



- Aquatic Coordinator.....259-4185
- Aquatic Hotline 259-3232

JCWCC Pool Schedule

- Monday-Thursday..... 6am-9pm
- Friday 6am-8pm
- Saturday 9am-6pm
- Sunday 1-6pm

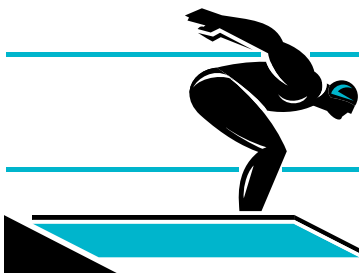
The JCWCC will be closed for the following holidays:

- Thanksgiving... Thursday, November 24
- Christmas Eve.. Saturday, December 24
- Christmas..... Sunday, December 25
- New Year's.....Sunday, January 1

Unless otherwise noted, all aquatic classes are held at the James City/Williamsburg Community Center (JCWCC) indoor pool.

Circle swimming (lane sharing) is encouraged for lap swimming during peak hours. For Pool Activities, pick up an Aquatic Calendar of Events at the Front Desk or online at www.jccEgov.com/recreation.

The Williamsburg Aquatic Club (WAC) practices at the JCWCC Monday-Friday, 3-5pm and 7:30-9pm. WAC is a partnered program with James City County. WAC uses 5 lanes during scheduled practice times.



Pool Rules

- Children ages 6-11 must pass the swim proficiency test to swim alone. Children ages 11 and younger who have not passed the swim proficiency test must be accompanied in the water by an adult, 16 or older, within arms reach at all times.
- Adults only are allowed to use the whirlpool. Children age 12 and older may use if accompanied by guardian.
- No street clothes or shoes permitted on pool deck.
- Parents are encouraged to view lessons from the bleachers.

For the complete list of pool rules, call the Aquatic Coordinator at 259-4185.

Aquatic Registration Dates

Please register only for the one aquatic course you need versus registering for all courses offered in each brochure. There are now individual, two- or three-week registration periods. Once you have successfully passed a class, you can register for the next level during the open registration periods listed below. You can register at the community centers or online at jccEgov.com/recreation:

- 9/6-9/18
- 10/10-10/23
- 11/14-11/27
- 1/2-1/15
- 2/13-2/26

Free Swim Evaluations

If you are new to the County and the American Red Cross Learn to Swim program, we will be offering free swim evaluations on the following evenings during the registration periods. You may stop by the JCWCC anytime between 4:30 and 6:30pm.

T	9/13	109000-A
M	10/10	110000-A
M	11/14	111000-A
M	1/2	101000-A
M	2/13	102000-A

Child Private Lessons

(ages 5-18) – *for swimmers who need a one-on-one environment for learning.*

Each lesson consists of 30 minutes of individual instruction based on the child's specific needs. Lessons are taught based on instructor availability. To schedule, call 259-4185. Cancellations and postponements require 24-hour notice to avoid being charged for the scheduled class, except in cases of an emergency.

9/1-9/30	\$25/lesson	109530-A
10/1-10/31	\$25/lesson	110530-A
11/1-11/30	\$25/lesson	111530-A
12/1-12/31	\$25/lesson	112530-A
1/1-1/31	\$25/lesson	101530-A
2/1-2/29	\$25/lesson	102530-A

Semi-Private Classes

Limited to 3 children

For swimmers to learn in a smaller class setting.

Splish N Splash Semi-Private Class (ages 3-5)

- Putting face in water and bubble blowing
- Kicking with support
- Entering and exiting the water safely
- Floating with assistance on both the front and back
- \$75/\$70 per session

Sat	9/24-11/12	12:30-1:15pm	109410-A
Sat	1/21-3/10	12:30-1:15pm	101410-A

Splash N Swim Semi-Private Class (ages 5-7)

- Bobbing
- Floating unsupported on front and back
- Introduction to front and back crawl (arm and leg actions both separate and combined)
- Retrieving objects from pool bottom
- Jumping into three to five feet of water
- \$75/\$70 per session

Sat	9/24-11/12	12:30-1:15pm	109420-A
Sat	1/21-3/10	12:30-1:15pm	101420-A

Swimmers Semi-Private Class

(ages 8-12)

- Breathing to the side
- Butterfly
- Freestyle
- Breaststroke
- Sidestroke
- Backstroke
- Any part of a stroke
- \$75/\$70 per session

Sat 9/24-11/12 12:30-1:15pm 109430-A

Sat 1/21-3/10 12:30-1:15pm 101430-A

American Red Cross Learn to Swim Levels

This swim program is progressive and taught by an American Red Cross Certified Water Safety Instructor.

