

# BURNT HILLS-BALLSTON LAKE CENTRAL SCHOOLS

## Community Swim Program



### 2009-10 Fall & Spring Semester Classes for Adults & Children

FOR FALL 2009 CLASSES

FOR SPRING 2010 CLASSES

#### Registration

**Tuesday, September 15**, from 7:00 to 8:00 PM in the High School cafeteria

**Tuesday, January 19**, 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	9:00-9:45 or 10:15-11:00 AM Elementary Learn-to-Swim
7:30-8:30 PM Aqua-sizing	7:00-8:00 PM Parent/Tot Swim	7:30 - 8:30 PM Aqua-sizing	7:00-8:00 PM Open Swim (\$2 per person)		

Course	Dates & Times	Fees for		Comments
		Residents	Non-Residents	
<b>Elementary Grades Learn-to-Swim</b>	Saturdays, 9:00-9:45 or 10:15-11:00 AM Fall classes: Sept. 26 - Dec. 19 Spring classes: Jan. 30 - May 8 (No classes Oct. 10, Nov. 28, Feb. 13 & 20, April 3 & 10)	\$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.
<b>Aqua-sizing</b>	Mondays, 7:30-8:30 PM Wednesdays, 7:30 - 8:30 PM Fall classes: Sept. 21 - Dec. 23 Spring classes: Jan. 25 - May 12	\$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.
<b>Parent/Tot Swim</b>	Tuesdays, 7:00-8:00 PM Fall classes: Sept. 22 - Dec. 22 Spring classes: Jan. 26 - May 11	\$40	\$55	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)

## 2009-10 Fall & Spring Community Swim Courses continued:

Course / Activity	Dates & Times	Fees for		Comments
		Residents	Non-Residents	
<b>Lap Swimming</b>	Monday through Friday, 6:30-7:30 AM Sept. 14 - May 14	\$2 per session, or \$30 for 20 sessions for both residents & non-residents		Swimmers may come to as many sessions as they like. No need to pre-register for this activity.
<b>Age Group Competitive Swim Team</b>	Saturday, September 12: 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. Contact Joanne Faucett at 399-0494 for information about practices, etc.
<b>Open Swim</b>	Thursday evenings from 7:00 - 8:00 p.m. starting September 24. The fee is \$2.00 per person. There is no Open Swim whenever school is closed for holidays or snow days.			

### 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](http://www.bhbl.org/emergency.htm) )
- **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 15 or January 19 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](http://www.bhbl.org) Swim director Matt 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 - 9:45  10:15 - 11:00

Fundamental Aquatic Skills (Level 2): Appropriate for children ages 5-8 with some, but limited, swimming experience  9:00 - 9:45  10:15 - 11:00

Stroke Development (Level 3): Appropriate for children ages 6-11 who have successfully mastered level 2  9:00 - 9:45  10:15 - 11:00

Stroke Improvement (Level 4): Appropriate for children ages 8-13 who have successfully mastered level 3  9:00 - 9:45  10:15 - 11:00

Stroke Refinement (Level 5): Refines swimming techniques. Appropriate for children ages 9-13 who have successfully mastered level 4  9:00 - 9:45  10:15 - 11:00

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:** (\$40 resident, \$55 non-resident)  Tuesdays, 7:00 - 8:00

**Lap Swimming:**  \$2 per session  \$30 for 20 sessions