

BURNT HILLS-BALLSTON LAKE CENTRAL SCHOOLS

Community Swim Program



2010-11 Fall & Spring Semester Classes for Adults & Children

FOR FALL 2010 CLASSES

FOR SPRING 2011 CLASSES

Registration

Tuesday, September 14, from 7:00 to 8:00 PM in the High School cafeteria

Tuesday, January 18, from 7:00 to 8:00 PM in the High School cafeteria

All classes are filled on a first come, first served basis. See "Important Information" section on back for more details. If you have additional questions, contact the BH-BL Athletic Office at 399-9141, extension 3307.

Block Schedule of Swim Classes & Activities

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|---|--------------------------------|---|--------------------------------|---|
| 6:30 - 7:30 AM Lap Swimming | 6:30 - 7:30 AM Lap Swimming | 6:30 - 7:30 AM Lap Swimming | 6:30 - 7:30 AM Lap Swimming | 6:30 - 7:30 AM Lap Swimming | 7:30-9:00 AM & noon-3:00 PM Swim Team |
| 5:30-7:30 PM Swim Team | 5:30-7:00 PM Swim Team | 5:30-7:00 PM Swim Team | 5:30-7:00 PM Swim Team | 5:30-7:30 PM Swim Team | 9:00-9:50 or 10:00-10:50 AM Elementary Learn-to-Swim |
| 7:30-8:30 PM Aqua-sizing | 7:30-8:30 PM Parent/Tot Swim + 2 lanes of Lap Swimming | 7:30 - 8:30 PM Aqua-sizing | 7:30-8:30 PM Parent/Tot Swim + 2 lanes of Lap Swimming | | |

| Course | Dates & Times | Fees for | | Comments |
|--|--|---|---------------|---|
| | | Residents | Non-Residents | |
| Elementary Grades Learn-to-Swim | Saturdays, 9:00-9:50 or 10:00-10:50 AM Fall classes: Sept. 25 - Nov. 13 Spring classes: March 5 - April 16 (No classes on Nov. 6) | \$45 | \$60 | Grades K-6 children are grouped by ability within each time period. Six ability/age levels are described on registration form over. Must pre-register. |
| Aqua-sizing | Mondays, 7:30-8:30 PM Wednesdays, 7:30 - 8:30 PM Fall classes: Sept. 20 - Dec. 22 Spring classes: Jan. 24 - May 11 | \$50 (or \$75 for both days for residents & \$90 for nonresidents) | \$65 | Aerobic water exercise class for women & men. Minimum enrollment of 10, and maximum enrollment of 35. Must pre-register. |
| Parent/Tot Swim | Tuesdays, 7:30 - 8:30 PM Thursdays, 7:30 - 8:30 PM Fall classes: Sept. 21 - Dec. 23 Spring classes: Jan. 25 - May 12 | \$45 | \$60 | A non-instructional opportunity for tots age 6 months to 4 years to gain exposure to the water in a fun and safe environment. Parent must accompany child. Must pre-register. |

(Continued over)

2010-11 Fall & Spring Community Swim Courses continued:

| Course / Activity | Dates & Times | Fees | Comments |
|--|---|---|---|
| Lap Swimming | Monday through Friday, 6:30-7:30 AM plus 2 lanes on Tuesdays, 7:30 - 8:30 PM 2 lanes on Thursdays, 7:30 - 8:30 PM Sept. 20 - Dec.23 & Jan 3 - May 27 | \$2 per day, or \$40 per semester for both residents & non-residents | Swimmers may come to as many sessions as they like. No need to pre-register for this activity. |
| Age Group Competitive Swim Team | Saturday, September 11: Tryouts and registration for new swimmers from 12:00 noon to 12:45 PM for BH-BL residents, and 12:45 to 1:30 PM for non-residents. Date of first practice will be announced. | | For boys and girls in grades 1 through 12. Go to www.schenectadyswimclub.org for more information. |

Important Information

- Please make checks payable to Burnt Hills-Ballston Lake Schools.
- **The pool will be closed** and no swim classes/activities will be held whenever school is closed due to a holiday or snow day, etc. (When in doubt about the weather, go to www.bhbl.org/emergency.htm)
- There is no longer a time set aside for Open Swim. Instead, two evening times for Lap Swimming have been added to the schedule to meet an increased demand for this healthy option for residents.
- **No refunds** will be given after classes begin.

Registration Form

Save time by filling this out before you come to registration in the high school cafeteria on September 14 or January 18 from 7:00 - 8:00 pm. Please use 1 copy per swimmer. More copies are available at registration or from the district website: www.bhbl.org
Swim director Matthew Turner can answer your questions about the best level for your swimmer at registration.

Swimmer's name: _____

Age if a child: _____ Grade: _____

Parent/Guardian: _____

BH-BL resident? Yes _____ No _____

Address: _____

Email: _____

Phone number: _____

Emergency contact name (if above parent is unavailable):

Emergency contact phone: _____

Any special instructional needs and/or concerns you have
about your child in this setting:

Amount enclosed: \$

Community Swim Program

BURNT HILLS-BALLSTON LAKE



Course/Activity

Elementary Grades Learn-to-Swim (Saturdays, \$45 resident, \$60 non-resident)

Intro. to Water Skills (Level 1): Appropriate for children ages 4-7 without prior swimming
experience 9:00 - 9:50 10:00 - 10:50

Fundamental Aquatic Skills (Level 2): Appropriate for children ages 5-8 with some, but
limited, swimming experience 9:00 - 9:50 10:00 - 10:50

Stroke Development (Level 3): Appropriate for children ages 6-11 who have successfully
mastered level 2 9:00 - 9:50 10:00 - 10:50

Stroke Improvement (Level 4): Appropriate for children ages 8-13 who have successfully
mastered level 3 9:00 - 9:50 10:00 - 10:50

Stroke Refinement (Level 5): Refines swimming techniques. Appropriate for children
ages 9-13 who have successfully mastered level 4
 9:00 - 9:50 10:00 - 10:50

Fitness Swimmer (Level 6): Appropriate for advanced swimmers who have successfully
mastered level 5. Can be tailored to individual needs.
 9:00 - 9:45 10:15 - 11:00

Aqua-sizing: (\$50 resident, \$65 non-resident for one day) Mondays only, 7:30 - 8:30
 Weds. only, 7:30 - 8:30
(\$75 resident, \$90 non-resident for both days) Mon. & Wed., 7:30 - 8:30

Parent / Tot Swim: (\$45 resident, \$60 non-resident) Tuesdays, 7:30 - 8:30
 Thursdays, 7:30 - 8:30

Lap Swimming: \$2 per day or \$40 per semester