On average, participants repeat each level two to three times before becoming proficient in the required skills. This is very important for successful completion of each level. The ages on all swimming levels after Preschool is 5 and older. If a child is 4 years old and has successfully completed Preschool, they may register for American Red Cross Levels 1 or 2.

Parent and Child Aquatics

(ages 5 months - 3 years)

- Introducing water to young children
- Water safety course for parents
- Parents must be in water with the child
- Swim diaper required
- Class size is limited to a maximum of 15 children
- \$40/\$35 per session unless otherwise noted

T/Th 9/20-10/13 10:30-11am 109010-A
Sat 9/24-11/12 9:30-10am 109010-B

T/Th 10/25-11/17 10:30-11am 110010-A
T/Th 10/25-11/17 4:30-5pm 110010-B

T/Th 11/29-12/15 10:30-11am \$35/\$30 111010-A

T/Th 11/29-12/15 4:30-5pm \$35/\$30 111010-B

T/Th 1/17-2/9 10:30-11am 101010-A

T/Th 1/17-2/9 4:30-5pm 101010-B

Sat 1/21-3/10 9:30-10am 101010-C

T/Th 2/28-3/22 10:30-11am 102010-A

T/Th 2/28-3/22 4:30-5pm 102010-B

Preschool Aquatics (ages 3-5)

- Enter and exit the water in safe manner
- Feel comfortable in the water
- Submerge in a rhythmic pattern
- Explore buoyancy in a front and back position
- Perform combined strokes on front and back
- Change body positions in water
- Non-toilet trained children must wear a swim diaper
- Class size is limited to a maximum of 15 children per three instructors.
- \$45/\$40 per session unless otherwise noted

T/Th 9/20-10/13 10:30-11:15am 109020-A

T/Th 9/20-10/13 4:30-5:15pm 109020-B

F 9/23-11/11 10:30-11:15am 109020-C

Sat 9/24-11/12 9:30-10:15am 109020-D

T/Th 10/25-11/17 10:30-11:15am 110020-A

T/Th 10/25-11/17 4:30-5:15pm 110020-B

T/Th 11/29-12/15 10:30-11:15am \$40/\$35 111020-A

T/Th 11/29-12/15 4:30-5:15pm \$40/\$35 111020-B

T/Th 1/17-2/9 10:30-11:15am 101020-A

T/Th 1/17-2/9 4:30-5:15pm 101020-B

F 1/20-3/9 10:30-11:15am 101020-C

Sat 1/21-3/10 9:30-10:15am 101020-D

T/Th 2/28-3/22 10:30-11:15am 102020-A

T/Th 2/28-3/22 4:30-5:15pm 102020-B

LEVEL 1 – Introduction to Water Skills (ages 5+)

- There are no prerequisites for this course
- Help students feel comfortable in water and enjoy the water safely
- Introduced to elementary aquatic skills which will be built upon throughout the five levels of the Learn To Swim Program.
- Youth who have some experience with the water may begin the program at a higher level.
- \$45/\$40 per session unless otherwise noted

T/Th 9/20-10/13 11:30am-12:15pm 109210-A

T/Th 9/20-10/13 5:30-6:15pm 109210-B

F 9/23-11/11 11:30-12:15pm 109210-C

Sat 9/24-11/12 10:30-11:15am 109210-D

T/Th 10/25-11/17 11:30-12:15pm 110210-A

T/Th 10/25-11/17 5:30-6:15pm 110210-B

T/Th 11/29-12/15 11:30-12:15pm \$40/\$35 111210-A

Aquatics



T/Th 11/29-12/15 5:30-6:15pm \$40/\$35 111210-B

T/Th 1/17-2/9 11:30-12:15pm 101210-A

T/Th 1/17-2/9 5:30-6:15pm 101210-B

F 1/20-3/9 11:30-12:15pm 101210-C

Sat 1/21-3/10 10:30-11:15am 101210-D

T/Th 2/28-3/22 11:30-12:15pm 102210-A

T/Th 2/28-3/22 5:30-6:15pm 102210-B

LEVEL 2 – Fundamental Aquatic Skills

Students entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements in Level 1.

