



Camp Shalom Swim Information
For campers entering 2nd grade and above
*****New this year*****

Camp Shalom and JSwim are excited to announce a NEW and IMPROVED instructional swim option for campers entering 2nd grade and above.

Campers will have the following options that must be decided on by a parent:

1. Participate in traditional instructional swim lessons that follow American Red Cross Guidelines. Campers will be divided by swim level and will have lessons Monday-Thursday. Friday campers will participate in Fun Fridays as outlined below.
2. Participate in JSwim Fun. JSwim has created a FUN swim curriculum designed for 2nd-6th grade campers. While there will still be swim instruction (shhh...don't tell your child) it will be through a series of games and activities where the campers won't know they are learning to swim. Each day will feature a different swim activity
 - Mondays: water sports (basketball, water polo, volleyball, etc)
 - Tuesdays: no swim due to field trips
 - Wednesdays: mock swim team
 - Thursdays: water safety activities (boat capsizing, rescue jumps, etc)
 - Fridays: Fun Fridays (water relays, traditional pool games, water balloons, etc)

All campers will be placed in JSwim Fun, unless we hear from you that you want your camper participating in traditional instructional swim. Please email Rachel by June 1st, to have your camper placed in instructional swim (rachelf@jcconline.com)