

Enrichment

ACTIVITIES FOR ADULTS 18+

AMERICAN HEART CPR & AED

This Heartsaver Course combines the newly revised CPR skills training with instruction in using an automatic external defibrillator. Learn skills in adult, child and infant CPR as well as choking procedures for all age levels. Course includes practice sessions, workbook and two skill reminder cards for future reference. A course completion card will be issued that is valid for one or two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.

Monday & Tuesday, 6:00-8:00 pm

November 27 & 28

Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd

Cost: \$59; *discounted resident rate: \$45*

AMERICAN HEART FIRST AID

This Heartsaver Course is designed to train anyone who might be the first to respond in the community or workplace. Essential information and skill training include: general principles of first aid, medical emergencies, injury emergencies, and environmental emergencies. A course completion card will be issued that is valid for two years. No refunds available after class starts. Please use main lower entrance to Township building. Instructor: Dave Crossley.

Monday & Tuesday, 6:00-8:30 pm

October 23 & 24

Lower Allen Emergency Services Bldg - 2233 Gettysburg Rd

Cost: \$59; *discounted resident rate: \$45*

NEW MEDICARE FRAUD & ABUSE

Co-sponsored by Parthemore Funeral Home

What is Medicare Fraud & Abuse? Fraud occurs when someone intentionally executes a scheme to obtain money or property of any health care program. Abuse is when health care providers/suppliers perform actions resulting in unnecessary costs to any health care program. This workshop will give you the tools to help protect yourself and/or loved ones from becoming a victim. Instructor: Cumberland County Aging & Community Services.

Monday, October 30, 6:00-8:00 pm

West Shore Senior Center - 122 Geary Ave, New Cumberland

Cost: FREE (pre-registration is required and also limited)

Millard Freysinger Memorial Youth Scholarship Program:

Contributions made to the Millard Freysinger Memorial fund provide financial scholarships for selected recreation activities for students* who fall under one or more of the following criteria: 1.) eligible for the free/reduced price school lunch program, 2.) recommendation from the school counselor, 3.) student's parent is an active duty member of the military. A copy of the lunch program letter from WSSD must be included with the registration form. School counselor recommendation letters can be sent directly to our office for review. Military ID's can be brought to our office for review before program registration. Scholarships are one-half the resident cost and are indicated with a Ⓢ symbol. All information will be kept completely confidential.

*who reside in a participating community

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 AND MULTI-AGE 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.

Fall Rec Swim:

Sundays, 2-5 pm

September 17 - January 28*

Lap Swim Only:

Mondays & Wednesdays, 7-8 pm

September 6 - November 6



Admission Options:

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

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

*Please note - No Rec Swim on October 29, November 26, December 24 & 31. Other dates are subject to change for maintenance, emergency or scheduling 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! No refunds will be given after the Rec office closes on the Friday before your party date.

Dates: Sundays, 2-5 pm

September 17 - January 28 (no 10/29, 11/26, 12/24, 12/31)

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

Cost: \$78; *discounted resident rate: \$60*

Large Group (16-25 swimmers)

Cost: \$117; *discounted resident rate: \$90*

EXCLUSIVE POOL PARTIES

Groups of up to 60 swimmers may have exclusive pool time for reunions, company recreation or other occasions. More than 60 persons will require additional lifeguards at an extra fee. **Refund policy:** no refunds will be given 30 days or less prior to the reserved party date unless a replacement is secured.

Saturdays, 4-6 pm

September 16 - January 27

(except for Oct 7 & 28, Nov 25, Dec 23 and 30)

Cost: \$194; *discounted resident rate: \$149*

♥ - HEART HEALTHY ACTIVITY

NO SMOKING REMINDER

Please remember there is no smoking or tobacco allowed at any West Shore Rec activity or on any West Shore School District property. This includes outside entrances and parking lots. Thank you for your cooperation.

Aquatics

ACTIVITIES FOR ADULTS 16+

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! Children must wear swim diapers. Instructor: Lisa Waldman.

Sundays, September 17 – October 22

| | |
|------------------------|--------------|
| 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: \$51; *discounted resident rate: \$39*

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.** September 7 – October 3
 - B.** October 10 – November 7 (no 10/26)
- Cost: \$58; *discounted resident rate: \$45*

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. **Indicate level needed on the registration form.** You may enroll in one section only until October 4. Instructed by certified water safety instructors.

Tuesdays & Thursdays, September 7 – October 3

- A.** Level 1 6:00-6:35 pm
- B.** Level 1 or 2 6:40-7:15 pm
- C.** Level 3 or 4 7:20-7:55 pm

Tuesdays & Thursdays, October 10 – November 7 (no 10/26)

- 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
- Cost: \$58; *discounted resident rate: \$45*

DIVING LESSONS – Beginner & Intermediate

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 coaches: Eric Bomberger & Julia Jagannath.

Mondays & Thursdays, September 11 – October 19

- Beginner:** 5:30-6:30 pm
Cost: \$90; *discounted resident rate: \$69*
- Intermediate:** 6:30-8:00 pm
Cost: \$139; *discounted resident rate: \$108*

LIFEGUARD REVIEW

Attention all current lifeguards! Only individuals with a Lifeguarding certificate that is 30 days or less beyond the expiration date may participate in a review course so make sure you recertify now. If you let your certification lapse you will need to retake the entire course. You must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing, tread water for 2 minutes using only the legs, and complete a timed event. The timed event involves retrieving a brick in deep water and swimming it to a designated spot within 1 minute, 40 seconds. This mandatory pre-requisite testing will occur on the first day of class. Anyone who fails the swim test will receive a refund of one half their registration fee. Students will review all skills and then must successfully demonstrate proper techniques and pass the written exams to obtain recertification. Bring your swimsuit to every class. Instructor: Kathy Wulfers.

Saturday, 9 am-4 pm

Sunday, 9 am-2 pm

December 16 & 17

Cost: \$129; *discounted resident rate: \$99*

AQUACISE ♥

Looking for something to keep that energy going into the fall? 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.

Mondays & Wednesdays, 7-8 pm

- A.** September 6 – October 2
Cost: \$45; *discounted resident rate: \$35*
- B.** October 4 – November 6
Cost: \$57; *discounted resident rate: \$44*

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.** September 6 – October 2
Cost: \$45; *discounted resident rate: \$35*
- B.** October 4 – November 6
Cost: \$57; *discounted resident rate: \$44*

WATER WORKOUT ♥

Let's keep it simple....walk, run, and stretch all in the deep water. Movements will enhance cardio conditioning, muscular strength and flexibility with light intervals and equipment. This is a multi-level class challenging your fitness abilities while working at your own pace. You will wear a flotation belt to keep you in an upright position and you must be comfortable in the deep water.

Instructor: Nancy Fink.

Tuesdays & Thursdays, 8-9 pm

- A.** September 7 – October 3
Cost: \$45; *discounted resident rate: \$35*
- B.** October 5 – November 7
Cost: \$57; *discounted resident rate: \$44*

♥ - HEART HEALTHY ACTIVITY