

BURNT HILLS-BALLSTON LAKE CENTRAL SCHOOLS

Community Swim Program



2011-12 Fall & Spring Semester Classes for Adults & Children

FOR FALL 2011 CLASSES

FOR SPRING 2012 CLASSES

Registration

Tuesday, September 20, from 7:00 to 8:00 PM in the High School cafeteria

Tuesday, January 17, 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 | 7:00 - 9:00 AM & 11:00AM - 3:00 PM Swim Team |
| 5:30-7:30 PM Swim Team | 5:30-7:30 PM Swim Team | 5:30-7:30 PM Swim Team | 5:30-7:30 PM Swim Team | 5:30-7:30 PM Swim Team | 9:00-9:55 or 10:00-10:55 AM Elementary Learn-to-Swim |
| 7:30-8:30 PM Parent/Tot Swim + 2 lanes of Lap Swimming | 7:30-8:30 PM Parent/Tot Swim + 2 lanes of Lap Swimming | 7:30 - 8:30 PM Parent/Tot Swim + 2 lanes of Lap Swimming | 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, 9:00-9:55 or 10:00-10:55 AM Fall classes: to be announced* Spring classes: March 3 - April 28 (No classes on April 7 & 14) | \$50 | \$60 | Grades K-6 children are grouped by ability within each time period. See ability/age level descriptions on registration form over. Must pre-register. |
| Parent/Tot Swim | Mondays - Thursdays, 7:30 - 8:30 PM Fall classes: to be announced* Spring classes: Jan. 23 - May 24 | \$50 | \$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. |
| One-on-One Swim Lessons | Monday - Thursday, 7:30-8:30 PM Fall: to be announced* Spring: Jan. 23 - May 24 Also from 9:00 - 11:00 AM on these Saturdays: December 3, 10 & 17; January 7, 14, 21, & 28; and February 4 & 11 | \$10 per one-hour session | | One-on-one lessons for community members of all ages & ability levels, tailored to meet individual needs. Individually arranged by the Community Swim Director. |

***PLEASE NOTE:** Start dates for Fall 2011 swim classes & lap swimming will be delayed due to pool renovations designed to save energy & improve air quality in the pool area. Start dates will be posted at www.bhbl.org as soon as they are known and announced at registration on Sept. 20.

(Continued over)

2011-12 Fall & Spring Community Swim Courses continued:

| Course / Activity | Dates & Times | Fees | Comments |
|--|--|--|--|
| Lap Swimming | Morning Lap Swim: Mon. - Fri., 6:30-7:30 AM Fall: to be announced* Spring: Jan. 3 - May 24 Evening Lap Swim: (2 lanes) Mon. - Thurs., 7:30 - 8:30 PM Fall: to be announced* Spring: Jan. 23 - May 24 | \$2 per day, or \$50 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 10: 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. For boys and girls in grades 1 through 12. Go to www.schenectadyswimclub.org for all the details, including LOCATION of tryouts. | | |

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, evening times for Lap Swimming have been added to the schedule to meet an increased demand for this healthy exercise option.
- **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 20 or January 17 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, \$50 resident, \$60 non-resident)

Intro. to Water Skills (Level 1): Appropriate for children ages 4-7 without prior swimming experience 9:00 - 9:55 10:00 - 10:55

Fundamental Aquatic Skills (Level 2): Appropriate for children ages 5-8 with some, but limited, swimming experience 9:00 - 9:55 10:00 - 10:55

Stroke Development (Level 3): Appropriate for children ages 6-11 who have successfully mastered level 2 9:00 - 9:55 10:00 - 10:55

Stroke Improvement (Level 4): Appropriate for children ages 8-13 who have successfully mastered level 3 9:00 - 9:55 10:00 - 10:55

Stroke Refinement (Level 5): Refines swimming techniques. Appropriate for children ages 9-13 who have successfully mastered level 4 9:00 - 9:55 10:00 - 10:55

Fitness Swimmer (Level 6): Appropriate for advanced swimmers who have successfully mastered level 5. Can be tailored to individual needs. 9:00 - 9:55 10:00 - 10:55

Parent / Tot Swim: (\$50 resident, \$60 non-resident)

- Mondays, 7:30 - 8:30
 Tuesdays, 7:30 - 8:30
 Wednesdays, 7:30 - 8:30
 Thursdays, 7:30 - 8:30

Lap Swimming: \$2 per day or \$50 per semester

One-on-One Swim Lessons: Please arrange these directly with Mr. Turner.