

AQUATICS

Unless stated otherwise, all aquatic programs are held at the West Shore Natatorium located at Red Land High School on Fishing Creek Road, Fairview Township.

FAMILY & MULTI-AGED ACTIVITIES

REC SWIM ♥

Great for family fun or individual fitness workouts. One lane is reserved for lap swimming on the weekend. Pay at the door or save 23% by purchasing a Rec Swim Punch Card. A Punch Card never expires and can be used for the whole family.

Winter/Spring Rec Swim Schedule: January 15 – June 3*

Sundays, 2-5 pm

Lap Swim Only: February 27 – May 23*

Mondays & Wednesdays, 7-8 pm

Admission Options:

A. Pay As You Go: Weekend - \$5; Weeknight - \$2

B. Punch Card: \$26; *discounted resident rate: \$20*

*Please note - No Rec Swim or Lap Swim on March 11, April 2, 4, 8, May 6, 13, and 27. Other dates are subject to change for maintenance or emergency reasons.

BIRTHDAY POOL PARTIES

Here's a fun and economical way to host a birthday or special event! Your group will have a splashing good time in the pool during Rec Swim and the lobby area may be scheduled (50 minute period) for cake cutting or gift opening. Reserve your date early!

Dates: Sundays, 2-5 pm

January 15 – June 3 (no 3/11, 4/8, 5/6, 5/13 and 5/27)

Size: **Small Group** (up to 15 swimmers)

Cost: \$72; *discounted resident rate: \$60*

Large Group (16-25 swimmers)

Cost: \$108; *discounted resident rate: \$90*

Any Size Group may have exclusive pool time for reunions, company recreation or other occasions. More than 60 persons will require additional lifeguards at an extra fee.

Saturdays, 4-6 pm

January 14 – June 2 (no 1/21, 3/10, 3/24, 4/7, 5/12 and 5/26)

Cost: \$169; *discounted resident rate: \$141*

NEW DISCOVER SCUBA

Want to learn more about scuba before enrolling in the Open Water Scuba class? Discover the excitement of diving with little effort on your part. You must be at least 12 years old and free of any medical problems (or have your doctor complete a PADI medical release, available online, prior to diving). Provide your height, weight, and shoe size when you sign up and all equipment will be provided. Wear a swimsuit.

Friday, March 23, 6-9 pm

West Shore Natatorium

Cost: \$40; *discounted resident rate: \$33*

OPEN WATER SCUBA

Complete your certification that allows you to dive anywhere in the world! You must be at least 12 years old, able to swim 200 yards, be comfortable in water and supply a mask, snorkel and fins. If you do not already own equipment, wait until after the first class when equipment needs will be discussed. Additional open water dives, at an additional cost, are required for certification. Please see www.westshorerec.org/aquatics.htm for self-study details. Bring your swimsuit to all classes. Instructor: Fred Starner, Harrisburg Scuba Center.

Self Study Session

Friday, March 30, 6:30-8:30 pm at Harrisburg Scuba

Saturday, April 14, 8 am – 4 pm at WS Natatorium

Sunday, April 15, 8 am – 2 pm at WS Natatorium

Cost: \$202; *discounted resident rate: \$168*

WHEE SWIM

Enjoy special one-on-one time with your child! Our instructor will help you and your child feel comfortable and safe in the water while practicing movements to prepare him or her for swimming strokes. One parent/guardian in the water is necessary... two are welcome! Instructor: Lisa Waldman.

Sundays, March 18 – April 22 (no 4/8)

A. 6-18 months: 5:00-5:30 pm

B. Age 1: 5:30-6:00 pm

C. Age 2: 6:00-6:30 pm

D. Age 2: 6:30-7:00 pm

E. Age 3: 7:00-7:30 pm

Cost: \$39; *discounted resident rate: \$32*

YOUTH ACTIVITIES

WATER OTTERS

A class for 4 year olds! Designed for children to explore their water readiness prior to enrolling in Level 1 at age 5. Children must have some water experience and be able to engage in a small group without parental assistance. Instructed by a certified water safety instructor, but no certification given.

