

Community Aquatics Program

2009 Fall Pool Schedule

Big Spring School District

Children's Swim Lessons

An instructional program for children will be offered weekdays between 6:30 pm and 8:00 pm. The session will be two weeks long with each class lasting 40 minutes. Registration will be held at the high school pool. Please bring any earned cards and/or records with you at the time of registration. Classes are limited to 10 students per instructor. Diaper Dip (6 months to 2 years) and Tiny Tots (3 - 5 years, who cannot touch the bottom in shallow water at 3 feet) are planned as interest dictates. A parent or responsible adult must be in the water with the child for the diaper dip/tiny tot lessons. The fee for each session is \$30 per student and \$35 for a non-resident. Registration date is Monday, September 28th from 6:30 pm to 8:30pm in the pool hallway. Lessons run Tuesday, September 29th through Friday, October 9th.



Aqua-Fit: Water Aerobics

Tuesday and Thursday evenings from 7 - 8:00 PM

Beginning Tuesday, September 8th, classes will be held from 7 - 8:00 pm each Tuesday and Thursday evening. No swimming skills are needed. All exercises will be done in shallow water. Benefits are low impact, increased water resistance, buoyancy, and built-in cool down. Bring a friend and double the fun! Fee: \$2.50 per night/per person for non-resident. A cool way to get fit.

Aqua-Jogging: Tuesday and Thursday evenings from 8:00 - 9:00 PM. Beginning Tuesday, September 8th.

Classes are conducted in deep water using an aqua-jogging vest with low impact activity that works strength, flexibility and physical endurance. Fee: \$2.50 per night/per person or only \$1.00 if you stay from aqua-jogging.

Recreational Swimming

The pool will be open for recreational swimming Monday and Wednesday evenings. Children who cannot stand in shallow water must be accompanied in the water by an adult.

Mondays and Wednesdays from 7 - 9:00 PM

Fees: \$4.00/family, \$2.00/adult, \$1.00/student and \$.50/pre-schooler



Lap/Fitness Swimming

Fitness/lap swimming will be available throughout the week. Lanes may be put in to guarantee an area for continuous lap swimmers. Swimmers must have their cars out of the parking lot by 7:15 AM Tuesdays and Thursdays from 5:45 AM - 7:00 AM - What a great way to start your day!

Fees: \$2.00/adult, \$1.00/student

Competitive Swimming:

The Big Spring Aquatic Club (BSAC) will begin its winter team practices around the middle of October. This is a competitive swimming program for ages 5 to 18. Swimmers must be able to swim one length of the pool. Practices will include stroke work and conditioning, as well as some fun activities and games. The swim team competes in the Central Penn Aquatic League with meets typically on Saturday mornings. Practices typically begin at 5:15 pm, but keep your eyes and ears open for further information. Flyers with more information will be distributed at school in late September or early October.

Fee:	first child: \$90.00	\$100.00/non-resident
	second child: \$50.00	\$60.00/non-resident
	third or more: \$30.00	\$40.00/non-resident



Invitationals are also available if swimmers are interested in attending.

Interschool Aquatics Competition:

Plans are currently being considered to hold an elementary interschool aquatics competition/activity day. Stay tuned for further information as the plans come together for a day of fun, games and races at the pool for elementary aged children in the Big Spring School District. Dates and times have not yet been established. Which elementary school will be victorious this year?

BSAC Mini Team:

A developmental program for ages 5-8 who can swim at least 1/2 length of the pool using the Red Cross standards for level 3. These practices will include drills and endurance work, as well as the stroke work for competition. Swimmers will compete at an exhibition level until they are deemed ready for regular competition by their parents and the coaches.

This program also begins Mid-October. Practices typically begin at 5:00. Keep your eyes open for further information coming home from school.



Pool Rentals:

The pool is available for rent on Friday evenings, and Saturday afternoon and evening. Fees are determined by the length of time and size of group using the facility, the need for custodial personnel and lifeguards. For specific information about a contract for a pool rental, contact Stacey Goodyear, Big Spring Athletics Secretary, at 776-2451



Please check out our September calendar on the back of this flyer! Also, if you have suggestions for other programs that you would like to see offered at the pool, please contact Les Stover 243-2301, 776-2400, or e-mail at lstover@bigspring.k12.pa.us. We'd love to hear your comments and suggestions!