

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.

Winter/Spring Rec Swim Schedule: February 4 – May 20*

Sundays, 2-5 pm

Lap Swim Only: February 19 – May 16*

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 February 26, 28, April 1 and May 13. 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! No refunds will be given after the Rec office closes on the Friday before your party date.

Dates: Sundays, 2-5 pm

February 4 – May 20 (no April 1 & May 13)

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

February 10 – May 19

(except for March 3, 31 & May 12)

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

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! Swim diapers **and** tight-fitting rubber pants are recommended. Instructor: Sarah Myers.

Sundays, March 18 – April 29 (no 4/1)

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 3-4: 6:30-7:00 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. March 1 – 27

B. April 3 – 26

C. May 8 – 31

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. *You may enroll in one section only until March 28 and you must pass the current level before enrolling in the next.* Instructed by certified Water Safety Instructors.

Tuesdays & Thursdays, March 1 – 27

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, April 3 – 26

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

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

F. Level 3, 5 or 6 7:20-7:55 pm

Tuesdays & Thursdays, May 8 – 31

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

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

I. Level 3 or 4 7:20-7:55 pm

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

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 coaches: Julia Jagannath & Eric Bomberger.

Beginner/Intermediate Diving

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

April 2-26

Cost: \$53; *discounted resident rate: \$41*

Advanced Diving

Mondays & Thursdays, 6:30-8:00 pm

March 19 – April 26

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

ACTIVITIES FOR ADULTS 16+

NEW OPEN WATER SCUBA

Explore the underwater world by enrolling in a PADI Open Water Scuba course. You must be in good health, at least 10 years old (ages 10-17 must be accompanied by a registered adult), able to swim 200 yards, be comfortable in water, and supply a mask, snorkel, fins and booties. Bring your swimsuit to all classes. E-learning costs as well as open water check-out dives are not included in the class registration fees. Open water dives and additional costs to the class vary depending on local quarry or Florida certification destination. For more information on this course please contact Harrisburg's West Shore SCUBA at 717-836-7699. Instructor: PADI certified instructors from Harrisburg's West Shore Scuba Center.

Saturday & Sunday, 9 am-12 noon

A. March 10 & 11

B. April 14 & 15

Cost: \$254 *discounted resident rate: \$195*

↻ - SCHOLARSHIP AVAILABLE

♥ - HEART HEALTHY ACTIVITY

Aquatics

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 minus a \$50 administrative 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

April 7 & 8

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

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 at www.wsrec.org or on the Red Cross website. This mandatory pre-requisite testing will occur on the first day of class. **Anyone who fails the swim test will receive a refund minus a \$50 administrative fee.** 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. Be prepared for the pre-requisite swim test on the first night of class. Instructor: Kathy Wulfers

Blended Learning

Much of the classroom work will be completed on-line in this session. Upon registering for this course you will be given a link to the class material on the American Red Cross website where you will pay the \$35 admin fee (not included in the price listed below). Registration deadline is March 9 and required online coursework must be completed prior to the first day of class on March 17.

Saturdays, 9 am- 4 pm

Sundays, 9 am-2 pm

March 17, 18, 24, 25

Cost: \$289; *discounted resident rate: \$214*

NEW HYDROFIT

Get the best of both worlds in this liquid environment. Start in the deep and end in the shallow. Get a full body workout with intervals, circuit training (stations), core strengthening and everything in between. Let's keep it moving!!! You must be comfortable in the deep water and wear a flotation belt. Instructor: Nancy Fink.

Sundays, 1-2 pm

January 7 – March 11

Cost: \$57; *discounted resident rate: \$44*

AQUACISE

Looking for something to keep that energy going throughout the winter? 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, 8-9 pm

January 8 – February 7

B. Mondays & Wednesdays, 7-8 pm

February 19 – March 21

Cost: \$57; *discounted resident rate: \$44*

C. Mondays & Wednesdays, 7-8 pm

April 2 – May 16

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

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. February 20 – March 22

Cost: \$57; *discounted resident rate: \$44*

B. April 3 – May 17

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

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 19 – March 21

Cost: \$57; *discounted resident rate: \$44*

B. April 2 – May 16

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

ELECTRONIC COMMUNICATION

We request your e-mail address at registration because our software allows us to provide you:

- a registration receipt
- announcements about your class
- news about West Shore Rec happenings.

We do not share or sell e-mail addresses and we resolve not to overload your inbox!

A fire extinguisher
is his idea of a nice
Christmas gift.

Do you really want him
to plan your funeral?

Talk with us about making
arrangements in advance.
Preplanning allows you to
specify your preferences and
relieves your family of the burden.




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