

Group Swim Lessons — Frequently Asked Questions

Stroum Jewish Community Center

Updated on August 19th, 2026

Our year-round group swim lesson program is designed around one simple belief: **children learn to swim best when learning is consistent, instructors know them personally, and families understand their progress.**

Rather than registering for a new session every few weeks, swimmers can remain enrolled throughout the school year with a consistent weekly schedule. Our instructors focus on building skills progressively, helping swimmers develop confidence, independence, and strong swimming fundamentals before advancing to the next skill or level.

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Registration & Enrollment:

How does year-round enrollment work?

Our group swim lesson year runs from September 8 through June 13.

Once your child is registered, they will remain enrolled in their class from month to month unless you notify us that you would like to discontinue lessons. This means families no longer need to re-register every few weeks or compete for the same class at the beginning of each session.

Do I need to register every month?

No. Once enrolled, your child's registration will continue from month to month.

You only need to contact us if you would like to discontinue lessons or if your swimmer needs to transition to another class.

Can I join mid-month, and is tuition prorated?

New swimmers are encouraged to begin at the start of the month whenever possible. However, if space is available, swimmers may be able to join a class mid-month.

Monthly tuition is not prorated, so the full monthly tuition will apply regardless of the number of lessons remaining in that month.

Can I join in the middle of the school year?

Yes! Families may join our program throughout the school year as space becomes available.

First you will find the appropriate class you are interested in on our registration page and you will sign up for the waitlist of that class. If there is space, we will work with you to determine when your swimmer can begin. If the class is full, your child may join the waitlist and we will contact you when a space becomes available.

What if I am not sure which class to register for?

We want every swimmer to begin in a class that best matches their current abilities.

Current swimmers will have a recommendation based on their instructor's evaluation that is in our system that will preset to the classes that you are able to register for.

New swimmers who are unsure of their appropriate level may be asked to complete a swim assessment before registering so we can recommend the best starting class. Email us at aquatics@sjcc.org to schedule a swim assessment.

What happens if the class I want is full?

You may join the waitlist for that class. When a space becomes available, we will contact families based on waitlist availability and placement procedures.

Because swimmers remain enrolled throughout the year, openings may occur when another swimmer moves levels, changes schedules, or discontinues lessons.

Where Does My Child Start?

Blue: Ages 3 years - 6 years:

Pre-Requisites	Starting Point	Formerly Known As
New Swimmer, little water experience	201: Water Confidence	Preschool Level 1
Can consistently float on their back for 10 seconds independently and tummy for 10 seconds independently	202: Body Control	Preschool Level 2
Swim freestyle and backstroke independently for 12.5 yards	203: Independent Swimming	Preschool Level 3

Cerulean: Ages 6 years- 12 years:

Pre-Requisites	Likely Starting Point	Formerly Known As
New swimmer, little water experience	301: Swim Essentials	Youth Level 1
Can consistently float on their back for 10 seconds independently and tummy for 10 seconds independently	302: Stroke Skills	Youth Level 2
Swim freestyle and backstroke independently for 12.5 yards	303: Stroke Progressions	Youth Level 3
Swim freestyle, backstroke, and breaststroke 25 yards, and 12.5 yards butterfly independently	304: Competitive Foundations	Pre-Comp Level 1
Swim freestyle, backstroke 100 yards, breaststroke 50 yards, butterfly 25 yards	305: Competitive Development	Pre-Comp Level 2

How do I know which level my child should register for if they swam with us this summer?

Current SJCC swimmers have instructor recommendations based on their most recent evaluations and that families can contact Aquatics if they are unsure of their recommended level.

My child seems eligible for more than one level. Which one should I choose?

Swimmers should register in the level where they have mastered the prerequisite skills, not simply been introduced to them, and that staff are available to help with placement questions.

Why does the website say my child is not eligible for a class?

Eligibility may be based on age, prerequisites, instructor recommendations, or assessment requirements.

My child is close to the minimum or maximum age for a class. Can they still participate?

The Aquatics staff can review individual situations and help determine the most appropriate placement.

Are morning or school-day lesson options available?

Program availability varies by season and participant group. Please refer to the current schedule for available lesson times.

Consistent Classes & Instructors:**Will my child have the same instructor all year?**

One of the goals of our year-round program is to provide swimmers with greater consistency. Whenever possible, your swimmer will attend the same day, same time, and have the same instructor each week.

This consistency allows instructors to get to know their swimmers, understand how they learn, monitor their progress, and build upon skills from week to week.

Occasionally, instructor changes may be necessary due to staffing, scheduling, illness, or other program needs. If a change is necessary, we will work to make the transition as smooth as possible.

Will my child have the same instructor if they take multiple lessons each week?

Not necessarily. Instructor assignments depend on their schedule and lesson availability. Some swimmers may work with the same instructor for multiple classes, while others may have different instructors.

Why is consistency important?

Swimming is a skill that develops through practice and repetition. Consistent lessons allow swimmers to build upon what they learned the previous week rather than continually restarting after breaks between short sessions.

It also gives instructors more time to build trust with swimmers and better understand their individual strengths, challenges, and learning needs.

