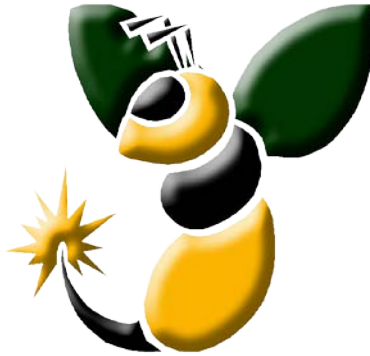


Marion Center Area School District



Community Service Programs Fall 2010

For more information call Christina Shilling
(724) 397-5551 ext. 5408
8:30 – 3:00 p.m.
PO Box 156
Marion Center PA 15759

*Brochure on-line at www.mcasd.net
(Click on District Info)

WATER AEROBICS (Adults only 18 and up) (REGISTRATIONS ON FIRST COME FIRST SERVE BASIS AND MUST BE SENT IN PRIOR TO THE START OF CLASS-NO PHONE CALLS-PLEASE)

McCreery Pool

Instructor: Julie Kellar

Days/times: Tuesday & Thursday 6:00–7:00p.m.
7:00-8:00 p.m.

Sept 7, 9, 14, 21, 28

Oct. 5, 7, 12, 14, 19, 21, 26, 28 **Nov.** 2, 4, 9, 16, 18

Instructor: Becky Walker

Days/Time: Monday & Wednesday 6:30-8:00 p.m.

Oct. 2, 4, 9, 13, 18, 20, 25, 27

Nov. 1, 3, 8, 10, 15, 17



Come and Join us for a fun filled action packed hour and half of both exercise and toning all built into one. Water aerobics are less stressful on the joints; for back issues, this is the best area to be able to fully exercise and actually improve your health; Rehabilitation for shoulders, hips, backs & knees can have a far greater benefit with water aerobics by improving your overall health as well as helping in the Rehab department too. All classes are structured and work on the cardiac aspects as well as the muscular ones too. Individualized activities/body specific needs are also available for what one may need to either improve or avoid. One does not have to be a swimmer to do water aerobics as all activities can either be done in the shallow water or even while sitting on the steps (yes, we have steps into the pool for ease of entrance and exiting). Lap swimming can also be performed if you desire either in the first or at the beginning of the second class to further add to your workout routine if desired. OUR only rule is that you must MOVE and have fun all at the same time. As with any health issue, we do encourage anyone within health concern categories to please check with your doctor as to your ability to perform water aerobics and to verify your limitation specific to you so they can be relayed to the instructor. Come and have some fun and get fit all at the same time. HEY GENTLEMAN ---YOU are welcomed to come as well and help get yourself in condition for any other physically demanding activity you wish to participate in. Come check us out!



INTERVAL TRAINING – TUESDAY

Rayne Elementary 7:00 – 8:15 p.m.

Instructor: Debbie Griffith

Days/ Dates: Tuesdays **Sept.** 7, 14, 21, 28

Oct. 5, 12, 19, 26 **Nov.** 2, 9, 16

Participants must be 13 y/o or older.

Interval Training is a workout that will challenge you but won't leave you bored. Every 4 - 5 minutes we change exercises to get the benefits from interval training. It's a complete workout consisting of cardio, strength training and lots of ab work. It's all here...we work from head to toe and because you will be given options of intensity, its good for all fitness levels. Bring your weights and your desire to get or stay in shape!

ZUMBA

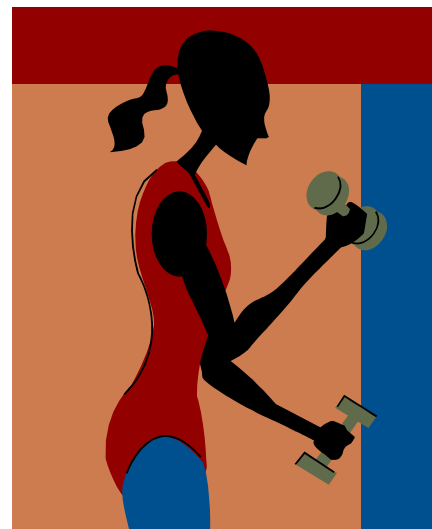
Rayne Elementary

Supervisor: Sarah Griffith

Day: Wednesday 6:00 – 7:00 p.m.