Tuesdays & Thursdays, 6:00-6:35 pm

A. March 1 – April 3 (no 3/8, 3/29)

B. April 10 – May 3

C. May 10 – June 5

Cost: \$52; *discounted resident rate: \$43*

YOUTH SWIM LESSONS

Youth 5-15 years are encouraged to learn water safety and enhance their water enjoyment, progressing from level 1 through 6 in the American Red Cross water safety program. A Red Cross completion card from the previous level is required except for level 1. **Indicate level needed on the registration form.** *You may enroll in one section only until April 3.* Instructed by certified water safety instructors.

Tuesdays & Thursdays, March 1 – April 3 (no 3/8, 3/29)

A. Level 1 6:00-6:35 pm

B. Level 1 or 2 6:40-7:15 pm

C. Level 2 or 3 7:20-7:55 pm

Tuesdays & Thursdays, April 10 – May 3

D. Level 1 6:00-6:35 pm

E. Level 2 or 3 6:40-7:15 pm

F. Level 4, 5 or 6 7:20-7:55 pm

Tuesdays & Thursdays, May 10 – June 5

G. Level 1 6:00-6:35 pm

H. Level 1 or 2 6:40-7:15 pm

I. Level 2 or 3 7:20-7:55 pm

Cost: \$52; *discounted resident rate: \$43*

EGG DIP

Swimmers 6-10 years and non-swimmers* ages 4-6 will have fun taking a "dip" during our watery egg hunt! After collecting your eggs, redeem them for prizes and then enjoy some swim time with your family! Lifeguards will be on duty. *- Non-swimmers are to be assisted by a parent and may bring a flotation device if needed. Please register by March 14.

Friday, March 30, 6:30-8:00 pm

West Shore Natatorium

Cost: \$17; *discounted resident rate: \$14*

DIVING LESSONS – Beginner to Advanced

Enhance your fun at the swimming pool by improving your dive! Learn the fundamentals of springboard diving techniques: approach and hurdle, front dives, back jumps, back dives and basics of a front flip. Springboard diving safety precautions will also be covered. For ages 8-17 who can swim a minimum of 25 yards. Certified diving coach: Bradley Buchter.

Beginner/Intermediate Diving

Mondays & Fridays, 5:30-6:30 pm

April 13 – 30

Cost: \$56; *discounted resident rate: \$47*

Advanced Diving

Wednesdays & Thursdays, 5:30-7:00 pm (no 3/29)

March 21 – May 16

Cost: \$144; *discounted resident rate: \$120*

SCOUT AQUATIC BADGES

Want to earn your Boy Scout Swimming Merit Badge, Cub Scout Aquanaut, Girl Scout Try-it Badge or Interest project? Come as an individual or part of a troop or pack for this fun and instructional activity. Badge is not provided. Class covers only the in-water skills portion of the badge. Boys must bring pants, a cotton long-sleeve shirt and socks to wear in the pool. Instructor: Kathy Wulfers.

Boy/Cub Scouts: Saturday, March 31, 1:30-3:30 pm

Girl Scouts: Saturday, April 21, 1:30-3:30 pm

Cost: \$10; *discounted resident rate: \$8*

♥ - HEART HEALTHY ACTIVITY

AQUATICS

LIFEGUARD CERTIFICATION

Become an American Red Cross certified pool lifeguard. You must be at least 15 years old, be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, and tread water for 2 minutes using only the legs. You must also complete a timed event within 1 minute, 40 seconds. Exact details of the timed event can be found on our website or by calling the rec office. This mandatory pre-requisite testing will occur on the first day of class. Upon passing written and practical exams, you will also be certified in First Aid and CPR for the professional rescuer. Bring your swimsuit to every class. First night meets at the West Shore Natatorium for the pre-requisite swim test. Instructors: Kathy Wulfers (A), Susan Flemming (B).

