

**2019 SPRING AQUATICS PROGRAM COURSE DESCRIPTIONS (Continued)**

**PRESCHOOL AQUATICS PROGRAM** – Swimming readiness taught by a certified American Red Cross Water Safety Instructor (WSI). Begins February 23, 2019 and goes to May 11, 2019. Closed 4/20/19. 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.

**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](http://www.pennsburysd.org).**

**AQUATICS REGISTRATION FORM**

\$97.00 Lessons \$87.00 2<sup>nd</sup> or 3<sup>rd</sup> Child

Name \_\_\_\_\_ 2<sup>nd</sup> 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**

**2019  
SPRING  
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](http://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	Feb. 23, 2019 to May 11, 2019 (Closed 4/20)	Saturday	9:00 am 9:45 am 10:30 am 11:15 am	10 lessons @ 45 minutes each	\$97.00 (2 <sup>nd</sup> 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	March 13, 2019 to May 22, 2019 (Closed 4/17)	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 began Sept. 16, 2018. Both sessions are ongoing. (Closed 4/19 and 4/21)	Fridays Sundays	7:00 - 8:30 pm 1:00 – 3:00 pm	See description Last Friday swim is 6/7 and last Sunday swim is 5/18 for the season	\$4.00/Swim \$2.00/Senior
Adult Recreational Swim	Adults (16 & up)	Friday evenings, same dates as family recreational swim (ongoing) (Closed 4/19)	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 4/21)	Sundays	12:00 pm - 1:30 pm		\$4.00/Swim \$2.00/Senior
Beginning and Intermediate Diving	5 and up	Feb.24, 2019 to May 5, 2019 (Closed 4/21)	Sundays	8:00 - 9:00 am	10 lessons @ 1 hour each	\$100.00
Adult Swim Lessons	16 & up	March 10, 2019 to May 29, 2019 (Closed 4/14, 4/17 and 4/21)	Sunday Wednesday	9:00 - 10:00 am 7:15 - 8:00 pm	9 lessons @ 1 hour each 10 lessons @ 45 minutes each	\$97.00
Lifeguard Training	15 and up	Feb. 20, 2019 to May 15, 2019 (Closed 4/17)	Wednesday	7:00 - 9:45 pm		\$175.00
Lifeguard and CPR Recertification	16 and up	May 15, 2019 & May 22, 2019	Wednesday	7:00 - 10:00 pm	Two sessions, <b>must attend both.</b>	\$60.00
Synchronized Swimming	6 and up	Began Sept 6 <sup>th</sup> – 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					See description	
Guard Start	11 to 14	Feb. 23, 2019 to May 11, 2019 (Closed 4/20)	Saturdays	11:15 am to 12:00 pm	10 lessons @ 45 minutes each	\$97.00

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**LEARN-TO-SWIM LESSONS** – Saturday mornings beginning February 23, 2019 to May 11, 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. Closed 4/20/19.

**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 March 13, 2019 to May 22, 2019. Closed 4/17/19.

**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 SPRING session are: 4/19/19 and 4/21/19. Last Sunday swim is 5/18/19 and last Friday swim is 6/7/19.

**DIVING (BEGINNING AND INTERMEDIATE)** – 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. Begins February 24, 2019 and goes to May 5, 2019. 10 lessons \$100.00. Closed 4/21/19.

**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 SPRING session are: 4/19/19 and 4/21/19. Last Sunday swim is 5/18/19 and last Friday swim is 6/7/19.

**LIFEGUARD TRAINING** – Age 15 and up, must be 15 years old by the first of May, 2019. Wednesday evenings from 7:00 pm to 9:45 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. Cost is \$175.00. Closed 4/17/19.

**LIFEGUARD RECERTIFICATION** – Wednesday, May 15, 2019 for Lifeguard and Wednesday, May 22, 2019 for CPR. 7:00 pm to 10:00 pm. Must attend both sessions and bring current certification. Cost is \$60.00 for both. Be prepared to swim on May 15<sup>th</sup>.

**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.

**PENN AQUATIC CLUB** – Will have a clinic in April for those interested in competitive swimming. Extended season from April 1, 2019 to June 6, 2019. For more information go to their web site: [www.pennaquatics.com](http://www.pennaquatics.com).

**GUARD START PROGRAM** – This program is designed to familiarize young swimmers with the Red Cross life guarding program by introducing the skills needed for entry into the Lifeguard training course. **Students must be strong swimmers and be between the age of 11 and 14.** Begins February 23, 2019 to May 11, 2019. Closed 4/20/19.

#### **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.

### 2019 SPRING AQUATICS PROGRAM COURSE DESCRIPTIONS

**ADULT SWIM LESSONS** – Wednesdays from 7:15 pm to 8:00 pm, 10 lessons @ 45 minutes each or Sundays from 9:00 to 10:00 am, 9 lessons at 1 hour each. Learn to swim or improve your strokes. Ages 16 and up. Sundays begin March 10, 2019 to May 29, 2019 and Wednesdays begin March 13, 2019 to May 22, 2019. Closed 4/14, 4/17 and 4/21/19.