Sept. 8, 15, 22, 29 **Oct.** 6, 13, 20, 27

Nov. 3, 10, 17



Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program for an exhilarating hour of calorie burning fun! The routines feature interval training sessions where fast and slow rhythms are combines to tone and sculpt your body, while burning fat. So, ditch the workout, and join the party!! Bring your 3 and 5 lb weights with you.

GLUTEN FREE COOKING SIMPLIFIED

HS Room 117

Instructor: Dana Steele
Day: Mondays 6:30 - 8:30 p.m.
Dates: **Sept 27, Oct 4, 18, 25, Nov 1, 8**
No Class on Oct 11



This program will provide instruction on making affordable every day foods. Shopping lists and sharing of recipes available. There will be an additional charge of \$5.00 for supplies. This will be collected at the first class.

WELLNESS CENTER

Open M-F 3:00 p.m.-9:00 p.m.
(during 3:00 to 4:45, sport teams
will have use of the facility)
Sat 10:00 a.m. – 2:00 p.m.



- Center will be closed on Sept 6
Oct 8, 11 Nov 11, 25, 26, 27, 29
- Complete the enrollment form along with payment and your Key card will be available for pick up (in the wellness center)
- Lockers are available for your use.
- Parking available by the greenhouse.

FAMILY OPEN SWIM McCREERY Pool

Supervisor: Stephanie George

Fri. 6-8:30 p.m. & **Sat.** 12:00 – 3:00 p.m.



Sept 10, 11, 17, 18, 24, 25 **Oct.** 1, 2, 8, 15, 16, 22, 23, 29, 30
Nov. 5, 6, 12, 13, 19, 20

Birthday Pool Parties may be scheduled by calling Stephanie George at 724-397-5551 x.1908. Please call a minimum of two weeks in advance. Both the pool and MS café can be reserved if no prior commitments to other programs are in place.

ADULT LAP SWIM

McCreery Pool

AGES 18 AND UP

Adult Supervisor: Stephanie George

Mondays 5:30-6:30 p.m.

Wednesdays 5:30–6:30p.m.

Saturdays 11:00 a.m. – 12:00 p.m.

Sept 11, 18, 25 (Sat only in September)

Oct. 2, 4, 6, 13, 16, 18, 20, 23, 25, 27, 30

Nov. 1, 3, 6, 8, 10, 13, 15, 17, 20



The pool will be set up for lap swimming. Come and exercise without distractions.

ELEMENTARY BASKETBALL HS Gym/McCreery Cafe
SATURDAYS BOYS & GIRLS 9:00 A.M. TO 11:00A.M.



GRADES 3RD TO 6TH

Instructor: Doug Snyder

Dates: Sept. 25, Oct 2, 16, 23, 30 Nov 6

NO practice on Oct 9

Students will be learning fundamentals: shooting drills, ball handling, defensive strategies, rebounding, team work and tips for off-season workouts. This program is recommended for students who wish to participate with the traveling basketball team.

SWIM LESSONS – ENROLLMENT LIMITED FOR SAFETY OF PATRONS!

Instructor: Lori Lezanic

Day: Monday, Wednesday, & Thursday (**NO SAT**)

Where: Middle School Pool

When: **Sept.** 13, 15, 16, 20, 22, 23, 27, 29, 30



Monday & Wednesday & Thursday (all three days)

Parent & Child and Pre-School Aquatics . 6:00 – 6:30 p.m.

Levels 1, 2, 4 6:35 – 7:20 p.m.

Levels 3, 5, 6, 7:25 – 8:10 p.m.

