

Fall 2023

Community Aquatics Program



IMPORTANT INFORMATION

Program Runs September 15, 2023 – January 20, 2024

Please read:

- ⇒ 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.
- ⇒ Due to limited availability please be aware that registration wait times are typically an hour.
- ⇒ Spaces fill up very quickly.

Office & Pool Location:

The Half Hollow Hills Natatorium is adjacent to Half Hollow Hills High School West
375 Wolf Hill Road, Dix Hills, NY 11746
Pool e-mail (Preferred): bkennedy@hhh.k12.ny.us

In-Person Registration at High School West:

Courses #101, #103, #106 & #120 (Adult classes ONLY)

Monday, August 14th, 7:30pm - 9:00pm

Courses #102, #108, & #100 Wednesday, August 16th &

Thursday, August 17th, 7:30pm - 9:30pm

Community Aquatics Program

Fall 2023 Registration Form

(Please Print Clearly - ****ALL FIELDS MUST BE COMPLETED!***)

*Name (Parent/Guardian): _____

*Address on Check: _____

*E-Mail: _____

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

Total

Mail-in registration NOT accepted for ANY swim programs.
Please make check or money order payable to: Half Hollow Hills CSD
*** Cash is NOT Accepted***

ADULT LAP SWIMMING #101

Lifeguards are on duty during this program.

Mondays, Wednesdays, Fridays

Beginning Monday, September 18th

Ends: Friday, January 19th

Time: 8:00 PM - 10:00 PM

Fee: \$110.00

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, strokes and water safety.

Fridays

Beginning September 15th (15 sessions)

Ends: Friday, January 19th

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 for all skill levels, from those who cannot swim to lap swimmers who want to improve their swimming skills. Topics include proper breathing, floating, strokes and water safety.

Thursdays

Beginning September 21st (15 sessions)

Ends: Thursday, January 18th

Time: 8:30pm - 9:30pm

Fee: \$150.00

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

This course follows the progression of the American Red Cross swim levels 1-6, lessons start at the beginner level and progress to fitness swimming. Swimmers must be at least 5 years old to join this program. Maximum enrollment is 13 students per class time.

Please indicate swimming level on registration. 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 September 16th (14 sessions)

Ends: Saturday, January 20th

Choose from 3 available times:

11:00pm-11:45pm or 12:00pm-12:45pm or 1:00pm -1:45pm

Fee: \$140.00

SENIOR CITIZEN SWIM #106

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

Mondays & Wednesdays

Beginning Monday, September 18th

Ends: Wednesday, January 17th

Time: 2:15pm - 3:00pm

Fee: \$95.00

RECERTIFICATION FOR LIFEGUARDING WITH CPR/AED #110

This course is suitable for those who have a current LFGT/1st 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.

Please email Bridget Kennedy at bkennedy@hhh.k12.ny.us if interested

*Bring your breathing masks, current certifications, bathing suit and \$38.00 cash for the ARC certification cards to the first class. **Attendance to all 3 dates is required in order to receive certification.**

AMERICAN RED CROSS LIFEGUARD #107

This full course consists of American Red Cross Lifeguard, First Aid, and CPR/AED for the Professional Rescuer. The course provides participants with the skills and knowledge to prevent, recognize, and respond to emergencies in and around pools.

Age requirement: 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 object, 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.

Fall dates for this program will be announced

Please email Bridget Kennedy at bkennedy@hhh.k12.ny.us if interested

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 September 16th (14 sessions)
Ends: Saturday, January 20th
Time: 3:00pm - 4:00pm
Fee: \$140.00

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 or small groups and instructors will teach skills based upon the abilities of each individual student.

Saturdays - Beginning September 16th (14 sessions)
Ends: Saturday, January 20th
Time: 2:00 PM - 2:45 PM
Fee: \$150.00


RECERTIFICATION FOR CPR/AED #109

This course is suitable for those who need certification renewal for CPR/AED for the Professional Rescuer (Lifeguard). Participants must complete written and skill testing to receive certification. American Red Cross certification is valid for 2 years. Bring breathing masks, certifications and \$38.00 cash for ARC administrative fee.


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

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

 **First/last day of pool session: September 16– January 20**

* **First day of Learn to Swim programs**

 **Shaded areas indicate when pool is closed**