

Leon & Toby Cooperman JCC
Ross Family Campus
760 Northfield Avenue
West Orange, New Jersey
973-530-3400

JCC Aquatics

Adult Exercise & Swim Programs

High School • Adults

We offer options for adult swimmers and non-swimmers: group and private swim lessons, Masters swim program, scuba diving classes, aquatic personal training, water walking, Arthritis Foundation Aquatic Program, and group water exercise classes. Our pools are temperature regulated for lap swimming and class instruction.

Masters Swim Program

An interactive program designed for adults in college and older to provide fun, fitness, and optional friendly competition in a positive environment of athletic encouragement. Learn proper techniques and train for competition or join for fun and exercise.

Aquatics Personal Training • Anti-Gravity

Whether you are looking to improve your cardiovascular endurance or rehabilitate a chronic source of pain, working out in the water is the answer. Making aquatic exercise part of your training program allows you to work longer in your training zone and use more fat as a fuel source.

Speciality Classes

American Red Cross (ARC) Classes

JCC MetroWest is an authorized provider of ARC Aquatic Health and Safety classes and the leading agency in northern New Jersey in training ARC Aquatic professionals. We offer a full range of ARC Aquatic and Health & Safety classes.

Scuba Diving

We have teamed up with the Underwater Adventures Dive Center to bring the amazing world of scuba diving to you. Certified PADI instructors make this program a safe and fun experience.

Contact our Aquatics Hotline Today!
973-530-3422

something for every body we've got it!

www.jccmetrowest.org

JCC MetroWest is a beneficiary agency of United Jewish Communities of MetroWest New Jersey.



Jewish Community Center
of MetroWest New Jersey

JCC
metrowest



Jump in... the Water's Fine!

- Heated Indoor Pools
- Learn to Swim Programs
- American Red Cross Instructors
- Low Instructor/Student Ratio
- Swim Teams
- Aquatic Fitness Training
- Scuba Diving
- American Red Cross Aquatic and Health & Safety Classes

We feature lap swimming, family swim, and aquatics classes for infants through senior adults as well as personal aquatic and fitness training, water walking, and water exercise in our heated pools. We are an authorized provider of American Red Cross Aquatic and Health & Safety courses and are the leading agency in northern New Jersey for training aquatic professionals.

Come Swim With Us!

Our Facilities

- 25 yard Helen Messing Memorial Pool (graduated depth 3.5 ft. to 9 ft.)
- 25 yard Ken Heyman Memorial Pool (4 ft. depth)
- Adult/Child Locker Rooms & Adult-Only Locker Rooms
- Family Changing Room
- Kid Care – Babysitting for Children Ages 6 weeks-5 years

Learn to Swim Program

American Red Cross • Parent | Child • Preschool • Grade School

We offer swimming lessons individually tailored for every age and stage.

Parent | Child Classes

Ages 6 months-5 years

For each level of Parent and Child Aquatics, our instructors follow a cohesive plan that is developmentally appropriate for infants and young children. Routines are extremely important to your young swimmer. Each class uses toys, songs, and games to keep children engaged and enjoying the water experience, while teaching them basic aquatic skills.

Preschool Classes

Ages 3 1/2-5 years

The Preschool Aquatics program consists of three levels of progressive, age appropriate swim instruction. For each level, our instructors introduce new skills that are developmentally appropriate for young children. Each class is filled with enjoyable, engaging, and challenging activities that motivate children to want to perform and learn to swim.

Grade School Classes

Ages 6-14 years

The Learn-to-Swim program consists of six levels of swimming and water safety instruction. For each level, our instructors introduce new safety and swimming skills and build on previously learned skills. Each class is filled with engaging and challenging activities that motivate children to learn to swim.

Swim Teams

Fitness Swimmer Program

Ages 10-18 years

Fitness Swimmer Program focuses on athletes who use swimming as their primary form of exercise and are not interested in competition.

Pre-Competitive Swim Team

Ages 5-12 years

This program is for swimmers who are not yet up to the challenge of competition and designed to help swimmers prepare for team practices and competition. The program's mission is to enhance and progress swimming skills while developing self-respect and discipline, sportsmanship, and commitment to the sport of swimming.

Competitive Swim Program MetroExpress

Ages 5-18 years

The JCC MetroExpress Swim Team is a comprehensive competitive swim program. The program's mission is to enhance and progress swimming skills while developing self-respect and discipline, sportsmanship, and commitment through healthy competition. The team is co-ed, with swimmers of varying skills and abilities.

