



POOL GUIDE

POOL HOURS

Sat, May 25 – Sun, June 30

Mon – Fri 9am – 7pm
 Sat – Sun 11am – 7pm
 Lap Swim (M–F only) Ends at noon

Mon, July 1 – Fri, August 23

Mon – Fri

Lap Swim 7:15–8am
 Swim Lessons 3:30 – 4:30pm
 Open Swim 4:30 – 8pm

Sat & Sun

Swim Lessons 8 – 11am
 Open Swim 11am – 7pm

Sat, Aug. 24 – Mon, Sept. 2

Sun – Fri 9am – 7pm
 Saturday 10am – 7pm
 Lap Swim (M–F only) Ends at noon

Questions? Email aquatics@jccsyr.org

JCC POOL IS SET TO OPEN MAY 25!

The countdown has officially begun for many as we await the opening of the JCC’s two outdoor heated pools. The 2024 Pool Season will run from Saturday, May



25 – Monday, September 2. Both Full Fitness members and non-fitness members may utilize the pool. Membership is a 12-month commitment with different options to suit all families and needs. Please contact the membership director Nick Finlayson with any questions.

The large pool is 3.5 feet up to 9 feet with diving permitted at the far end of the pool. Lap Lanes can be installed.

The small pool is 2 feet – 3.5 feet and ideal for our youngest swimmers. Older children may be asked to go into the bigger pool if it gets too crowded.

A few things to remember this pool season:

- Please remember your membership card as you will need it to get into the building and to be swiped when checking in on the pool deck.
- All children aged 14 and under must always be supervised by an adult.
- Cars need to be parked in the main JCC lots and you must enter through the front doors. No parking on the road out back or entering the JCC from the back door is permitted.
- The lifeguards have the final say and are in charge of the safety of everyone at the pool.

POOL HOLIDAY HOURS

Mon, May 27 11am - 7pm
 Thurs, July 4 11am – 7pm
 Mon, Sept. 2 11am – 7pm

RED CROSS CERTIFIED SWIM LESSONS

Swim Lessons are open to all ages and abilities! It's never too late or early to learn to swim!

- Lessons are geared toward the swimmer's comfort level and ability.
- Lessons are 30 minutes long.
- Lessons are taught by Red Cross Certified Instructors
- JCC membership is not required to take swim lessons, however members receive a discount and priority.



How to Register:

Fill out a swim lesson registration located at www.jccsyr.org/pool and indicate preferred days and times.. Once the registration form is submitted, the aquatics team will review availability and a specific lifeguard will reach out to schedule. Full Payment is due at the time of registration.

Questions? Email aquatics@jccsyr.org

PRIVATE 1:1 SWIM LESSONS

Ages: All children and adults

Time: 30 minute sessions
Weekdays from 3:30 - 4:30 pm
Weekends from 8 - 11 am

Fee:

Member Pricing:

- 30-minute lesson: \$40
- 4- 30-minute lessons: \$140

Non-Member Pricing:

- 30-minute lesson: \$50
- 4- 30-minute lessons: \$185

SEMI-PRIVATE LESSONS

Ages: All children and adults

Time: 30 minute sessions
Weekdays from 3:30 - 4:30 pm
Weekends from 8 - 11 am

Fee: Groups of 2 - 3 participants. Groups are made up by the participants and swimmers must be of similar ability.

Member Pricing:

- 30-minute lesson: \$70
- 4- 30-minute lessons: \$250

Non-Member Pricing:

- 30-minutes lesson: \$90
- 4- 30-minute lessons: \$320

LEARN TO SWIM LEVELS

Level 0 • Water Babies

Help your baby learn to swim! This special class is for parent(s) and babies ages 6-months to 3-years old.

Level 1 • Water Exploration

Swimmers will put their faces in the water for three seconds, practice supported front and back floats and blow bubbles.

Level 2 • Primary Skills

Swimmers will learn to float unsupported on their front and back, flutter kick and begin preliminary arm strokes.

Level 3 • Stroke Readiness

In this class swimmers 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.

Level 5 • Mastery

Swimmers will learn or improve to the point of stroke mastery. Learning strokes such as the butterfly, open and closed-flip turns and more!



AQUA FITNESS

J-RAY SWIM CLUB

Become a better swimmer while having fun! Have your child experience a taste of a swim team. Our certified Water Safety Instructors will work on stroke development, endurance and teamwork. Children will receive a team T-shirt and compete in a mini inner squad swim meet.

Requirements: Must be able to pass the JCC's Orange Level Swim test.

