

COUNCIL ROCK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

SUMMER 2009

www.crsd.org/aquatics

- **Location/ Contact Information:**
The Community Aquatics Program operates at the newly renovated swimming pool at Council Rock High School-North in Newtown, Pa. If you have any questions about the Community Aquatics Program please check our website at www.crsd.org/aquatics or contact Mr. Brian Johnson, Aquatics Director by email at bjohnson@crsd.org or call 215-944-1378.
- **Registration Procedures:**
Registration for all summer programs will begin on Monday, May 5, 2009. The ~~self-serve~~ registration is held weekdays between 3-7pm at the pool entrance (door 3A) at Council Rock High School-North. Please place your completed registration form and check into the mail slot in the lobby area. Confirmation calls will not be made unless you did not receive your requested time slot. Registration continues weekdays until all spaces fill or one week before the start of the class. Please check our website at www.crsd.org/aquatics for updates on open classes.
- **Medical Clearance:**
A current physical exam and health history form must be on file at the aquatics office of the Council Rock School District to participate in our children's swimming lessons, adult program, and competitive programs. Medical forms are available on our website www.crsd.org/aquatics. This form is good for one year. The physical examination forms do not have to be completed at the time of registration.
- **Recreational Swimming Hours:**
12:30-1:45 Monday to Thursday from June 22 to July 30, 2009
\$3.00 per person at the door
No pre-registration required
- **Price Guide:**

Class Name & Numbers:	Cost:
Children's Swimming Lessons #1-30	\$55.00
Senior Level Swimming Program #31	\$110.00

Fees paid by check only to Council Rock School District

-----Detach Here-----

REGISTRATION FORM: DO NOT MAIL THIS FORM -- SEE REGISTRATION SECTION PLEASE COMPLETE ENTIRE FORM
MAKE CHECKS PAYABLE TO COUNCIL ROCK SCHOOL DISTRICT (NO CASH)

Full Name _____ Birthdate _____ Age _____

Address _____ Town _____

Tele. No. _____ Email Address _____

Parents/ Guardian's Name _____

Class No. _____ Class Name _____ Amt. Pd _____ Date Registered _____

By signing this registration form I understand:

- | | |
|---|--|
| 1. If school is closed, Community Aquatic events are cancelled. | 4. There are no Refunds at any time. |
| 2. No make-up classes are offered for any of our programs. | 5. A \$15.00 fee is charged for returned checks. |
| 3. Videotaping may be used during our competitive programs for stroke correction. | |

Signature of Parent or Adult Applicant: _____

CLASS SCHEDULES SUMMER 2009

- Children's Swimming Lessons:

Children that are five years of age on or before August 2, 2009 are eligible for the novice classes. All two, three, and four year olds must sign-up for a tiny tots class. Children are placed in the correct skill level based upon the first lesson evaluation or a prior progress report from our program. Please bring your progress report with you the first class.

Session #1: June 1, 2009- June 11, 2009

Monday, Tuesday, Wednesday, Thursday June 1, 2, 3, 4, 8, 9, 10, 11		
Times:	Class Number and Name:	
4:15-4:55 pm	#1- Novice	#2- Advanced I
5:00-5:40 pm	#3- Novice	#4- Advanced II

Session #2: June 22, 2009-July 2, 2009

Monday, Tuesday, Wednesday, Thursday June 22, 23, 24, 25, 29, 30, July 1, 2		
Times:	Class Number and Name:	
10:00-10:40 am	#5- Novice	#6- Advanced I
10:50-11:30 am	#7- Novice	#8- Advanced I
11:40-12:20 pm	#9- Tiny Tots	#10- Advanced II
12:30-1:45	Recreational Swim\$3.00 per person	
2:00-2:40 pm	#11- Novice	#12- Advanced I
2:50-3:30 pm	#13- Novice	#14- Advanced I

Session #3: July 6, 2009-July 16, 2009

Monday, Tuesday, Wednesday, Thursday July 6, 7, 8, 9, 13, 14, 15, 16		
Times:	Class Number and Name:	
10:00-10:40 am	#15- Novice	#16- Advanced I
10:50-11:30 am	#17- Novice	#18- Advanced I
11:40-12:20 pm	#19- Tiny Tots	#20- Advanced II
12:30-1:45	Recreational Swim\$3.00 per person	
2:00-2:40 pm	#21- Novice	#22- Advanced I
2:50-3:30 pm	#23- Novice	#24- Advanced I

Session #4: July 20, 2009-July 30, 2009

Monday, Tuesday, Wednesday, Thursday July 20, 21, 22, 23, 27, 28, 29, 30		
Times:	Class Number and Name:	
10:00-10:40 am	#25- Novice	#26- Advanced I
10:50-11:30 am	#27- Novice	#28- Advanced I
11:40-12:20 pm	#29- Novice	#30- Advanced I
12:30-1:45	Recreational Swim\$3.00 per person	

- Children's Swimming Lessons Skill Levels:

Tiny Tots: Offered at 11:40 for ages 2 to 4. Each child registered for this class must be accompanied in the water by an adult or responsible individual. The focus of this class will be floating, water acclimation, and gaining confidence around the water.

Novice: Our novice program is offered for ages five and up and is broken into four classes: Tadpoles, Dolphins I, Dolphins II, and Sharks. All new students or those students without a progress report from a previous session will be screened during the first class to determine which of the four levels they belong. The main skill in these four levels of instruction include floating, Front Crawl stroke, Backcrawl, and beginning diving. The student must swim the front crawl stroke 25 yards with proper breathing in order to move onto Advanced I.

Advanced I: The student in Advanced I will focus on refining the Front Crawl stroke efficiency and endurance to swim 100 yards. The elementary backstroke and sidestroke along with several combination skills are included at this level.

Advanced II: The advanced II class will continue to refine previously learned skills to a competitive level, while adding the Breaststroke, flip turn, and racing start.

- Class #31: SENIOR LEVEL SWIM PROGRAM

Competitive training and stroke correction in preparation for the fall and winter swim seasons.

6:30-9:00am Monday, Tuesday, Wednesday, Thursday

Monday, June 22, 2009 to Thursday, July 30, 2009

Offered to swimmers in grades 8 and up for the 2009-10 school year.

7th graders are by coaches invite only.

Go to www.crsd.org/aquatics to read about the coaching staff and further details about this program.