



Aqua Water Swimming Clinic: Dr. Katz and DJJ girls in action at John Jay College of Criminal Justice.

DJJ SEEDS KIDS GET IN SHAPE WITH OLYMPIC SWIMMER JANE KATZ
Juvenile residents from Manhattan, The Bronx & Queens get lessons in water competition and physical fitness from pioneer of synchronized swimming.

On Saturday, March 31st, more than 30 juvenile residents from the SEEDS/Non-Secure Detention group homes operated through the Department of Juvenile Justice received firsthand instruction in physical fitness and water and sports competition from Dr. Jane Katz, world-renowned pioneer of synchronized swimming and member of the 1964 U.S. Synchronized Swimming Performance Team in Tokyo.

The Aqua Water Swimming Clinic featured one-on-one and group instruction by Dr. Jane Katz at John Jay College of Criminal Justice. In addition to being a decorated Olympic athlete, Dr. Katz is also a professor at John Jay College in the Department of Physical Education and Athletics, teaching fitness and swimming to New York City’s police and firefighters.

The innovative project is designed to provide a unique athletic experience to empower youth to make more positive life choices.

DJJ Commissioner Neil Hernandez said, “I am pleased that the Department was able to partner with Olympian Dr. Jane Katz to provide our girls with a meaningful learning and recreational opportunity. This event is befitting of Women’s History Month as DJJ strives to have our girls aspire to be Olympians in their everyday lives.”

“This swimming clinic features a world class athlete, educator, aquatics innovator and author, enabling kids in detention to experience this exciting sport in a professional setting,” DJJ Director of Programs Sonia Galarza said. “Thanks to Dr. Katz and John Jay College of Criminal Justice, dozens of young people will meet a recognized professional athlete and compete in a positive, fun and exciting swim competition.”

Saturday’s swimming clinic provided more than 30 female residents from three group homes with a first-ever, once-in-a-lifetime opportunity to personally meet and interact with an Olympic athlete, learn about the sport side of swimming and become aware of exciting sports opportunities.

In addition to providing an innovative recreational opportunity for children in detention, the clinic was intended to help make a positive intervention in the lives of residents who might otherwise never have the chance to participate in a professional sport setting featuring an Olympic sized pool.

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