Swim front crawl with their face in the water, the width of the pool.

Tread water with their head above water for 30 seconds.

- **Dates:** July 1 – August 23
- **Days:** Mondays, Wednesdays, and Fridays
- **Times:** 8:00 pm – 8:45 pm
- **Cost:** \$375 for JCC Family Members only. Limited space available.



Aqua Fit shows you how fun and effective working out in the water can be! Join us for a class designed to improve overall cardiovascular fitness and flexibility. Classes are set to music and are sure to get your heart rate pumping, increasing your strength while taking the stress off of joints. All ages and abilities are welcome! For more information about Aqua Fit and other group exercise classes please email Paula Pacini at ppacini@jccsy.org.

Class Times:

- Tuesdays from 8:00am - 8:45am
- Thursdays July 11 - August 29 from 8:00 am - 8:45 am
- Special June Class on Thursdays from 10:15 am - 11:00 am (June 6, 13, 20 and 27)

Cost:

- Free for JCC Fitness Members
- \$10 per class for non-fitness members

For more information about group Aqua Fitness classes, email Paula Pacini at ppacini@jccsy.org.





MEMBERSHIP

Membership

Your JCC of Syracuse Membership Department is dedicated to developing and maintaining relationships with current and prospective JCC members. We're all about strengthening the JCC through member participation and support by providing individualized service and attention as well as accountable actions.

Join the JCC!

The JCC of Syracuse offers a variety of flexible membership options to anyone in the community. Members enjoy use of the center, the outdoor heated pool, access to the fitness facilities and program exclusives and discounts. Specific benefits vary depending on whether you join as a Full-Facility (Fitness) or Non-Fitness member. Please see the chart at right for details.



You do not have to be Jewish to become a member of the JCC of Syracuse. Your JCC membership is a one-year commitment and automatically renews each year unless cancellation notice is given in writing. Annual membership is non-refundable and payment is due in full upon joining. Or, for your convenience, monthly payment plans are available including automatic payments from your credit or debit card. Enroll today by completing pages 2-3.

Dedicated to serving our community

As a 501(c)(3) not-for-profit community center, our mission is to serve our community. We occasionally offer membership allowances on a case-by-case basis to accommodate those with special needs and financial circumstances. Contact our Membership Director for additional details.

Questions?

For more information about joining the JCC of Syracuse, please contact our Membership Director at 315-445-2360, ext. 140.

JCC MEMBER BENEFITS**

Benefits	Full-Facility (FF)	Non-Fitness (NF)	Non-Member
Member Rates on Programs & Services.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Pool Membership	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Sports & Fitness Center	<input checked="" type="checkbox"/>		
Group Exercise Classes*	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Personal Training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fitness Assessment	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Massage	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nutritional Counseling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Special Fitness Packages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Indoor Running/Walking Track	<input checked="" type="checkbox"/>		
Towel Service	<input type="checkbox"/>		
Member Reciprocity	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Open Gym & Leagues	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Campus Play Grounds & Courts	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Senior Lunch Program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Access to Early Childhood Development Program (ECDP)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Room/Space Rental	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pickleball	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Included with membership
- Additional fees or restrictions may apply

*Per class fee applies to Tap.

**Some benefits may not be available at this time due to the coronavirus pandemic.

****Trial and discounted promotional memberships are not eligible for child care or other program discounts.



Membership Options & Rates

Please complete and submit this form along with the Membership Application form on page 3.

MEMBERSHIP OPTIONS

CATEGORY	CODE	TYPE	DESCRIPTION	FULL-FACILITY (FITNESS) (ANNUAL / MONTHLY)	NON-FITNESS (ANNUAL / MONTHLY)
Family	A	2-Parent Family	2 adult caregivers, children and dependent students w	\$899 / \$79	\$486 / \$44
Family	B	1-Parent Family	1 adult caregiver, children and dependent students	\$659 / \$60	\$369 / \$36
Couple	C	Adult Couple	1 adult couple with no dependents living at home	\$784 / \$69	\$440 / \$41
Individual	D	Individual Adult*	1 adult age 18+	\$573 / \$51	\$330 / \$29
Student	E	Individual Student*	Any student age 14+ with valid student ID	\$362 / \$34	N/A
Senior	F	Senior Adult	1 adult age 60+	\$510 / \$46	\$142 / \$16
Senior	G	Senior Special	1 adult age 60+, weekdays only	\$288 / \$27	N/A
Senior	H	Senior Couple	2 married adults, one is age 60+	\$709 / \$63	\$219 / \$21

*Individuals age 35 and younger may add a spouse to a Full-Facility (Fitness) membership for an additional \$99/year.

