

Aquatics

Programs are offered for residents and non-residents, Hempfield Rec Center 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 less. Swim America swim suits will be available for purchase.

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 own rate. After breathe control, body position, and kicking, they will learn the competitive swimming strokes.

Stroke Clinic (Saturday & Monday/Wednesday)—is for swimmers who have advanced to level 7 or have been on a competitive swim team for at least one year and are now working on stroke mechanics as well as endurance. These swimmers are eligible to swim in the Patrick McGrath mini meet on March 4th.

Fees for Swim America Programs

Due to instructor-to-child ratio (1 instructor to 4 participants) there are no make-up classes available for participants. There will be no registration taken the day a session starts (waiting list status available) and no refund for participants once a session starts. In case of bad weather please see our Web site for cancellations. Classes will be made up at end of session.

Please see refund policy on page 53.

Fees for Pre-School Program and School Age Program:

Fee per participant: \$85R/\$95NR per session

Multiple Child Discount: \$5 off each additional sibling

TUESDAY/THURSDAY PROGRAM

Swim America	SESSION 1 Jan. 10– Feb. 2	SESSION 2 Feb. 14– March 8	SESSION 3 March 20– April 12	SESSION 4 April 17– May 10
PRE-SCHOOL 12:30–1:00	#11406	#11407	#11408	#11409
PRE-SCHOOL 1:00–1:30	#11410	#11411	#11412	#11413
PRE-SCHOOL 1:30–2:00	#11414	#11415	#11416	#11417
SCHOOL AGE 5:30–6:00	#11424	#11425	#11426	#11427
SCHOOL AGE 6:00–6:30	#11428	#11429	#11430	#11431

MONDAY/WEDNESDAY PROGRAM

Swim America	SESSION 1 Jan. 9– Feb. 1	SESSION 2 Feb. 13– March 7	SESSION 3 March 19– April 11	SESSION 3 April 16– May 9
STROKE CLINIC** 5:30–6:30	#11444	#11445	#11446	#11447
SCHOOL AGE 5:30–6:00	#11432	#11433	#11434	#11435
SCHOOL AGE 6:00–6:30	#11436	#11437	#11438	#11439

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



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Swim America

SATURDAY MORNING PROGRAM

Swim America	SESSION 1 Jan. 14–March 3	SESSION 2 March 17–May 12 (no class April 7)
STROKE CLINIC 10:00–11:00**	#11448	#11449
SCHOOL AGE 11:00–11:30	#11440	#11441
SCHOOL AGE 11:30–12:00	#11442	#11443
PRE-SCHOOL 12:00–12:30	#11418	#11419
PRE-SCHOOL 12:30–1:00	#11420	#11421
PRE-SCHOOL 12:30–1:00	#11422	#11423

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

**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 Debbie Pelen.



HEMPFIELD HIGH SCHOOL COMPETITIVE SWIMMING PROGRAM

Beginning on Friday, Nov. 18, 2011 and continuing through March 16, 2012, the Hempfield High School Girls and Boys Swimming Team will be utilizing our pool facility from 3:30 p.m. to 5:30 p.m. Monday thru Friday. During this time, we will maintain the availability of one lap lane. There will be no Family/Open Swim during this period. There are Two home swimming meets in January 2012. They are on Tues., Jan. 17 and Thurs., Jan. 26. Water Aerobics will be held 4:30–5:30 p.m. (two lap lanes are available till 6:30 p.m.). On these days, the pool will close at 6:30 p.m. and will not reopen. There are Four (4) away meets that lap swimmers may use the high schools time for lap swimming Three lanes from 3:30–5:30 p.m. on Jan. 3, 10, 13 & 23.

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.

COMPETITIVE STROKE CLINIC

This clinic includes instruction in all four competitive strokes, turns, and starts. The program is designed for swimmers with some experience and who have knowledge of the four competitive strokes. The clinic provides an opportunity for swimmers to refine strokes, improve turns, and work on starts.

Pre-requisite: Participants must have one year summer swim team experience (6–8 yrs.) and clinic will be for a half hour from 4–4:30 p.m. Those 9 and older who can swim 50 meters in a confident and relatively strong manner will have an hour clinic from 4:30–5:30 p.m.

Fridays, March 23–May 11
#11577 4–4:30 p.m. (6–8 yrs.)

Fee: \$45R/\$50 NR

#11624 4:30–5:30 p.m. (9 and older)

Fee: \$90 R/ \$100 NR