



# 2023 POOL GUIDE



**Join the JCC today and...  
swim in our pool all summer long!**

Affordable Fitness and Non-Fitness membership options available.

**For more information,  
call our Membership Director  
Nick Finlayson at  
315-445-2040, ext. 140.**

## Welcome JCC Members



Are you ready for the 2023 outdoor swimming season? The JCC's outdoor heated pools are a great gathering place for members and their guests to cool off, relax and exercise.

We are excited to offer many time slots for swim lessons. They include learn-to-swim private and semi-private swimming lessons. The lifeguards are eager to share their love of swimming with all!

Because the JCC pool is a members-only benefit, please remember to bring your membership card to the pool and check-in at the lifeguard desk upon entering the pool area. Thank you for being a JCC of Syracuse member. We hope to see you pool side!

Make the most of your membership by using the pool to its fullest this summer. Come swim after work, on weekends with family and friends or after early morning workouts. Incorporating the pool into your personal fitness training will add a new dimension to your exercise routine.

## Pool Calendar & Hours

### POOL HOURS

**Saturday, May 27 – Sunday, June 25**  
Monday – Friday . . . . . 9 am – 7 pm  
Saturday - Sunday. . . . . 11 am – 7 pm  
Lap Swim (Mon.–Fri. only) . . . Ends at noon

### POOL HOURS

**Monday, June 26 – Friday, August 18**  
Monday – Friday  
Lap Swim..... 7:15–8 am  
Scheduled swim lessons... 3:30 – 4:30 pm  
Open swim. . . . . 4:30 – 8 pm  
Saturday, Sunday  
Scheduled swim lessons... 8 – 11 am  
Open swim . . . . . 9 am – 7pm

**Tuesday, July 4 – Holiday** Open 11 am – 7 pm

### POOL HOURS

**Saturday, Aug. 19 – Monday, Sept. 4**  
Monday– Friday . . . . . 9 am – 7 pm  
Saturday - Sunday. . . . . 11 am – 7 pm  
Lap Swim (Mon.–Fri. only) . . . Ends at noon

**Monday, Sept. 4– Holiday** Open 11 am – 7 pm

## 2023 Pool Guide

### Swimming Lessons Program

Once again this year we will offer semi-private and private swimming lessons for both children and adults seven days a

**Children & Adults** week, outside of member swim time. We have added additional time to accommodate more lessons!

Taught by Red Cross certified instructors in the JCC's outdoor heated pool, swimmers of all skill levels are welcome. Infants as young as 6 months old, older children and adults can get started on learning to swim. We also offer lessons for advanced swimmers.



JCC membership is not required to take swimming lessons, however members receive a discount and priority.



#### 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!

#### Semi-Private Lessons (Up to 3 people)

**Ages:** All (children and adults)

**Time:** ½ hour; offered weekdays 3:30-4:30 pm, weekends 8-11 am

**Fee:** 2 or 3 people

M - \$60/lesson, \$220 for 4  
NM - \$75/lesson, \$270 for 4

#### Private Lessons

**Ages:** All (children and adults)

**Time:** ½ hour; offered weekdays 3:30-4:30 pm, weekends 8-11 am

**Fee:** M - \$40/lesson, \$140 for 4  
NM - \$50/lesson, \$185 for 4

M - JCC members, NM - non-members



## SWIMMING LESSON REGISTRATION

#### Register for swimming lessons:

Please fill out a swim lesson registration form located on our website at [www.jccsy.org](http://www.jccsy.org). The preferred method of receiving the form is via email to [aquatics@jccsy.org](mailto:aquatics@jccsy.org). Forms can also be dropped off at the main desk although pool staff may not be in daily until the pool is open. Once the form is received our aquatics team will review and confirm availability and a lifeguard will reach out to schedule swim lessons. JCC members receive a discounted rate and priority. Full payment is due at the time of registration. Requests for certain guards will be acknowledged but may not be possible.

**Cancellations, refunds & changes** We will notify you only if a lesson is canceled. Lessons may be canceled due to weather or other pool closures. In such cases, a full refund or credit will be issued if *lessons cannot be rescheduled*.

**Questions?** We are pleased to announce Taylor Roadarmel will be returning this summer as the JCC aquatics director. She will be overseeing all swim lessons, registrations and scheduling.

Please contact the Aquatics Department at 315-445-2040, ext. 101, or [aquatics@jccsy.org](mailto:aquatics@jccsy.org)

#### Membership

JCC membership is a one-year commitment. You may pay your membership in full upon joining or choose another payment option such as monthly automatic payments from your credit/debit card or bank account. For more information, contact Nick Finlayson, JCC membership director, at 315-445-2040, ext. 140, or [nfinlayson@jccsy.org](mailto:nfinlayson@jccsy.org).

## 2023 Pool Guide



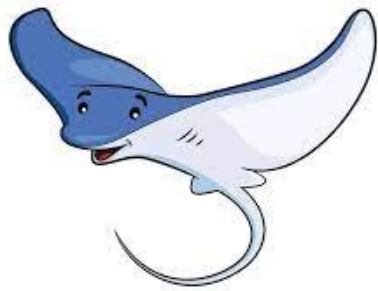
# Aqua Fitness

in the JCC's outdoor heated pool

DAYS	TIMES	
Tuesdays	8:00 - 8:45am	• Everyone welcome! • Free for JCC Fitness members • \$10 per class for non-Fitness members
Thursdays	10:15 - 11:00am - 6/1, 6/8, 6/15, 6/22	



315-445-2360 | www.jccsy.org



JCC of Syracuse

# J-Rays Swim Club

Become a better swimmer while having fun!