- A.** March 2, 7, 10, 11
Wednesday & Friday, 5:15-9:00 pm
Saturday & Sunday, 8 am-8 pm
- B.** May 4, 5 & 6
Friday, 5:15-9:15 pm
Saturday & Sunday, 8 am - 8 pm
Cost: \$258; *discounted resident rate: \$215*

CPR FOR THE PROFESSIONAL RESCUER REVIEW

Designed for lifeguards who need to renew their annual AED/CPR for the Professional Rescuer certification. A video and study session begin the review. Bring your CPR mask. Instructor: Kathy Wulfers.

- Sunday, March 4, 5:30-8:30 pm
West Shore Natatorium Lobby
Cost: \$61; *discounted resident rate: \$51*

ACTIVITIES FOR ADULTS 16+

ADULT SWIM LESSONS

It's not too late to learn! Gain confidence in this small group setting designed especially for adults with little or no swimming ability. Focus will be on water adjustment, personal safety and some stroke development. Water Safety Instructor: Donna Paradis.

- Mondays & Wednesdays, 8-9 pm
April 9 – May 2
Cost: \$59; *discounted resident rate: \$49*

AQUACISE

Looking for something to keep that energy going? Try this shallow water exercise experience as you test your core strength, build your cardio fitness and improve your muscle tone. Great for the beginner and those who enjoy a bit of a challenge. We use resistance equipment for this multi-level class and you don't have to know how to swim. Join the fun! Instructor: Nancy Fink.

- A.** Mondays & Wednesdays, 8:30-9:30 pm
January 16 – February 15
- B.** Mondays & Wednesdays, 7-8 pm
February 27 – March 28
Cost: \$47; *discounted resident rate: \$39*
- C.** Mondays & Wednesdays, 7-8 pm
April 9 – May 23
Cost: \$66; *discounted resident rate: \$55*

AQUA FIT

Let's step it up a notch! This shallow water class will get you pumping with some interval and circuit training, resistance equipment and upbeat music to keep you moving! Every night is a new adventure! You should be comfortable moving in shallow water. Water shoes recommended. Instructor: Nancy Fink.

- Tuesdays & Thursdays, 8-9 pm
- A.** February 28 – April 5 (no 3/8, 3/29)
Cost: \$47; *discounted resident rate: \$39*
- B.** April 12 – May 31
Cost: \$70; *discounted resident rate: \$58*

HYDRO HIKE

Toning, flexibility, strength building, cardio challenging....all done in the deep water while wearing a flotation belt. Challenge your body to a new fitness level and you'll notice a difference in just a few weeks! All participants must be comfortable in the deep water. Join instructor Nancy Fink for this multi-level class.

- Mondays & Wednesdays, 8-9 pm
- A.** February 27 – March 28
Cost: \$50; *discounted resident rate: \$42*
- B.** April 9 – May 23
Cost: \$71; *discounted resident rate: \$59*

WATER WORKOUT

Walk, jog or run in water for a total body workout! Flotation belts (provided) help keep you in an upright position while you perform a variety of arm and leg movements to enhance cardiovascular condition, muscular strength and flexibility. For both men and women who are able to swim in deep water. Instructor: Donna Paradis.

- A.** Mondays & Wednesdays, 8:30-9:30 pm
January 16 – February 15
- B.** Tuesdays & Thursdays, 8-9 pm
February 28 – April 5 (no 3/8, 3/29)
Cost: \$47; *discounted resident rate: \$39*
- C.** Tuesdays & Thursdays, 8-9 pm
April 12 – May 31
Cost: \$71; *discounted resident rate: \$59*

SUMMER JOBS

Applications are being accepted for activity leaders, camp counselors, water safety instructors and new program instructors. We are also looking for lifeguards and pool managers for the Lemoyne Pool and lifeguards for WS Natatorium. Contact West Shore Rec for an application form at 920-9515 or www.westshorerec.org. Don't delay; apply today!

♥ - HEART HEALTHY ACTIVITY

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