In the spirit of Tzedakah, please consider making a tax-deductible contribution along with your membership payment.

ADDITIONAL CONTRIBUTION

	I	Mitzvah	Monetary tax-deductible contribution in addition to any membership	Any amount
	J	Silver	Monetary tax-deductible contribution in addition to any membership	\$100
	K	Gold	Monetary tax-deductible contribution in addition to any membership	\$200
	L	Platinum	Monetary tax-deductible contribution in addition to any membership	\$300

LOCKER RENTAL (Full-Facility memberships only; optional)

	M	Small	Annual cost for a small personal locker; limited availability	\$50
	N	Large	Annual cost for a large personal locker; limited availability	\$100

ONE-TIME ENROLLMENT FEE (New and lapsed memberships only)

Full-Facility (Fitness) members – A, B, C, D	\$50	Non-Fitness members – A, B, C, D	\$30
Full-Facility (Fitness) Student/Senior – E, F, G, H	\$25	Non-Fitness Senior – F, H	\$15

PLEASE FULLY COMPLETE...

Today's Date:

Full Name:

Date of Birth:

REGISTRATION	CODE	AMOUNT
Membership Type (A–H)		
Additional Tax-Deductible Contribution (I–L)		
Locker Rental (Full-Facility only; M–N)		
Enrollment Fee (If applicable)	—	
	TOTAL	

In the spirit of Tzedakah, please consider making a tax-deductible contribution along with your membership payment.

Please complete the Membership Application on the next page. >>>

PAYMENT METHOD	<input type="checkbox"/> Check (Payable to JCC of Syracuse)	<input type="checkbox"/> Cash (Do not send cash in the mail)
<input type="checkbox"/> Credit Card (MC, Visa, Discover, Amex)		
Acct. #:	Exp. Date:	Security Code:
Cardholder Name:	Signature:	

If any check is returned unpaid by the bank a return check fee of \$50 will be incurred.



Membership Application

Please complete and submit this form along with the Membership Options & Rates form on page 2.

PRIMARY MEMBER

Title	<input type="checkbox"/> Mr.	<input type="checkbox"/> Mrs.	<input type="checkbox"/> Dr.	<input type="checkbox"/> Ms.	Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Last Name		First Name			Date of Birth		
Address		City		State	Zip		
Home Phone		Cell Phone		Email			
Occupation		Employer		Employer Phone			
Emergency Contact Name		Phone		Relationship			
Synagogue Affiliation (optional)				<input type="checkbox"/> No Affiliation		<input type="checkbox"/> Not Applicable	
How did you hear about us?							

MEMBER #2

Title	<input type="checkbox"/> Mr.	<input type="checkbox"/> Mrs.	<input type="checkbox"/> Dr.	<input type="checkbox"/> Ms.	Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female
Last Name		First Name			Date of Birth		
Address		City		State	Zip		
Home Phone		Cell Phone		Email			
Occupation		Employer		Employer Phone			

CHILDREN/DEPENDENT STUDENTS

Last Name	First Name	Gender	Date of Birth	School Grade/Year
		<input type="checkbox"/> M <input type="checkbox"/> F		
		<input type="checkbox"/> M <input type="checkbox"/> F		
		<input type="checkbox"/> M <input type="checkbox"/> F		
		<input type="checkbox"/> M <input type="checkbox"/> F		

Need to list additional children? Please use a separate sheet.

AGREEMENT/SIGNATURE

I, the undersigned primary member, for myself and all persons listed above, hereby agree to the following:

I am applying for membership with the Jewish Community Center (JCC) of Syracuse. I agree to abide by its rules and bylaws. I understand that all members 18 years and older may participate in the JCC's annual meeting.

I understand that membership dues are payable in full at the time of joining or renewal unless a payment plan

has been approved in advance. A payment plan only specifies the manner in which payments will be made and does not reflect a month-to-month membership commitment. If paying by monthly automatic payments from a credit card, I authorize the JCC of Syracuse to automatically charge my credit card account for each consecutive month of the plan.

I understand that membership dues are automatically renewed each year unless I give notice in writing.

Note that the JCC of Syracuse reserves the right to cancel a membership for any reason at any time with appropriate notice. I understand that membership is not transferable and membership dues are non-refundable.

Trial and discounted promotional memberships are not eligible for child care or other program discounts.

I have read and agree with these membership terms as acknowledged by my signature below.

Primary Member's Signature

Date