

2018 – 2019 WINTER AQUATICS PROGRAM COURSE DESCRIPTIONS (Continued)

PRESCHOOL AQUATICS PROGRAM – Swimming readiness taught by a certified American Red Cross Water Safety Instructor (WSI). Begins December 1, 2018 and goes to February 9, 2019. Closed on December 29, 2018. Lessons are 30 minutes in length. Parents **must** accompany the student in the water at all times. Ages from 6 months to 4 years. If preschool child (ages 4 and under) is not trained, a swim diaper with rubber pants must be worn. **Concurrent lessons** – siblings of preschool students.

PENN AQUATIC CLUB – Competitive swimming team - ages 5 and up, to join or for more information go to web site: www.pennaquatics.com or e-mail pennregistrar@pennaquatics.com. Ongoing – new members still accepted.

The pool facilities are closed during all school holidays and on specific evenings based on school activities. When school is closed for weather related or other emergencies the pools are also closed. Listen to school closing announcements on WBCB 1490 am on the radio or check the Pennsbury web site www.pennsburysd.org.

AQUATICS REGISTRATION FORM

\$97.00 Lessons \$87.00 2nd or 3rd Child

Name _____ 2nd Child _____
Street Address _____
City _____ Zip _____
Phone _____ Age(s) _____
Email Address _____
Current School _____
Parent Signature _____
Swim Activity _____
Day _____ Time _____ Fee _____ Check # _____

Make check payable to: **Pennsbury School District Aquatics.** Mail to: Cathy Seidner, Pennsbury High School-East, 705 Hood Boulevard, Fairless Hills, PA 19030

WALK IN REGISTRATIONS WILL BE ACCEPTED UNTIL THE COURSE IS FULL! All registrations will be accepted – only notification of rejection, because of a full course, will be sent. NO REFUNDS WILL BE GIVEN AFTER THE FIRST LESSON.

**PENNSBURY SCHOOL DISTRICT
COMMUNITY
AQUATICS PROGRAM**

**2018 - 2019
WINTER
AQUATICS
PROGRAM**



Cathy Seidner
Aquatics Director

**Pennsbury High School Pool
705 Hood Boulevard
Fairless Hills, Pennsylvania 19030
215-428-4100, ext. 70309
www.pennsburysd.org**

**(click) E-Flyers
(click) Aquatics Brochure**

Swimming is a Life Skill – Learn – Get Better – Enjoy the Water

PHS – Medill Bair Sports Complex

Program	Ages	Program Length	Weekdays	Times	# of Lessons	Cost
Red Cross Learn to Swim Lessons Saturdays	4 ½ & up	Dec. 1, 2018 to Feb. 9, 2019 (Closed 12/21)	Saturday	9:00 am 9:45 am 10:30 am 11:15 am	10 lessons @ 45 minutes each	\$97.00 (2 nd child \$87.00)
Preschool Aquatics - with parent	4 & under	Same as above. See note on concurrent lessons.	Saturday	11:15 am to 11:45 am	10 lessons @ 30 minutes each	\$87.00
Evening Swim Lessons	4 ½ & up	Dec. 12, 2018 to Feb. 20, 2019 (Closed 12/26)	Wednesday	6:00 - 6:40 pm 6:40 - 7:20 pm 7:20 - 8:00 pm	10 lessons @ 40 minutes each	\$97.00
Recreational Family Swim	All	Friday evenings began Sept. 21, 2018. Sunday afternoons begins Sept. 16, 2018. Both sessions are ongoing. (Closed 11/23, 11/25, 12/23, 12/28, 12/30)	Fridays Sundays	7:00 – 8:30 pm 1:00 – 3:00 pm	See description	\$4.00/Swim \$2.00/Senior
Adult Recreational Swim	Adults (16 & up)	Friday evenings, same dates as family recreational swim (ongoing) (Closed 11/23, 12/28)	Fridays	8:30 – 9:45 pm		\$4.00/Swim \$2.00/Senior
Senior Recreational Swim & Adult Lap Swim	Ages 50 and up)	Sunday mornings began Sept. 16, 2018 (ongoing). (Closed 11/25, 12/23, 12/30)	Sundays	12:00 pm - 1:30 pm		\$4.00/Swim \$2.00/Senior
Beginning and Intermediate Diving	5 and up	Dec. 1, 2018 to Feb. 17, 2019 (Closed 12/23, 12/29, 12/30)	Saturdays Sundays	5:00 – 6:00 pm 8:00 – 9:00 am	10 lessons @ 1 hour each	\$100.00
Adult Swim Lessons	16 & up	Dec. 12, 2018 to Feb. 20, 2019 (Closed 12/26)	Wednesday	7:15 - 8:00 pm	10 lessons @ 45 minutes each	\$97.00
Lifeguard Training	15 and up	Feb. 20, 2019 to May 8, 2019				
PHS Swim & Diving Team	PHS Students	Nov. 16 and Nov. 19, 2018 tryouts	Monday – Thursday Friday	2:30-5:30 pm 2:30-5:00 pm 8:00-9:30 pm		
Synchronized Swimming	6 and up	Began Sept 6 th – Ongoing until June 2019	Mon, Thurs Sun	5:30 – 7:30 pm 3:00 – 6:00 pm	Contact Coach Karen if interested	*See description
Penn Aquatics	5 and up	Began Sept. 6, 2018	Ongoing	5:30 start	See description	
Guard Start	Will be held again in the Spring 2019 session					

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ADULT SWIM LESSONS – Wednesdays from 7:15 pm to 8:00 pm. Learn to swim or improve your strokes. Ages 16 and up. Begins December 12, 2018 and goes to February 20, 2019. Closed on December 26, 2018.

