

NAME _____ ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE _____ Email: _____

MUNICIPALITY/BOROUGH _____ SR SCHOOL DISTRICT RESIDENT _____ OR NON-RESIDENT _____

CLASS CODE _____ CLASS NAME _____ CLASS CODE _____ CLASS NAME _____

SRU waiver **MUST be submitted to Park office 1 week prior to class.**

NAME _____ CLASS CODE _____ CLASS NAME _____ CLASS CODE _____ CLASS NAME _____

PRIVATE LESSONS:

Code/Date _____ Time _____ Please check: Beg. _____ Interm. _____ Advanced _____

Code/Date _____ Time _____ Please check: Beg. _____ Interm. _____ Advanced _____

Email: _____ List health conditions: _____

SRAP&R
 724-794-8180 Fax: 724-794-8181
 Hours: Mon. - Fri. 7:30-3:30PM

SRAP&R
 320 N. Main St.
 Slippery Rock, PA 16057



RESIDENT FEE: Individuals residing in the Slippery Rock School District.

NON-RESIDENT FEE: Those individuals residing outside the Slippery Rock School District.

General Information

- ◇ All classes will now be held at the **ARC (Aebersold Recreation Center)**.
- ◇ **SRU waiver must** be completed at **Park office** prior to first class.
- ◇ **Parking passes** required for all classes held before 5:00PM.
- ◇ **Pre-registration only. No registrations taken over the phone or without payment.** (unless with credit card)
- ◇ All fees are **non-refundable** unless class is cancelled.
- ◇ No credit or make-up is given if you miss a class.
- ◇ Park reserves the right to set minimum and maximum class size.
- ◇ Class registration and waiver **MUST** be submitted one week prior to the start of the class.

ARC RULES:

- ◇ Parents **MUST** be with their child/children at all times.
- ◇ Children are **ONLY** allowed in the locker room/pool area.
- ◇ Children **ARE NOT** permitted to wander in any part of this facility.
- ◇ Locker room access 15 min. before class.
- ◇ Children **ARE NOT** permitted in water before or after swim lessons unless the family has an ARC membership.
- ◇ Shoes and shirt required.

*Cooperatively Sponsored by:
 Slippery Rock Borough
 Slippery Rock School District
 Slippery Rock Township*

**Slippery Rock Area
 Parks & Recreation**

**CHILDREN
 WINTER
 SPRING
 SWIM**



2018

Slippery Rock Area Parks & Rec.
 320 N. Main Street
 Slippery Rock, PA 16057
 724-794-8180
 Fax: 724-794-8181

www.SlipperyRockPark-Rec.org



CLASS DESCRIPTION

Water Babies-(Parent & Child)

6 mos.-3 yrs.—Designed to encourage water exploration. Parents will learn a variety of support and holding techniques to help child enjoy the water. Children will practice supported swim skills, breath control and water exploration through songs and games.

Pre-Begin-(3-5 or older)

Children who **cannot** submerge and cannot swim 10 ft. independently. Designed for children with little or no water experience. Skills included are blowing bubbles, retrieving submerged objects, assisted front & back float, front & back glides, front & back alternating arm and leg action, symmetrical back arm and leg action, changing direction, jumping into the water, calling for help and personal safety.

Begin-(5 & older)

Children who can already submerge and can swim 10 ft. independently or who passed Pre-Begin or instructor approval. Building on Pre-Begin, children at this level will continue with those skills in order to develop them into front crawl, back crawl and elementary backstroke. Also included: independent floating and glides, bobbing, rhythmic breathing and turning over. Personal safety and simple reaching assists will be introduced.

Advanced Begin-

Passed Begin or instructor approval. Enter deep water by jumping in, submerge and retrieve an object in chest deep water, deep water floating on front and back, diving from a seated or kneeling position, tread water, front and back glide using two different kicks, front crawl with rotary breathing, back crawl, backstroke, and perform help and huddle position.

Intermediate-

Passed Advanced Begin or instructor approval. Emphasis at this level includes building strength and endurance while perfecting known strokes. Also included: treading water, surface dives, scissor and dolphin kicks and headfirst entry into deep water. Personal safety includes diving safety, throwing assists and self-rescue.

WEDNESDAY NIGHT CHILDREN'S CLASSES

Session I

Resident Fee: \$45.00
Non-Resident Fee: \$54.00

January 24-March 21

No class March 14

WCS 1	Pre-Begin	5:00-5:40PM
WCS 2	Begin	5:40-6:20PM
WCS 3	Advanced Begin	5:40-6:20PM
WCS 4	Intermediate	6:20-7:00PM
WCS 5	Water Babies	6:20-7:00PM

Session I I

Resident Fee: \$45.00
Non-Resident Fee: \$54.00

March 28-May 16

WCS 6	Pre-Begin	5:00-5:40PM
WCS 7	Begin	5:40-6:20PM
WCS 8	Advanced Begin	5:40-6:20PM
WCS 9	Intermediate	6:20-7:00PM
WCS 10	Water Babies	6:20-7:00PM

FRIDAY NIGHT

Session I

Resident Fee: \$45.00
Non-Resident Fee: \$54.00

January 26-March 23

No class March 16

WCS 11	Pre-Begin	5:00-5:40PM
WCS 12	Begin	5:40-6:20PM
WCS 13	Advanced Begin	5:40-6:20PM
WCS 14	Intermediate	6:20-7:00PM

FRIDAY NIGHT Session I I

Resident Fee: \$45.00
Non-Resident Fee: \$54.00

March 29-May 18

WCS 15	Pre-Begin	5:00-5:40PM
WCS 16	Begin	5:40-6:20PM
WCS 17	Advanced Begin	5:40-6:20PM
WCS 18	Intermediate	6:20-7:00PM

No class March 30th will be held Thursday 3/29

PRIVATE LESSONS

Swim lessons for all ages, skill levels and for anyone requiring special accommodations. Individual instruction.

Park WILL NOT make-up any missed classes

WEDNESDAY NIGHT

4 LESSONS

Resident Fee: \$55.00
Non-Resident Fee: \$65.00

4:00-4:30 (3 spots) **4:30-5:00** (3 spots)

P1	January 24-February 14
P2	February 21-March 21
	No class March 14
P3	March 28-April 18
P4	April 25-May 16

FRIDAY NIGHT

4 LESSONS

Resident Fee: \$55.00
Non-Resident Fee: \$65.00

4:00-4:30 (3 spots) **4:30-5:00** (3 spots)
6:20-6:50 (2 spots)

P5	January 26-February 16
P6	February 23-March 23
	No class March 16
P7	March 29-April 20
	No class March 30th will be held Thursday 3/29
P8	April 27-May 18

SRU Waiver **MUST** be signed and submitted to the PARK office 1 week prior to first class.

Waiver can be obtained at the Park office, website, emailed or faxed (724)794-8181