- Float without support and recover to a vertical position
- Beginning of true locomotion skills
- Explore simultaneous and alternating arm and leg actions on their front and back
- \$45/\$40 per session unless otherwise noted

M/W 9/19-10/12 4:30-5:15pm 109220-A

M/W 9/19-10/12 5:30-6:15pm 109220-B

T/Th 9/20-10/13 11:30am-12:15pm 109220-C

T/Th 9/20-10/13 5:30-6:15pm 109220-D

T/Th 9/20-10/13 6:30-7:15pm 109220-E

F 9/23-11/11 11:30-12:15pm 109220-F

Sat 9/24-11/12 10:30-11:15am 109220-G

Sat 9/24-11/12 11:30-12:15pm 109220-H

M/W 10/24-11/16 4:30-5:15pm 110220-A

M/W 10/24-11/16 5:30-6:15pm 110220-B

T/Th 10/25-11/17 11:30am-12:15pm 110220-C

T/Th 10/25-11/17 5:30-6:15pm 110220-D

T/Th 10/25-11/17 6:30-7:15pm 110220-E

M/W 11/28-12/14 4:30-5:15pm \$40/\$35 111220-A

M/W 11/28-12/14 5:30-6:15pm \$40/\$35 111220-B

T/Th 11/29-12/15 11:30-12:15pm \$40/\$35 111220-C

T/Th 11/29-12/15 5:30-6:15pm \$40/\$35 111220-D

T/Th 11/29-12/15 6:30-7:15pm \$40/\$35 111220-E



M/W	1/16-2/8	4:30-5:15pm	101220-A
M/W	1/16-2/8	5:30-6:15pm	101220-B
T/Th	1/17-2/9	11:30am-12:15pm	101220-C
T/Th	1/17-2/9	5:30-6:15pm	101220-D
T/Th	1/17-2/9	6:30-7:15pm	101220-E
F	1/20-3/9	11:30-12:15pm	101220-F
Sat	1/21-3/10	10:30-11:15am	101220-G
Sat	1/21-3/10	11:30am-12:15pm	101220-H
M/W	2/27-3/21	4:30-5:15pm	102220-A
M/W	2/27-3/21	5:30-6:15pm	102220-B
T/Th	2/28-3/22	11:30am-12:15pm	102220-C
T/Th	2/28-3/22	5:30-6:15pm	102220-D
T/Th	2/28-3/22	6:30-7:15pm	102220-E

LEVEL 3 – Stroke Development

Students entering this course must have a Level 2 certificate or be able to demonstrate all the completion requirements in Level 2.

- Coordinate the front crawl and back crawl
- Elements of the butterfly
- Fundamentals of treading water
- Must be able to swim 15 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

M/W	9/19-10/12	4:30-5:15pm	109230-A
M/W	9/19-10/12	5:30-6:15pm	109230-B
T/Th	9/20-10/13	12:30-1:15pm	109230-C
T/Th	9/20-10/13	5:30-6:15pm	109230-D
T/Th	9/20-10/13	6:30-7:15pm	109230-E
F	9/23-11/11	12:30-1:15pm	109230-F
Sat	9/24-11/12	10:30-11:15am	109230-G
Sat	9/24-11/12	11:30am-12:15pm	109230-H

M/W	10/24-11/16	4:30-5:15pm	110230-A
M/W	10/24-11/16	5:30-6:15pm	110230-B
T/Th	10/25-11/17	11:30am-12:15pm	110230-C
T/Th	10/25-11/17	5:30-6:15pm	110230-D
T/Th	10/25-11/17	6:30-7:15pm	110230-E

M/W	11/28-12/14	4:30-5:15pm	\$40/\$35	111230-A
M/W	11/28-12/14	5:30-6:15pm	\$40/\$35	111230-B
T/Th	11/29-12/15	11:30-12:15pm	\$40/\$35	111230-C