Skill Progression & Moving Up:**How does my child progress through the swim program?**

Our curriculum follows a mastery-based progression.

This means swimmers do not move on simply because they have been introduced to a skill. Instructors look for swimmers to demonstrate skills safely, independently, and consistently before progressing to more advanced skills.

Skills build upon one another—from water comfort and breath control to body position, floating, gliding, kicking, stroke development, endurance, and more advanced swimming techniques.

Our goal is to build strong foundations rather than rush swimmers through levels.

What happens if my child masters some skills but is still working on others?

That's completely normal.

Swimmers develop different skills at different rates. An instructor may introduce more advanced skills in an area where a swimmer is ready while continuing to practice and strengthen another skill.

Remaining in a level does not mean that a swimmer has stopped progressing. It often means they are continuing to build the consistency, independence, or technique needed before moving to the next level.

How will I know how my child is progressing?

Families will receive progress reports that provide information about the skills their swimmer is working on and their progress within the curriculum.

Instructors continuously observe swimmers throughout lessons, allowing evaluations to reflect what swimmers can demonstrate consistently—not simply what they can perform once.

Does my child move up only at certain times of the year?

No. Swimmers may be ready to move up at different points throughout the year.

When an instructor determines that a swimmer has demonstrated the skills necessary to progress, the instructor will notify our Aquatics administration team. We will then work with the family to identify an appropriate class in the swimmer's new level.

What happens if my child moves up a level?

We will work with you to find the best available class option at your swimmer's new level.

Whenever possible, we will first look for an option that allows your child to maintain a similar schedule.

If my child moves up, can they keep the same day and time?

Possibly. If the appropriate level is offered at the same day and time and there is space available, your swimmer may be able to remain in that time slot.

If the appropriate class is full or has a waitlist, we will work with you to identify another available day and/or time.

What if my child isn't ready to move up yet?

That's okay. Our program emphasizes mastery over exposure.

Swimmers will continue practicing and strengthening their current skills until they can demonstrate the foundations needed for the next level. Instructors may adjust activities, teaching approaches, or skill progressions to help each swimmer continue making progress.

Can my child move into a higher level if I think they are ready?

Assessments or staff approval are required before enrolling in a more advanced class.

Progress Reports & Communication:

What information will I receive about my swimmer's progress?

Progress Reports will help families understand what their swimmer is currently working on, which skills they have demonstrated, and which areas are still developing.

These reports are intended to create clearer communication between families and instructors throughout the year and are on the child's account in the registration system. You can view these at anytime and will be updated at least every other month.

Can I talk with my child's instructor about their progress?

Yes. We encourage communication between families and instructors.

Because instructors need to supervise swimmers and prepare for their next class, longer conversations may need to be scheduled outside of lesson transition times. Families may also contact the Aquatics team with questions about their swimmer's progress or placement.

Cancelling or Pausing Lessons:

What if I want to stop lessons for one month?

Because registration is continuous, stopping for a month means cancelling your child's current enrollment.

You must email aquatics@sjcc.org at least one month before the next billing date to discontinue lessons for the following month.

For example, if you would like your child to stop lessons beginning in December, you must notify us by November 1.

Will you hold my child's spot if we take a month off?

No. We are unable to hold lesson spots.

Once you cancel your child's enrollment, their space may be offered to another swimmer. If you would like to return later, you will need to register for an available class or join the waitlist.

If we go on vacation, should I cancel our registration?

Families may choose whether they would like to remain enrolled while traveling.

Keeping your registration maintains your child's place in the class. If you cancel, we cannot guarantee that the same class, day, time, or instructor will still be available when you return.

Tuition is not prorated for lessons missed due to vacations or other personal absences.

Missed Lessons, Closures & Make-Ups:

Can we receive a make-up lesson if my child misses class?

No. We are unable to offer make-up lessons for individually missed classes.

Because our classes maintain consistent enrollment and class sizes, we cannot move swimmers into other classes to make up personal absences.

Is tuition based on the number of lessons offered each month?

No. Tuition is a consistent monthly rate and is not calculated based on the number of lesson dates that fall within a particular month.

For example, one weekday may have three scheduled lessons during a month while another has four. Both classes will be billed at the same monthly rate.

The only tuition difference is between SJCC member and guest rates.

What happens if SJCC cancels a lesson?

If a lesson is cancelled by SJCC, families will receive communication from the Aquatics team regarding how the cancelled lesson will be addressed.

Our annual calendar includes a built-in make-up week from June 7–13 to provide flexibility for program-wide cancellations that may occur during the year.

Lesson Calendar & Move-Up Week:

What dates are group swim lessons offered?

The year-round group swim lesson program runs from September 8 through June 13.

Lessons are not necessarily held every week during that period. Scheduled breaks, holidays, closures, and other no-lesson dates are identified on the Group Swim Lesson Calendar.

Please refer to the calendar PDF on our website for specific lesson dates.

What is Move-Up Week?

The week of June 7–13 serves as both our built-in make-up week and Move-Up Week.

During this week, instructors will complete final swimmer evaluations, review progress from the year, and determine appropriate level recommendations for swimmers moving forward.

