



Jewish Community Center
of Staten Island

JCC Lillian Schwartz Day Camp

Camp Committee

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Executive Director

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Rebecca Gallanter
Orit Lender



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of New York

Summer 2017

Dear Camp Family,

We are proud to announce that once again this summer our swim program will be supervised by Lenny Krayzelburg, a four-time Olympic gold-medal winner! Our campers will have the opportunity to learn to swim or improve their abilities through a well researched and proven successful method developed by the Lenny Krayzelburg Swim Academy that has taught over 2,500 children swim skills and safety.

Enclosed in this packet is a sample of the Swim Progress Chart which we will use as a tool to communicate to families what skills each camper has mastered. As your child graduates a swim level, a card will be sent home that lists the skills mastered. We hope that this will serve to help families understand what their camper's have learned and the skills they still need to develop.

Please feel free to contact us if you have any questions regarding our swim program.

Glenn Wechsler and Stephanie Feldman
Camp Co-Directors
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Student Name	Name of the Camp	Level Started	Level Finished
SPLASHERS - LEVEL 1	FLOATERS - LEVEL 2	KICKERS - LEVEL 3	
<input type="checkbox"/> Water Intro <input type="checkbox"/> Island Awareness <input type="checkbox"/> Reaching <input type="checkbox"/> Let Get Wet <input type="checkbox"/> Submersion <input type="checkbox"/> Assisted Launch <input type="checkbox"/> Assisted Back Float <input type="checkbox"/> Assisted Roll Over <input type="checkbox"/> Assisted Kick Kick Kick	<input type="checkbox"/> Independent Launch <input type="checkbox"/> Independent Back Float <input type="checkbox"/> Independent Roll <input type="checkbox"/> Unsinkable Back Float <input type="checkbox"/> Kick, Kick, Kick <input type="checkbox"/> Independent Roll and Kick <input type="checkbox"/> Jump the Pool <input type="checkbox"/> Flip and Float <input type="checkbox"/> Fall and Float <input type="checkbox"/> Survival Test 1	<input type="checkbox"/> Review Safety Drills from Floaters Level <input type="checkbox"/> Kick -- Float -- Kick <input type="checkbox"/> Kick on the Back <input type="checkbox"/> Kick on the Front <input type="checkbox"/> Kick -- Roll -- Kick <input type="checkbox"/> Kick on Back, one Arm Up <input type="checkbox"/> Streamline Kick on Back <input type="checkbox"/> Streamline Kick on Front <input type="checkbox"/> Monkey -- Airplane -- Rocket <input type="checkbox"/> Deep Water Confidence <input type="checkbox"/> Independent Swim 15 yds <input type="checkbox"/> Toy Retrieval <input type="checkbox"/> SURVIVAL TEST 2	
Aquatic Director		Lenny Krayzelburg, President	

Student Name	Name of the Camp	Level Started	Level Finished
STREAMLINERS - LEVEL 4	FREESTYLERS - LEVEL 5	FLYERS - LEVEL 6	
<input type="checkbox"/> Kick on the Back <input type="checkbox"/> Kick on the Front <input type="checkbox"/> Streamline Kick on Back <input type="checkbox"/> Streamline Kick on Front <input type="checkbox"/> Kick - Roll - Kick <input type="checkbox"/> One Arm Up roll to One Arm Up <input type="checkbox"/> Streamline roll to Streamline <input type="checkbox"/> Side Kick <input type="checkbox"/> Side Kick roll to Stomach Rotation <input type="checkbox"/> Streamline to Side Kick <input type="checkbox"/> One Big Arm, Roll to Side <input type="checkbox"/> Catch up Stroke <input type="checkbox"/> One Arm Backstroke <input type="checkbox"/> Double Arm Backstroke Pull <input type="checkbox"/> Backstroke switch <input type="checkbox"/> Assisted Breastroke Kick <input type="checkbox"/> Assisted Dolphin Kicks <input type="checkbox"/> Somersaults	<p>FREESTYLE</p> <input type="checkbox"/> Review Rotation Drill from Streamliners <input type="checkbox"/> One arm pulls w/opposite arm down <input type="checkbox"/> One arm pulls w/opposite arm up <input type="checkbox"/> Superman Catch Up <input type="checkbox"/> 6 count Switch <input type="checkbox"/> Full Freestyle Stroke <p>BACKSTROKE</p> <input type="checkbox"/> Streamline Kick <input type="checkbox"/> 6 count side stroke <input type="checkbox"/> Streamline pull with rotation <input type="checkbox"/> Kick on back from w/2 count pause <input type="checkbox"/> Backstroke <p>BREASTSTROKE</p> <input type="checkbox"/> Wall breaststroke kick <input type="checkbox"/> Kick with the board <input type="checkbox"/> Streamline position kick ___ front ___ back <input type="checkbox"/> Kick, arms at the side <input type="checkbox"/> Basic front skull with flutter kick <p>BUTTERFLY</p> <input type="checkbox"/> Body Dolphin, arms at the side <input type="checkbox"/> Butterfly arms with flutter kick <p>STARTS</p>	<p>FREESTYLE</p> <input type="checkbox"/> 6 Count side kick with arm pit drill <input type="checkbox"/> One arm pull, arm pitt drill, w/opposite arm down <input type="checkbox"/> One arm pull, arm pitt drill, w/opposite arm up <input type="checkbox"/> Superman catch up with arm pitt drill <input type="checkbox"/> Swim, breathing alternate sides <p>BACKSTROKE</p> <input type="checkbox"/> Kick with one arm above the water <input type="checkbox"/> Streamline kick with a foreign object on forehead <input type="checkbox"/> Double arm pull to glide <input type="checkbox"/> Breastroke <input type="checkbox"/> Kick w/board and pull buoy <p>BREASTSTROKE</p> <input type="checkbox"/> Breastroke pull w/pull buoy <input type="checkbox"/> Breastroke pull with flutter kick <input type="checkbox"/> Glide drill <input type="checkbox"/> One pull 2 kicks drill <input type="checkbox"/> Pull -- Kick -- Glide <input type="checkbox"/> Full Breastroke <p>BUTTERFLY</p> <input type="checkbox"/> One arm butterfly drill <input type="checkbox"/> 3 kick and a pull drill <input type="checkbox"/> 2 right, 2 left, 2 full stroke drill <input type="checkbox"/> Full Butterfly	