***** Attention all parents: For safety reasons and to provide the most productive learning experience for your child, we are requiring that all parents (with the exception of parents of children enrolled in tiny tots and advanced tiny tots) remain in the hallway/cafeteria waiting areas until the conclusion of your child's swim lesson. The balcony spectator area above the swimming pool will be closed during all swimming lessons with the exception of days 4 and 8. To provide an opportunity to view your child's progress and take pictures. We would greatly appreciate your adherence and support.**

Parent and Child Aquatics: Introduction of basic skills and water safety topics to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water. Parents **must** be in the water to assist their child.

Pre-School Aquatics: Children are taught basic aquatic skills and are able to move from assistance to independence in the water. Children practice arm and leg actions on their front and back. Parents **do not** need to be in the water to assist their child.

Level 1 – Introduction to Water Skills: Children will learn basic personal water safety information. They will learn basic aquatic skills such as front and back float, front and back glide, and arm and leg actions on the front and back. All skills can be practiced **with support**.

Level 2 – Fundamental Aquatic Skills: Children will begin to learn true basic locomotion skills. Aquatic skills are similar to Level 1, but all skills will be practiced **without support**.

Level 3 – Stroke Development: Students learn to survival float, swim the front crawl and elementary backstroke, practice the scissors and dolphin kicks, and tread water. They learn the rules for diving and practice entry into the water from a seated position.

Level 4 – Stroke Improvement: Students will improve their skills previously learned by swimming greater distances with improved technique. They will add the arms to the scissors kick to complete the sidestroke, learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. Students will also learn the compact and stride dives.

Level 5 – Stroke Refinement: Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the **front and back are introduced**. Students also learn the shallow dive.

Level 6 – Swimming and Skill Proficiency: Students will refine strokes in order to swim them with more ease, efficiency, power and smoothness and over greater distances. There are 3 options within Level 6: Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. The course will be customized to the students' needs.



Please indicate **level** on the registration form.



Registration must be accompanied by payment for your child to be placed on the roster. **No phone registrations taken!**



Marion Center Area School District
Community Services Pool Rules
Open Swim

The lifeguard is on duty to prevent accidents and provide for your safety. Please respect their judgment in enforcing rules and regulations. Anyone violating these rules will be asked to leave the pool area. Please notify the lifeguard on duty of any swimmers who have any serious or potentially serious medical conditions.

- Swimming is permitted only with a lifeguard on duty.
- **A parent must accompany all children under the age of 12.**
- No outdoor shoes on deck.
- No food, beverages, glass containers, gum, alcohol or tobacco.
- Patrons who have open sores or communicable diseases are not permitted to use the pool.
- Bathing suits are required.
- Shower with soap before entering the pool.
- No diving in water less than 9 feet deep.
- No running, flips, wrestling, dunking, pushing, pulling, backward or twisting entries are permitted.
- Do not hang on the depth divider rope, lane lines and basketball hoop.
- Non-swimmers must stay in the shallow end of the pool where they are able to stand without assistance or support.
- **Lifejackets, water muscles and/or noodles can only be used in shallow water and with the accompaniment of an adult.**
- No snorkeling equipment.
- Only 1 fun noodle per person. Do not slap noodles on the water surface.
- No jewelry with sharp objects.
- No spitting, urinating, or defecating in the pool water or on the deck.
- Infants and children who are not toilet trained must wear waterproof swim diapers.
- Keep all balls away from the ceiling. Balls should not be thrown higher than the backstroke flags.
- Only members of the varsity swim team who have been instructed in using competitive starting blocks may use them.
- The lap lane may only be used by serious lap swimmers'.
- **Adults must supervise their children in the spectator area. Please do not lean over the rail.**

Community Service Guidelines

The 2010-2011 school year is about to begin as well as a new year of Community Service Programs. Through Community Service Programs citizens of the district are able to utilize the school facilities by participating in a variety of recreational and educational programs. Non-district residents may participate so please encourage your friends and relatives outside the district to participate in activities of interest to them. Fee structures are as follows:

Community Service Pass

Resident

- Family Pass Fee \$75.00 with expiration one year from date of purchase. Participants must register each quarter for programs. Entitles any member of the family (including children under 18 year of age) to enroll in any of the Community Services Programs, and includes swimming lessons for one child. Additional children enrolled will be subject to additional swim lesson fees. Children 19 or older must purchase their own Community Service Pass.
- Single Individual Pass \$ 40.00 this pass is for one person with expiration one year from date of purchase. Participants must register each quarter for programs. This is not for a single program.
- Silver Pass available for residents 65 or older upon request from the superintendent's office. Participants must register each quarter for programs

Non-District Resident

- Fee \$125.00 with expiration one year from date of purchase. Participants must register each quarter for programs. Entitles any member of the family (including children under 18 year of age) to enroll in any of the Community Services Programs, and includes swimming lessons for one child. Additional children enrolled will be subject to additional swim lesson fees. Children 19 or older must purchase their own Community Service Pass.
- Single Individual Pass \$ 65.00 this pass is for one person with expiration one year from date of purchase. Participants must register each quarter for programs. This is not for a single program.
- **Senior Citizen (65+)** \$25.00 Participants must register each quarter for programs

Military and College students

Resident

- Fee \$35 with expiration one year from date of purchase. Participants must register each quarter for programs

Non-resident

- Fee \$50 with expiration one year from date of purchase. Participants must register each quarter for programs

Individual Plans – purchased each quarter.

(Non-applicable for Wellness Center with the exception of high school students)

1st quarter (Sept, Oct, Nov) 2nd quarter (Dec, Jan, Feb) 3rd quarter (Mar, Apr, May) 4th quarter (June, July, Aug)

Resident

- Fee is dependent on number of evenings each program meets. (1x / wk \$8, 2x/ wk \$16, 3x/ wk \$24 etc.)
- This one time fee entitles one individual to enroll in a single Community Services Program.
- High School Student - Fee is \$10/quarter.

Non-district resident

- Fee is dependent on number of evenings program meets. (1x/wk \$15, 2x/wk\$20, 3x/wk\$30 etc.)
- This one time fee entitles one individual to enroll in a single Community Services Program.
- High School Student - Fee is \$20/quarter.

Non-district resident senior citizen

- Fee is dependent on number of evenings program meets. (1x/wk \$7, 2x/wk \$10.00, 3x/wk \$15 etc.)
- This one time fee entitles one non-district senior citizen individual to enroll in a single Community Services Program.

Swim Lessons

- Resident \$45.00
- Non-resident \$65

Wellness Center (Community service pass)

- Community members will have access to the facility via a key card. Participants must register each quarter. Key cards are issued once enrollment form is completed with payment.
- Lockers will be available for use.

Refund Policy

- Full refunds will be given only if a program is canceled or the enrollment limit has been met.
- When it is necessary to limit enrollment, this will be done on a first-come-first serve basis. The Community Services Director will cancel activities if there is insufficient enrollment.

Guest pass for open swim - \$2.00 for a district resident guest who comes on a one-time basis; \$4.00 for a non-district resident guest who come on a one-time basis.

Pool/birthday party – should be scheduled in advance with Mrs. Stephanie George at 724-397-5551 ext 1908. Cost is the same as open swim. Enrollment plans previously purchased by any of the participants do not apply for this activity.

COMMUNITY SERVICES OBJECTIVES - Safety, learning, fun, and exercise.

Student Community Services activities should emphasize developing skills that enable students to participate and enjoy the activity. Interscholastic competition is not a part of the recreation program. Participation is not limited by conducting tryouts. Playing time is to be consistent for all participants. All-stars are not sponsored by the school district and are not under the supervision of Community Services. Any all-star team must have board approval and show evidence of liability insurance.

Adult Community Services activities are designed as a fitness and exercise program. These programs afford the community an opportunity to use the school's recreational facilities

2010 Fall Registration Form

Registration is due one-week prior to start of program.

