

Community Aquatics Program

Spring 2010

Big Spring School District

Water Aerobics/Aqua Fit: Tuesday & Thursday evenings from 7:00 - 8:00 PM

Beginning Tuesday, February 9th, classes will be held each Tuesday and Thursday evening. Classes will run through April 15th. No swimming skills are needed. All exercises will be done in shallow water. Benefits are low impact, increased water resistance, buoyance, and built-in cool down. Bring a friend and double the fun! A cool way to get fit.

Fees: \$3.00 per night/per person



Aqua Jogging - Tuesday & Thursday evenings from 8:00 - 9:00 PM

Beginning Tuesday, February 9th, classes will be held each Tuesday and Thursday evening and will run through April 15th. Classes will be held in the deep portion of the pool and participants will be using the aqua-jogger belts. This is a high intensity workout that will increase heartrate to work on your conditioning level, low impact, using water resistance and works on flexibility. A warm-up period will be used at the beginning of class, followed by the activity and then a cooling down phase to finish the workout. Participants must feel comfortable in deep water.

Fees: \$3.00 per night/per person (Individuals who participate in both Aqua-fit and Aqua-jog the same eve - \$4.00)

Recreational Swimming/Open swim: Monday and Wednesday evenings from 7:00 - 9:00 PM or Tuesday and Thursday evenings from 8:00 - 9:00 PM

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

Fees: \$5.00/family, \$2.00/adult, \$1.00/student and \$.50/pre-schooler

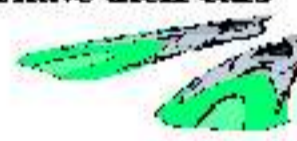


Lap/Fitness Swimming: Tuesday & Thursday mornings from 5:45 - 7:00 AM

Fitness/Lap Swimming will be available throughout the week. Lanes will be put in the pool to guarantee an area for continuous lap swimmers on an as need be basis. Choose what time best suits your schedule!

Tuesdays & Thursdays from 5:45 AM to 7:00 AM - What a great way to start your day...drivers must have their cars removed from the parking lot by 7:00 AM

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



Children's Swimming Lessons: Registration is Monday, April 26th from 6:30 - 8:00 PM

An instructional program for children will be offered weekdays between 6:30 and 8:00 PM at the high school natatorium. The session will include nine classes, with each class lasting approximately 40 minutes. Registration will be held at the high school natatorium. 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 old to 2 years) and Tiny tots (3 - 5 year olds who cannot touch the bottom in the shallow water at 3 feet are planned as interest dictates. A parent or responsible adult must be in the water with the child for these lessons.

Fees: \$30.00/ student and \$35.00 for non-resident.

Lessons will be held on the following dates: April 27, 28, 29, 30, May 3, 4, 5, 6, 7

Lifeguarding certification class:

A Red Cross lifeguard certification class will be run on the following dates:

May 4, 11, 12, 13, 18. The class is tentatively scheduled to run from 5:30 PM to 9:30 PM on those evenings.

Participants must be able to attend all sessions, must be 15 years of age and complete a prerequisite swim of 300 yards.

Contact Bill Gillet at 776-2402 or e-mail gillet@bigspring.k12.pa.us for further information.

Registration and cost will be posted @ www.swimbigspring.org/community



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Water Safety Instructors Class: (Also known as WSI)

This course by the American Red Cross is designed to teach individuals who are at least 16 years of age how to instruct swimming lessons. Participants must be able to swim all strokes of the Red Cross Learn to Swim Level 5 or higher. The classes will meet on the following dates/times: April 6, 12, 14, 18, 20, 26, 27, 29

Cost information @ www.swimbigspring.org/community

Contact Bill Gillet at 776-2440 or e-mail gillet@bigspring.k12.pa.us for further information

Competitive Swimming:

The Big Spring Aquatic Club (BSAC) will begin it's summer team practices in the beginning of May. This is a competitive swimming program for ages 5 to 19. Swimmers must be able to swim one length of the pool with relative ease. Practices will include stroke work and conditioning, as well as some fun activities and games. The swim team competes in the Capital Area Swim League with meets typically on Saturday mornings. Practices run from 5:15 PM - 7:00 PM. Once school is over, practices will be from 6:30 AM to 8:00 AM and/or from 5:15 to 7:00 PM. Flyers containing more information will be distributed at school in late April or early May.



Pool Rentals:

The pool is available for rent on Friday evenings, and Saturday afternoons and evenings. Fees are determined by the length of time and size of the group using the facility, the need for custodial personnel and lifeguards. For specific information about a contract for a pool rental, contact Jay Hockenbroch, Big Spring Athletic Director at 776-2440

Questions, suggestions and concerns about any of the above programs can be directed to Les Stover at 776-2400 or via e-mail at lstover@bigspring.k12.pa.us

****Check out the web: www.swimbigspring.org under the community tab

Big Spring is an equal opportunity employer

