

# 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 of one to four or less. Swim America swim suits are available for purchase by participants.

**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..

**Stroke Clinic (Saturday 10–11 a.m.)** is for swimmers who have advanced to level 7 or swam on a competitive swim team at least one year and are now working on stroke mechanics as well as endurance.

**NEW! Adult (18 & older)** Lessons allow our older swimmers to learn to swim at their own pace and improve stroke mechanics.

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

**Program Director:** Gwyn Atkinson

**Site Supervisors:** Jill Skiles, Michele Rickert, Louise White, Debbie Pelen

### Fees for Swim America Programs

**Pre-School, School Age & Adult: \$85R/\$95NR per session**

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

**Multiple Child Discount: \$5 off each additional sibling**



### TUESDAY/THURSDAY PROGRAM

	SESSION 1 Sept. 14– Oct. 7	SESSION 2 Oct. 12– Nov. 4	SESSION 3 Nov. 9–Dec. 7 (No Class 11/25)
<b>PRE-SCHOOL</b> 12:30–1:00	#10195	#10196	#10197
<b>PRE-SCHOOL</b> 1:00–1:30	#10198	#10199	#10200
<b>PRE-SCHOOL</b> 1:30–2:00	#10201	#10202	#10203
<b>NEW ADULT</b> 2:00–2:30	#10206	#10207	#10208
<b>SCHOOL AGE</b> 5:30–6:00	#10209	#10210	#10211
<b>SCHOOL AGE</b> 6:00–6:30	#10212	#10213	#10214

### SATURDAY PROGRAM

	SESSION 1 Oct. 9–Dec. 4 (No Class 11/27)
<b>STROKE CLINIC **FEES BELOW</b> 10:00–11:00	#10215
<b>SCHOOL AGE</b> 11:00–11:30	#10216
<b>SCHOOL AGE</b> 11:30–12:00	#10217
<b>PRE-SCHOOL</b> 12:00–12:30	#10204
<b>PRE-SCHOOL</b> 12:30–1:00	#10205

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