

# Aquatics

Programs are offered for residents and non-residents, Hempfield Rec members and non-members.

## Swim America

Swim America is a national learn-to-swim program developed by the American Swimming Coaches Association. Instructors are trained and certified by Swim America. Fees reflect an instructor-swimmer ratio one to four or fewer. Swim America swim suits will be available for purchase by participants at the cost of \$20.00 for male suits and \$22.50 for female suits.

Pre-School lessons are for children 3-5 years of age. Participants must be potty trained or wear swim diapers. These lessons are designed to encourage the children to explore the water and develop bobbing, floating, and kicking skills.

School-Age (K-12) lessons allow the swimmer to progress at his or her own rate. After breath control, body position, and kicking, they will learn the competitive swimming strokes.

Questions regarding the Swim America program should be directed to Gwyn Atkinson at 892-1523. **TO REGISTER, CALL THE HEMPFIELD REC CENTER AT 898-3102.**

**Program Director:** Gwyn Atkinson

**Site Supervisors:** Michele Rickert, Jill Skiles, Louise White, Tara Etzweiler and Deb Pelen

### Fees for Swim America Programs

Pre-School and School Age: \$85R/\$95NR per session

Stroke Clinic Fee: \$120R/\$130NR per session

Multiple Child Discount: \$5 off each additional sibling

### TUESDAY-THURSDAY PROGRAM

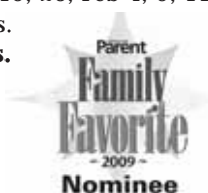
Swim America	SESSION 1 Jan. 12- Feb. 4	SESSION 2 Feb. 16- March 11	SESSION 3 March 23- April 15	SESSION 4 April 27- May 20
PRE-SCHOOL 12:30-1:00	#9518	#9519	#9520	#9521
PRE-SCHOOL 1:00-1:30	#9522	#9523	#9524	#9525
PRE-SCHOOL 1:30-2:00	#9526	#9527	#9528	#9529
SCHOOL AGE 5:30-6:00	See Below	#9531	#9532	#9533
SCHOOL AGE 6:00-6:30	See Below	#9535	#9536	#9537

### TUESDAY/THURSDAY PROGRAM - SESSION 1 ONLY

**Please note School Age Session 1 dates** - Jan 7, 12, 14, 19, 26, Feb 4, 9, 11 due to home High School Swimming meets.

**This does not affect Pre-School classes.**

SCHOOL AGE 5:30-6:00	#9530
SCHOOL AGE 6:00-6:30	#9534



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CALL US AT 717-898-3102

Winter/Spring 2010

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## MONDAY/WEDNESDAY PROGRAM

<b>Swim America</b>	<b>SESSION 1 March 22–April 14</b>	<b>SESSION 2 April 26–May 19</b>
<b>SCHOOL AGE 5:00–5:30</b>	#9538	#9539
<b>SCHOOL AGE 5:30–6:00</b>	#9540	#9541

## SATURDAY MORNING PROGRAM

<b>Swim America</b>	<b>SESSION 1 Jan. 9–Feb. 27</b>	<b>SESSION 1 March 20–May 15 (no program on April 3)</b>
<b>STROKE CLINIC 10:00–11:00**</b>	#9553	#9554
<b>SCHOOL AGE 11:00–11:30</b>	#9542	#9543
<b>SCHOOL AGE 11:30–12:00</b>	#9544	#9545
<b>PRE-SCHOOL 12:00–12:30</b>	#9546	#9547
<b>PRE-SCHOOL 12:30–1:00</b>	#9548	#9549
<b>PRE-SCHOOL 1:00–1:30</b>	#9550	#9551

\*\*Stroke Clinic Fee: \$120 R/\$130 NR per session

## PRIVATE SWIMMING LESSONS

Children and adults alike can benefit from swimming lessons given in a one-to-one, relaxed atmosphere or in a small group of friends. Lessons are available for all ages and ability levels, both recreational and competitive. Lessons can be tailored to your current ability level and can be scheduled to accommodate your individual needs and schedule. For fees and scheduling and instructor availability, call 898-3102, ext. 37.

## HEMPFIELD AREA RECREATION CENTER SWIMMING LESSON PROGRAM



## AQUA TOTS

This program is designed to get children 6 months to 3 years old (with a parent/caregiver) acclimated to the water using games and songs. Classes are divided into age groups and meet on Tuesdays and Thursdays for four (4) week periods.

### Tuesday/Thursday Classes (daytime)

Session 1:	Jan. 12–Feb. 4
Session 2:	Feb. 16–March 11
Session 3:	March 23–April 15
Session 4:	April 27–May 20
Fee:	\$80 R/ \$90 NR per session

Tuesday/Thursday 10–10:30 a.m.

Session 1:	#9514
Session 2:	#9515
Session 3:	#9516
Session 4:	#9517