

Spring 2023

Community Aquatics Program



Important Information

Program Runs 02/06/2023 – 06/10/2023

Important Information:

- ⇒ Written confirmation of acceptance into a class is required to attend the program.
- ⇒ Be sure to bring your own swimsuit and towel.
- ⇒ Guardians are required to remain at the pool for the duration of the class.
- ⇒ **Learn to Swim programs 102, 103 & 120** have a limited number of students per class to ensure the safety of the swimmers and the quality of the lesson.
- ⇒ Due to limited availability please be aware that registration wait times are typically an hour; spaces fill up very quickly.

Location and Contact Information:

The Half Hollow Hills Natatorium is adjacent to
Half Hollow Hills High School West
375 Wolf Hill Road, Dix Hills, NY 11746

Pool Phone (voicemail): (631) 592-3236
Pool E-mail (preferred): bkennedy@hhh.k12.ny.us

In-Person Registration at High School West:

Courses #101, #103, #106 & #120 (Adult programs only)-

Wednesday, February 1st 6:30pm - 9:00pm

Courses #100, #102 & #108-

Saturday, February 4th 11:30am - 3:30pm

ADULT LEARN TO SWIM #103

This course is for adults of any swim skill level, from those who cannot swim to lap swimmers who want to improve their swimming skills. Topics include proper breathing, floating, swimming and treading in deep water, strokes and water safety.

Fridays - Beginning February 10th (14 sessions)

Ends: Friday, June 9th

Time: 8:00pm - 9:00pm

Fee: \$150.00

WOMEN'S ADULT SWIM CLASS #120

This class is specifically geared for women ages 18 and older. The course is open to all skill levels, from those who cannot swim to lap swimmers who want to improve their swimming skills. Topics include proper breathing, floating, swimming and treading in deep water, strokes and water safety.

Saturdays - Beginning February 11th (13 sessions)

Ends: Saturday, June 10th

Time: 10:00am - 10:45am

Fee: \$140.00

FAMILY SWIM #100

No instruction or activity is planned. The pool will be open with lap lanes for exercise and a free swim area. A parent/guardian must accompany children in the water for the duration of the program. Lifeguards are on duty during this program.

Saturdays - Beginning February 11th (13 sessions)

Ends: Saturday, June 10th

Time: 3:00pm - 4:00pm

Fee: \$120.00

Community Aquatics Program

Spring 2023 Registration Form

Please Print Clearly—All information must be completed!

*Name (Parent/Guardian) _____

*Home Address: _____

*Address on Check: _____

*E-Mail: _____

Course #	Swimmer's Name	Day/Time	Level	Check #	Fee

Mail-in registration NOT accepted for ANY swim programs. Please make checks or money order payable to Half Hollow Hills CSD.

**** Cash is NOT Accepted ****

TOTAL

AMERICAN RED CROSS (5+ years) LEARN TO SWIM FOR CHILDREN #102

This course follows the progression of the American Red Cross swim levels 1-6. All swimmers must be at least 5 years old to join this program. Maximum enrollment is 13 students per class time. Level 1 has a max of 15 students.

Please indicate swimming level on registration form. If a beginner or no prior instruction, write "Beg" under *Level* on registration form. Instructors will assess students the first day of classes. **For the safety of the children, you must bring your child to only the class time that you have registered for, no exceptions.** No individual make-up classes will be accommodated.

Saturdays - Beginning February 11th (13 sessions)

Ends: Saturday, June 10th

Choose from 3 available times:

12:00pm- 12:45pm or 1:00pm- 1:45pm or 2:00pm – 2:45pm

Fee: \$140.00

SENIOR CITIZEN SWIM #106

Lifeguards are on duty during this program. No lessons will be provided.

Monday, Wednesday and Friday – Beginning Monday, Feb, 6th

Ends: Friday, June 9th

Time: 2:15pm - 3:00pm

Fee: \$95.00

ADAPTIVE SWIM CLASS #108

This class is suitable for individuals with physical or mental disabilities that prevent them from learning in a group setting. Classes are one-to-one and instructors will teach skills based upon the abilities of each individual students. Space is limited.

Saturdays - Beginning February 11th (13 sessions)
Ends: Saturday, June 10th
Time: 11:00am—11:45am
Fee: \$150.00

ADULT LAP SWIMMING #101

Lifeguards are on duty during this program.

Mondays, Wednesdays, Fridays -Beginning Monday, Feb.6th
Ends: Friday, June 9th
Time: 8:00pm - 10:00pm
Fee: \$110.00

RECERTIFICATION FOR LIFEGUARDING
with CPR/AED #110

This course is suitable for those who have a current LFGT/ First Aid/CPR/AED certification that requires renewal. A prerequisite swim test and validation of the participant’s current ARC certification will be conducted on the first night of class. During the course, participants will receive a full review of all material. Participants must complete written testing and practical skill scenarios to receive certification.

*Bring your breathing masks, current certifications, bathing suit and \$38.00 cash for the ARC certification cards to the first class.

Dates for this program will be announced in the spring.

AMERICAN RED CROSS LIFEGUARD #107

This full course consists of American Red Cross Life-guard, First Aid, and CPR/AED for the Professional Res-cuer. The course provides participants with the skills and knowledge to prevent, recognize, and respond to emer-gencies in and around pools.

Age requirement: At least 15 years old by the end of the course

Maximum number of participants: 10 – Course enrollment is based upon water strength and performance on the prerequisite swim test ONLY.

Prerequisite testing for acceptance into the course will include:

- 1. Swim 300 yards continuously using the front crawl and/or breaststroke.
- 2. Tread water for 2 minutes using only the legs.
- 3. Swim 20 yards, surface dive 12 feet to retrieve a 10-pound ob-ject, swim 20 yards on your back with both hands holding the object and keeping your face at or near the surface, and exit the water. This must be performed in 100 seconds or less.

Location: HS West Natatorium and HS West classroom #103

Prerequisite Test Date: TBA

Fee: \$375.00 - HHH residents plus \$45.00 cash for ARC administrative fee.

\$425.00 - non-HHH residents plus \$45.00 cash for ARC administrative fee.

Included in the fee is course manual, breathing masks, whistle and hip pack.

IMPORTANT NOTE: This program requires attendance to all 12 classes in order to qualify for the American Red Cross certi-fication. NO EXCEPTIONS!

This course will only run if enough students are interested and qualify, please email Bridget Kennedy at bkennedy@hhh.k12.ny.us for more information.

February						
S	M	T	W	TH	F	S
			1	2	3	4
5	△6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

March						
S	M	T	W	TH	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April						
S	M	T	W	TH	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May						
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June						
S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	△10
11	12	13	14	15	16	*17
18	19	20	21	22	23	*24
25	26	27	28	29	30	

In-Person Registration Dates: February 1st & 4th
Shaded areas indicate when pool is closed

△ First/last day of pool session: Feb 6th – June 10th
* Reserved as a make-up day in case of a pool closure