T/Th	11/29-12/15	5:30-6:15pm	\$40/\$35	111230-D
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T/Th	11/29-12/15	6:30-7:15pm	\$40/\$35	111230-E
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M/W	1/16-2/8	4:30-5:15pm	101230-A
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M/W	1/16-2/8	5:30-6:15pm	101230-B
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T/Th	1/17-2/9	11:30am-12:15pm	101230-C
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T/Th	1/17-2/9	5:30-6:15pm	101230-D
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T/Th	1/17-2/9	6:30-7:15pm	101230-E
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F	1/20-3/9	11:30am-12:15pm	101230-F
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Sat	1/21-3/10	10:30-11:15am	101230-G
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Sat	1/21-3/10	11:30am-12:15pm	101230-H
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M/W	2/27-3/21	4:30-5:15pm	102230-A
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M/W	2/27-3/21	5:30-6:15pm	102230-B
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T/Th	2/28-3/22	11:30am-12:15pm	102230-C
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T/Th	2/28-3/22	5:30-6:15pm	102230-D
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T/Th	2/28-3/22	6:30-7:15pm	102230-E
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LEVEL 4 – Stroke Improvement

Students must have a Level 3 certificate or be able to demonstrate all the completion requirements in Level 3.

- Improve skills and increase endurance by swimming familiar strokes for greater distances
- Build on the butterfly
- Introduced to the elementary backstroke, breaststroke and elements of the sidestroke
- Must be able to swim 25 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

M/W	9/19-10/12	5:30-6:15pm	109240-A
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T/Th	9/20-10/13	12:30-1:15pm	109240-B
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T/Th	9/20-10/13	5:30-6:15pm	109240-C
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T/Th	9/20-10/13	6:30-7:15pm	109240-D
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F	9/23-11/11	12:30-1:15pm	109240-E
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Sat	9/24-11/12	10:30-11:15am	109240-F
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Sat	9/24-11/12	11:30am-12:15pm	109240-G
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M/W	10/24-11/16	5:30-6:15pm	110240-A
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T/Th	10/25-11/17	6:30-7:15pm	110240-B
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M/W	11/28-12/14	5:30-6:15pm	\$40/\$35	111240-A
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T/Th	11/29-12/15	6:30-7:15pm	\$40/\$35	111240-B
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M/W	1/16-2/8	4:30-5:15pm	101240-A
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M/W	1/16-2/8	5:30-6:15pm	101240-B
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T/Th	1/17-2/9	5:30-6:15pm	101240-C
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T/Th	1/17-2/9	6:30-7:15pm	101240-D
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Sat	1/21-3/10	11:30am-12:15pm	101240-E
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M/W	2/27-3/21	4:30-5:15pm	102240-A
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M/W	2/27-3/21	5:30-6:15pm	102240-B
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T/Th	2/28-3/22	5:30-6:15pm	102240-C
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T/Th	2/28-3/22	6:30-7:15pm	102240-D
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LEVEL 5 – Stroke Refinement

Students must have a Level 4 certificate or be able to demonstrate all the course requirements in Level 4.

- Coordination and refinement of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke)
- Increase distances
- Flip turns on the front and back are introduced
- Must be able to swim 50 yards without stopping, face in the water prior to starting class
- \$45/\$40 per session unless otherwise noted

M/W	9/19-10/12	5:30-6:15pm	109250-A
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T/Th	9/20-10/13	6:30-7:15pm	109250-B
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Sat	9/24-11/12	11:30am-12:15pm	109250-C
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M/W	10/24-11/16	5:30-6:15pm	110250-A
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T/Th	10/25-11/17	6:30-7:15pm	110250-B
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M/W	11/28-12/14	5:30-6:15pm	\$40/\$35	111250-A
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T/Th	11/29-12/15	6:30-7:15pm	\$40/\$35	111250-B
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M/W	1/16-2/8	5:30-6:15pm	101250-A
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T/Th	1/17-2/9	6:30-7:15pm	101250-B
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Sat	1/21-3/10	11:30am-12:15pm	101250-C
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M/W	2/27-3/21	5:30-6:15pm	102250-A
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T/Th	2/28-3/22	6:30-7:15pm	102250-B
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LEVEL 6 – Rec Racers Fitness Swimmer

(ages 5-14)

Students must have a Level 5 certificate or be able to successfully swim one lap of crawl stroke and one lap of backstroke (1 lap = 50 yards).

