meeting we will discuss program philosophy, meets, team events, logistical details, and place gear orders. While kids are welcome to join, this meeting is primarily for parents.

Pre-Season Practice Schedule - May 16 - June 2

Monday-Thursday:

Group 1: 4:30-5 PM

Group 2: 5-5:30 PM

Group 3: 5:30-6:15 PM

Group 4: 6:15-7 PM

Summer Practice Schedule - June 6 - Aug 2

Monday-Thursday Indoor:

Group 1: 4:15-4:45 PM

Group 2: 4:45-5:30 PM

Group 3: 5:30-6:15 PM

Group 4 6:15-7:15 PM

Fridays Outdoor:

G3&4: 7-8:30 AM

G1&2: 7:45-8:30 AM

Meet Schedule:

Friday, June 10: Time Trial @JCC

Others TBA

Team Activity Dates: TBA

No-Swim Dates

Memorial Day: Monday, May 30

Independence Day: Monday, July 4

Shalom on the Range: Wednesday-Thursday, June 22-23

JELLYFISH TRAINING GROUPS

Swimmers are divided by age, skill proficiency, training ability and instructional maturity. Please see individual group breakdowns for a summary of the skills required to enter each group. You may also contact the coach to schedule a swim assessment to make the right placement.

Jellyfish Training Group 1:

Pre-Season: May 16 - June 2:

Monday-Thursday Indoor 4:30-5 PM

Summer-Season June 6 - Aug 2:

Monday-Thursday Indoor 4:15-4:45 PM; Fridays Outdoor 7:45-8:30 AM

Cost: \$450

About Practice Group 1: This training group is for swimmers who can comfortably swim freestyle and backstroke unassisted for a minimum of 25y in addition to performing the safety skills of floating and treading water. Stroke form does not need to be perfect, but freestyle should have the face in the water with nose bubbles, breathing towards the side, and arms that leave the water (not doggie-paddle). In backstroke, the arms move in opposition and the lower body is near the surface. Most importantly, to have a positive experience, swimmers need to be emotionally ready for a team environment. This means communicating questions and fears, following directions, remain focused in a loud environment, and being willing to try new things without extensive individual attention.

Over the summer we will work to refine freestyle and backstroke to become faster and more efficient with better stroke mechanics, body position, and speed skills such as streamlining, underwater kicking, and flip turns.

Jellyfish Group 1 Entry Benchmarks:

Master set skills required for Jr. Jellies plus:

Instructional Maturity - Communicates questions and fears. Follows directions and willing to try new things without requiring prolonged individual attention.

Swim 25y Freestyle Unassisted (no stops or holding lane line)

Demonstrating the following Skills:

Face in-water with Nose Bubbles

Breathes toward side (doesn't need to be perfect, but not looking forward)

Arms leave the water (not doggie paddle)

Swim 25y Backstroke Unassisted (no stops or holding lane line)

Demonstrating the following Skills:

Lower body near the surface

Arms move in opposition

Jellyfish Training Group 2:

Pre-Season: May 16 - June 2:

Monday-Thursday Indoor 5-5:30 PM

Summer-Season June 6 - Aug 2:

Monday-Thursday Indoor 4:45-5:30 PM; Fridays outdoor 7:45-8:30 AM

Cost: \$450

About Practice Group 2: This training group is for swimmers with solid competitive strokes in freestyle and backstroke. They demonstrate an understanding of streamlining, body balance, and have an effective flutter kick. Over the summer they will continue to refine these skills while also beginning to work on breaststroke and butterfly technique.

Jellyfish Group 2 Entry Benchmarks:

Master set skills required for Group 1 plus:

Reliably uses streamlines off walls

Buoyant body position in Freestyle

Buoyant body position in Backstroke

Freestyle side-breathing with minimal head lift

Scull 25y (any body position)

Jellyfish Training Group 3:

Pre-Season: May 16 - June 2:

Monday-Thursday Indoor 5:30-6:15 PM

Summer-Season June 6 - Aug 2:

Monday-Thursday Indoor 5:30-6:15 PM; Fridays Outdoor 7:00-8:30 AM

Cost: \$450

Minimum age: rising 4th-grader

About Practice Group 3: This training group is for swimmers who have mastered the fundamentals of freestyle and backstroke, and who can perform both breast stroke and butterfly, but need help making the strokes meet-legal. Over the summer they will continue to develop endurance and speed in freestyle and backstroke, while also taking a deep dive into the horizontal axis strokes.

Minimum age: rising 4th-grader.

Jellyfish Group 3 Entry Benchmarks:

Master set skills required for Group 2 plus:

Utilizes rotation in freestyle

Uses a regular breathing pattern in freestyle

Freestyle breathing with no head-lift

Flutter kick in freestyle is at surface with minimal knee bend

Practices flipturns during sets without being asked

Utilizes rotation in backstroke

Knows stroke count from flags to wall and finishes backstroke legally

Breast stroke kick utilizes ankle flexion

Breast stroke kick powers inward, not to the sides or down

Understands and can perform chest press/undulation/body roll for butterfly

Jellyfish Training Group 4:

Pre-Season: May 16 - June 2:

Monday-Thursday Indoor 6:15-7 PM

Summer-Season June 6 - Aug 2:

Monday-Thursday Indoor 6:15-7:15 PM; Fridays Outdoor 7:00-8:30 AM

Cost: \$450

Minimum Age: Rising 7th grader

About Practice Group 4: This practice group is for swimmers with an understanding of all four strokes who are beginning to focus on efficiency, power, and racing skills. Swimmers entering this group demonstrate technically proficient freestyle and backstroke, meet-legal breast stroke and are able to perform a minimum of 25y butterfly.

Minimum Age: Rising 7th grader

Jellyfish Group 4 Entry Benchmarks:

Master set skills required for Group 3 plus:

EVF/High-Elbow pull in Freestyle

Can perform backstroke starts with fluid underwaters to surface

Breaststroke is swam legally

Breaststroke kick is not just legal, but correct

Breaststroke pull/breathe/kick timing are correct

Can swim 25y legal butterfly

Interested in swimming as a high-schooler? Contact Sage.

COACHES:

Sage Maaranen: Head Swim Coach, smaaranen@slcjcc.org

Maddie Day: Jr. Jellies Coach, mday@slcjcc.org

Isaac Eaton: Assistant Coach

Seth Overman: Assistant Coach



REGISTRATION BEGINS JANUARY 18!

slcjcc.org/camp • 801-581-0098



IJ & Jeanné Wagner
Jewish Community Center
2 North Medical Drive
Salt Lake City, Utah 84113



United Jewish Federation of Utah
| Together, we're building community!