Checks payable to: Marion Center Area School District (MCASD) Community Services

<p>Family Plan -Entitles any member of the family (parents and children 18 or younger who live in the same residence) to participate in all Community Service Activities and <i>includes swim lessons for one child</i>. Additional children enrolled will be subject to additional swim lesson fees. Children 19 and older must purchase their own Community Service Pass. Single Individual Plan- is for one person with expiration one year from date of purchase. Individual Plan – Entitles one person to enroll in a single Community Service Activity</p>					
<p>District Resident Fees: (expires one year from date of purchase) Please check:</p>			<p>Non-district Resident (expires one year from date of purchase) Please check:</p>		
	Family Pass	\$ 75.00		Family Pass	\$125.00
	Military and college students	\$ 35.00		Military and college students	\$ 50.00
	Silver Pass – 65 or older	Upon request		Senior Citizen (65+) Family Pass	\$ 25.00
	Single Individual Plan	\$ 40.00		Single Individual Plan	\$ 65.00
<p>Individual Plans- purchased each quarter (Wellness Center not applicable except with High school students)</p>			<p>Individual Plans-purchased each quarter</p>		
	High School Student	\$10.00		High School Student	\$ 20.00
	Swim Lessons	\$45.00		Swim Lessons	\$65.00
	Open Swim	\$2.00 each night		Open Swim	\$4.00 each night
	Weekly Program	\$ 8.00		Weekly program	\$15.00
	2x/week	\$16.00		2x/week	\$20.00
	3x/week	\$24.00		3x/week	\$30.00
	4x/week	\$32.00		4x/week	\$40.00
<p>Program Selection Please check:</p>					
	Water Aerobics	Tues-	Thurs	Wellness Center (yrly)	Mon-Sat
	<u>Choose preferred time:</u>	6:00-7:00	7:00-8:00	Gluten /Dairy free cooking	Monday
	Water Aerobics	Mon & Wed			
	Interval Training	Tuesday		Elementary Basketball	Sat
	Zumba	Wednesday		Family Open Swim (yrly)	Fri-Sat
	Adult Lap Swim	Mon	Wed	Sat	
	Swimming Instruction (indicate child's name with appropriate level)				
	Parent/child	Preschool		Level 1	Level 2
	Level 3	Level 4		Level 5	Level 6

Name _____ Phone Number _____

Mailing Address _____

List all participants/Grade if applicable _____ Key Card # _____

 Please post this Community Service Information for future reference!

1. DO NOT MAIL CASH! Make checks payable to Marion Center Area School District Community Services.
2. **Full refunds will be given if you have paid the Individual plan (weekly fees) to participate in a program and the program is cancelled or filled. Purchasers of Single Individual passes and Family passes are not refunded if a single program is cancelled.**
3. Once you have registered you should attend the program as scheduled; you will only be notified if the program is cancelled or if registration is full.
4. Inclement weather: If school has an early dismissal, there will be not community service programs. If the decision is made that the program will cancel for the night a School Messenger call will be made to the registrants. **This is very important that you complete a registration form, because that is how cancellation information is provided to you.** As a courtesy, an announcement will be made in the schools if it occurs before 2:00 p.m. After 2:00 p.m. tune into 1450 WDAD or 1160 WCCS for cancellations.
5. Doors will be locked at all times – door bells have been installed to facilitate entrance to the buildings. They are located at the glass doors by the pool hall, the brown doors by the McCreery café, and HS gym lobby.
6. **All of us are aware that there are not enough parking spaces as close to the building as we would like. Parking restrictions are necessary for the on going operation of the school district. Therefore, we rely on all participants to follow these NO PARKING simple guidelines.**
 - **NO PARKING in a reserved or no parking space.**
 - **NO PARKING on the grass.**
 - **NO PARKING in handicapped spaces without appropriate identification.**
 - **NO PARKING in front of the doors by the pool entrance and the back door to the W.A. McCreery Café.**



Marion Center Area School District
PO Box 156
Marion Center PA 15759