- Refine strokes to swim with more ease, efficiency, power and smoothness over greater distances
- Good for swimmers who are interested in competitive swimming or who want to achieve a higher level of fitness
- Class is structured like a swim team
- \$95/\$90 per session

(ages 5-9)

M/W	9/19-11/16	5:30-6:15pm	109310-A
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T/Th	9/20-11/17	5:30-6:15pm	109310-B
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M/W	1/16-3/21	5:30-6:15pm	101310-A
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T/Th	1/17-3/22	5:30-6:15pm	101310-B
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(ages 10-14)

M/W	9/19-11/16	6:30-7:30pm	109320-A
T/Th	9/20-11/17	6:30-7:30pm	109320-B
M/W	1/16-3/21	6:30-7:30pm	101320-A
T/Th	1/17-3/22	6:30-7:30pm	101320-B

Adult Aquatic Programs

Adult Private Swim Lessons

(ages 18+)

Are you interested in learning how to swim or just taking a few classes to perfect your strokes? Training for a triathlon and need some stroke refinement? Classes will consist of 30 minutes of individual instruction based on the individual's specific needs. Lessons taught based on instructor availability. To schedule an appointment, call the Aquatic Program Coordinator at 259-4185. Cancellations and postponements require 24-hour notice, except in the case of an emergency. \$25/lesson.

9/1-9/30	109520-A
10/1-10/31	110520-A
11/1-11/30	111520-A
12/1-12/31	112520-A
1/1-1/31	101520-A
2/1-2/29	102520-A

Liquid Fitness Classes

- Wristbands or a combo pass are needed to participate in Liquid Fitness classes. Both 10-visit and monthly wristbands are available. See page 14 for prices.
- No swimming ability is required.
- Please consult a physician before beginning a class.

Note: Check the ♥ symbol located beside the Liquid Fitness classes to find a class to match your fitness needs. Please see the fitness schedule for times and dates of the classes.

- ♥ = Moderate, low intensity
- ♥♥ = medium intensity
- ♥♥♥ = high intensity

Liquid Fitness schedules are subject to change. Current schedules are available online and at the Front Desk. Monthly schedules are also emailed to participants who provide an email address at the time of registration. If there are classes you'd like to see offered, please don't hesitate to call the Aquatic Coordinator at 259-4185 with your suggestions.

Aqua Blast – 30 Minute Workout ♥♥♥♥

Don't have a lot of time in your schedule? Looking for a quick workout with low joint impact, but big results? Try out our new Aqua Blast workout class! Class will be centered on high intensity cardio and exercises using various workout formats.

Aqua Easy ♥

Are you looking to get back into exercise, but do not want a workout that is too strenuous? Class consists of low impact cardio workouts that work the whole body. Classes are structured so participants are comfortable moving at their own pace with guidance from their instructor.

Arthritis Foundation Aquatic Program ♥

Arthritis Water Exercise provides an environment for relieving arthritis pain and stiffness, and improving range of movement of joints affected by arthritis in soothing warm water. Water supports joints, lessens stress, allows free movement and provides mild resistance to build muscle strength. Participants perform range-of-motion, strengthening and aerobic exercise.

Aqua Zumba ♥♥♥♥

Looking for a unique way to get fit while having fun? Jump in the pool, dance away the calories, and get fit with Aqua Zumba. Workout to the traditional Zumba format of Latin moves done to upbeat, slightly slower tunes in the shallow end of the pool.

Hydro Sculpt ♥♥♥♥

Want to tone and sculpt lean muscles? This class is for you! Try our Hydro Sculpt aquatic workout to develop flexibility, endurance, and strength, while sculpting and toning your muscles. This class uses noodles, hand buoys, kickboards and floatation belts for a full body workout.

Hydro Spin & Core ♥♥♥♥

Hydro Spin is designed to target cardiovascular endurance, muscular toning, and strength building. Using your own body weight for resistance, and supported by buoyancy belts, you'll spin in water like you were seated on a bike on land. Must be comfortable in 5' deep water without feet touching the pool bottom.

Water Walking ♥♥♥

Class focuses on water walking combined with upper body exercises to increase flexibility and muscle tone. Instructor will guide participants through a variety of water walking techniques.

Water Cardio ♥♥♥♥

Get your heart rate up and your body moving in Water Cardio! Class is a high intensity cardiovascular workout to increase endurance and flexibility. Using various equipment and techniques, you will be put through an intense cardio workout without the strain on your joints like a land aerobic class.

Free Swim Evaluations

If you're unsure of your or your child's swimming needs, sign up for a free swim evaluation! Details on page 18.