



Dr. Jane Katz works with girls from SEEDS group homes during Aqua Water Swim Clinic at John Jay College.

John Jay College’s Resident Olympiad Inspires Excellence & Empowerment For Girls In Detention Through Innovative Aqua Water Swim Program

On Saturday, February 9th, 20 young women from three of the Department’s SEEDS Non-Secure Detention group homes attended a graduation ceremony at John Jay College to recognize their completion of the Aqua Water Swimming Clinic. The 10-week swim program was conducted by 1964 Synchronized Swimming Olympiad and John Jay College Professor, Dr. Jane Katz.

The graduation ceremony was preceded by an in-pool demonstration of the skills and techniques the residents had mastered during the 10-week program. Each graduate received a Red Cross Level I card certifying their completion of the course requirements, a gold team swim pin and a copy of Dr. Katz’s most recent book, ‘Your Water Workout.’

The graduation ceremony was attended by several DJJ staff members from SEEDS group homes and the Department’s Manhattan headquarters, and was followed by a reception for the graduating residents.

The Aqua Water Swimming Clinic is an ongoing effort by John Jay College and the Department of Juvenile Justice that was designed by Dr. Katz to promote physical fitness and inspire the girls to strive for excellence and empowerment not only in the water, but in life as well. Residents enjoyed their experience, demonstrating an enthusiastic team spirit in a positive academic and athletically competitive environment. The program is sponsored by the Juvenile Justice Committee of the New York City Council.

Given the positive reception to the program by the juvenile residents, DJJ has worked with Dr. Katz and John Jay College to incorporate a clinic for boys.

The Aqua Swim Clinic is part of the Department’s continuing commitment to provide developmental and inspirational pro-social programming to its youth.