- Swim Front crawl with face in the water the width of the pool.
- Tread water with head above water for 30 seconds.

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.*

### Questions?

Contact us at 315-445-2360 or [abisnett@jccsy.org](mailto:abisnett@jccsy.org) .



5655 Thompson Rd. • DeWitt, NY • 315.445.2360 • www.jccsy.org



## POOL RULES



The decision of the lifeguards in all matters concerning the pool and the enforcement of these rules is final.

### CHILDREN AND THE POOL

1. All children under age 15 must be supervised at the pool by an adult, sibling or babysitter age 15 or older.
2. Children who are unable to stand with their heads completely above the water in the pool's shallow end must be accompanied in the water by a supervising adult, sibling or babysitter age 15 or older, unless they pass a test with the lifeguard. The test consists of swimming two widths of the pool and treading water for 30 seconds.
3. Swimming accessories such as inflatable toys, kickboards, water noodles etc. may only be used in either pool with permission from the lifeguard. Permission may be denied if the pool is crowded or if items are deemed potential safety hazards.
4. No child is allowed in the small pool unless accompanied by an adult, sibling or babysitter age 15 or older.
5. The small pool is intended for non-swimmers. It is not to be used as a play area by those with swimming ability. At the lifeguard's discretion, older children may be asked to leave the small pool.
6. Children who are not toilet trained must wear disposable diapers and plastic pants or special swimming diapers while in the pool.
7. Lifeguards have the final authority regarding safety issues in the pool and pool area.



## Aquatic Registration Form Summer 2023

### Billing Information

Last Name \_\_\_\_\_ First Name \_\_\_\_\_  Member  Non-Member  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email \_\_\_\_\_

### Swim Lessons

Private  Semi-Private (must provide group)

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Number of Lessons: \_\_\_\_\_ Fee: \_\_\_\_\_  
 Preferred Days of Lessons:  Monday  Tuesday  Wednesday  Thursday  Friday  Saturday  Sunday

Please note that schedule will be determined with the aquatics staff once registration is received.

Notes:

### J-Rays Swim Club (Family Membership Required)

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Grade (School Yr. 2023-24): \_\_\_\_\_ Fee: \$350

### Payment

Payment:  Cash  Check  CC # \_\_\_\_\_ Exp Dat: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Total Amount Enclosed: \_\_\_\_\_

### Emergency Authorization

Please Note: I hereby appoint the appropriate JCC staff members to act on my behalf in authorizing unexpected medical, dental or surgical care/or hospitalization for the below names minor(s) during the period of May 26, 2023, through September 4, 2023, in the event of my unavailability

Name	Date of Birth	Allergies/ Special Conditions

Medical/ dental /hospitalization coverage for the above minor(s):

Insurance company/ government program: \_\_\_\_\_ ID/ group # : \_\_\_\_\_

Physician: \_\_\_\_\_ Phone Number: \_\_\_\_\_

### Publicity Release

I hereby  give  do not give permissions for my above names child(ren) to be used in the JCC of Syracuse promotional pieces.

### Agreement/ Release Signature

I recognize that participating in athletic/recreation programs have certain inherent risks which the Jewish Community Center of Syracuse is not liable. I hereby, for myself, executors and administrators, waive and release any and all claims for damages I may seek against the JCC, or places used by the JCC in conjunction with this athletic/recreation program. I also recognize that medical expenses I may incur in connection with the participation in this athletic/recreation program are my own responsibility. I hereby appoint the appropriate JCC staff to act on my behalf in authorizing unexpected medical, dental, surgical or hospital care should I be unable to do so. I have read the preceding paragraph as acknowledgment by my signature below.

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



# 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.

**It is the policy of the JCC that all members and their guests, entering the building, be fully vaccinated and able to show proof of vaccination.**

### 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 315-445-2040, ext. 140.



### JCC MEMBER BENEFITS\*\*

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

■ Included with membership

∅ Additional fees or restrictions may apply

\*Per class fee applies to Tap and Ballroom Dance.

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

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





# Membership Options & Rates

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

## MEMBERSHIP OPTIONS

CATEGORY CODE	TYPE	DESCRIPTION	RATES (ANNUAL / MONTHLY)	
			FULL-FACILITY (FITNESS)	NON-FITNESS
Family	A	2 adult caregivers, children and dependent students within a single household	\$864/\$75	\$463/\$42
Family	B	1-Parent Family	\$628/\$57	\$351/\$34
Couple	C	Adult Couple	\$747/\$66	\$419/\$39
Individual	D	Individual Adult*	\$546/\$49	\$314/\$28
Student	E	Individual Student*	\$345/\$32	N/A
Senior	F	Senior Adult	\$486/\$44	\$135/\$15
Senior	G	Senior Special	\$274/\$26	N/A
Senior	H	Senior Couple	\$675/\$60	\$209/\$20

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

## 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:

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

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

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

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



# Membership Application

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

## 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