It is also an opportunity to celebrate how much swimmers have accomplished throughout the year.

Where can I find all of the lesson dates?

Please refer to the Group Swim Lesson Calendar on our website.

We recommend saving a copy of the calendar and referring to it throughout the year, as it identifies all scheduled lesson dates, breaks, and other important program dates.

New Swimmer Assessments:

Does my child need an assessment before registering?

Current swimmers will have a level recommendation based on their instructor's evaluation that is in our system that will preset to the classes that you are able to register for.

New swimmers who are unsure of their appropriate level may be asked to complete a swim assessment before registering so we can recommend the best starting class. Email us at aquatics@sjcc.org to schedule a swim assessment.

What happens during a swim assessment?

Assessments are brief opportunities for our instructors to observe a swimmer's current comfort level and swimming skills.

Depending on the swimmer's experience, instructors may look at skills such as water comfort, breath control, floating, body position, kicking, independent swimming, and stroke development.

The assessment is not a test that a swimmer passes or fails. It simply helps us recommend the class where they are most likely to be successful.

Swim+ & Shuttling:

What is Swim+?

Swim+ is designed to make busy afternoons easier by combining your child's swim lesson with additional after-school support and convenience.

Perfect for busy families looking for a simpler, more convenient after-school routine.

Additional information about Swim+, including eligibility, schedules, and procedures, will be provided separately.

What is the difference between Swim+ and Kidstown?

Kidstown provides a full array of enrichment and after-school childcare. Swim+ is an aquatics-focused add-on that coordinates supervision and transportation to and from swim lessons as part of a connected after-school experience at Kidstown.

If my child already attends Kidstown, do I need Swim+?

Swim+ is designed to simplify transportation and supervision before and after swim lessons. Depending on your child's existing Kidstown enrollment and schedule, Swim+ may or may not be necessary. Contact us and we'll help determine the best option.

Do you pick up children from FASPS?

If your child is enrolled in Kidstown, the Kidstown program will pick them up from FASPS and bring them to Kidstown.

Our swim lesson staff will then pick your child up from Kidstown and escort them to their scheduled swim lesson.

Please refer to the Shuttling Procedures section of our Group Swim Lessons Policies & Procedures for complete eligibility requirements and procedures.

Will swim staff help my child get ready for their lesson?

Specific changing, supervision, and shuttling procedures will depend on your child's enrollment and program eligibility. Please review the Swim+ and Shuttling Procedures for details about what families should pack, where swimmers will change, and how children transition to and from their lesson.

Recreational Swim Team:

Does Swim Team require a tryout or assessment?

Some swimmers may require an assessment or staff approval before enrollment to ensure they can safely and successfully participate in swim team practices.

Can my child participate on another swim team while enrolled at the SJCC?

Yes. Many swimmers participate in seasonal swim teams while maintaining year-round swim instruction. We are happy to discuss whether our program is the right fit for your swimmer's goals.

Can we withdraw from Swim Team during the year?

Reference the same cancellation policy that applies to group lessons.

Our Teaching Approach:

What is different about the new swim program?

The biggest difference is continuity.

Instead of treating swimming as a series of short, separate sessions, our year-round model allows instructors to build skills progressively over time.

Our teaching approach focuses on:

- **Consistency** — regular weekly lessons help skills become more reliable.
- **Connection** — instructors get to know their swimmers and how they learn.
- **Mastery** — swimmers build strong foundations before progressing.
- **Individual Growth** — children may progress through skills at different rates.
- **Communication** — families receive regular information about their swimmer's development.
- **Confidence** — our goal is not simply to complete levels, but to develop safe, capable, confident swimmers.

What are the expectations during swim lessons?

Our three core pool expectations are simple:

Be Safe. Be Kind. Have Fun.

These expectations guide how swimmers interact with instructors, classmates, and the pool environment.

What if my child is nervous or afraid of the water?

That's okay. Water comfort and confidence are part of learning to swim.

Our instructors work to build trust and connection before expecting swimmers to perform more advanced skills. Skills are introduced progressively, and instructors can modify activities and support based on what each swimmer needs.

We believe every child can make progress, but that progress may look different from swimmer to swimmer.

Billing:**Why was I charged \$100 at registration instead of the full monthly tuition?**

A registration deposit secures your swimmer's place in class. Any remaining balance will be billed according to the program billing schedule.

Why does September look more expensive than other months?

It isn't more expensive. Registration may include both an initial deposit and then a balance of the remaining first month's tuition. Your account statement will show the individual charges separately.

When will I be billed?

Tuition will be processed using the card on file on the first of each month.

Monthly billing will continue until you notify us that you would like to discontinue lessons in accordance with our cancellation policy.

Still Have Questions?

We're excited to welcome families into our new year-round swim program and look forward to providing swimmers with greater consistency, stronger instructor relationships, clearer progress communication, and more opportunities for long-term growth.

For questions about registration, placement, billing, class availability, or your swimmer's progress, please contact the **Aquatics Team** at [**aquatics@sjcc.org**](mailto:aquatics@sjcc.org).

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