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RECREATIONAL FAMILY SWIM – Offered twice weekly – Sundays from 1:00 pm to 3:00 pm and Friday evenings from 7:00 pm to 8:30 pm. Cost \$4.00 per swim and \$2.00 for seniors. Dates the pool is closed for the WINTER session are: November 23, November 25, December 23, December 28, December 30, 2018.

SENIOR & ADULT RECREATIONAL SWIM – Senior Swim (50 and older) and Adult Lap Swim (ages 16 and up) – Sundays from 12:00 pm to 1:30 pm. Adult swim - Fridays from 8:30 pm to 9:45 pm (ages 16 and up). Cost \$4.00 per swim and \$2.00 for seniors. Dates the pool is closed for the WINTER session are: November 23, November 25, December 23, December 28, December 30, 2018.

EVENING LEARN TO SWIM – Wednesday evenings – 3 time slots from 6:00 pm to 6:40 pm; 6:40 pm to 7:20 pm; and 7:20 pm to 8:00 pm. For both adults and children ages 4 ½ and up. Cost \$97.00. Begins December 12, 2018 to February 20, 2019. Closed on December 26, 2018.

LEARN-TO-SWIM LESSONS – Saturday mornings beginning December 1, 2018 to February 9, 2019. For ages 4 ½ and up. Certified American Red Cross instructors. Times 9:00 am to 9:45 am; 9:45 am to 10:30 am; 10:30 am to 11:15 am and 11:15 am to 12:00 pm. Preschool lessons are from 11:15 am to 11:45 am. An adult must accompany the preschool student in the water. If preschool child (ages 4 and under) is not trained, a swim diaper with rubber pants must be worn. Closed on December 29, 2018.

DIVING (BEGINNING AND INTERMEDIATE) – Saturday evenings from 5:00 pm to 6:00 pm and Sunday mornings from 8:00 am to 9:00 am. Learn springboard diving. Participants should be strong swimmers. Ages 5 and up. Learn the basics from achieving height for your dives to developing the fundamental dives such as front dives in different positions, back dives, inwards, both front and back flips, and many more. Saturdays begin December 1, 2018 to February 9, 2019; Sundays begins December 2, 2018 to February 17, 2019. 10 lessons \$100.00. Closed December 23, 2018, December 29, 2018 and December 30, 2018.

LIFEGUARD TRAINING – Age 15 and up, must be 15 years old by the first of May, 2019. Wednesday evenings from 7:00 pm to 9:40 pm. **Bring bathing suit.** Begins February 20, 2019. Students must be strong swimmers – proof of age is required. Upon completion of course, will receive Lifeguard, CPR, First Aid and AED certification.

PENNSBURY HIGH SCHOOL SWIM AND DIVING TEAM forming. Must be a strong swimmer, attend Pennsbury High School and be able to attend practices after school from 2:30 – 5:30 pm Monday through Thursday and Fridays 2:30 to 5:00 pm and 8:00 to 9:30 pm. Meet Swim Coach Nick Luca and meet Diving Coach Joe Costello on the Pennsbury High School Pool deck on November 16, 2018 and on November 19, 2018. Be prepared to swim

SYNCHRONIZED SWIMMING – Learn the basics of a sport that teaches rhythm and grace in the water combined with body control, swimming strength, and endurance. Must be able to swim in deep water. If interested, contact Coach Karen at 215-275-6416. Ongoing – new members still accepted.

LEARN to SWIM (AMERICAN RED CROSS) LEVELS 1 – 6

Level 1 - Introduction to Water Skills - Helps students feel comfortable in the water and to enjoy the water safely.

Level 2 - Fundamental Aquatic Skills – Gives students' success with fundamental skills.

Level 3 - Stroke Development – Builds on skills in Level 2 by providing additional guided practice.

Level 4 - Stroke Improvement – Develops confidence in their strokes previously learned and to improve other aquatic skills.

Level 5 - Strokes Refinement – Provides further coordination and refinement of strokes.

Level 6 - Swimming and Skills Proficiency – Refines the strokes so students swim with ease, efficiency and power over greater distances. There are three options to Level 6: (A) Personal Water Safety; (B) Fitness; (C) Fundamentals of Diving.

GUARD START PROGRAM – Will be offered again in the Spring 2019 flyer