

GOLDEN HAWK POOL RECREATIONAL SCHEDULE

Fall 2011

September 24- December 2, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 1:00-4:00	Aqua Fitness 9:30-10:30	Parent & Tot Swim 9:30-10:30	Aqua Fitness 9:30-10:30	Parent & Tot Swim 9:30-10:30	Public Swim 6:00-8:00	Public Swim 1:00-4:00
Rentals 4:00-6:00	Senior Swim 10:30-12:00	Senior Swim 10:30-12:00	Senior Swim 10:30-12:00	Senior Swim 10:30-12:00	Lap Swim 8:00-9:30	Rentals 4:00-6:00
Lap Swim 8:00-9:30	Lap Swim 12:00-1:00	Lap Swim 12:00-1:00	Noon Swim 12:00-1:00	Lap Swim 12:00-1:00		Public Swim 6:00-8:00
	Lap Swim 8:00-9:30	Public Swim 6:00-8:00	Lap Swim 8:00-9:30	Aqua Zumba 8:00-9:00		
		Aqua Zumba 8:00-9:00				

MVHS POOL RECREATIONAL SWIM SCHEDULE

Fall 2011

September 24 - December 2, 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Public Swim 1:00-4:00	DWE 8:00 - 9:00	Lap Swim 8:00-9:30	Public Swim 6:00-8:00	Lap Swim 8:00-9:30	Public Swim 6:00-8:00	Public Swim 1:00-4:00
Rentals 4:00-6:00			DWE 8:00-9:00		Lap Swim 8:00-9:30	Rental 4:00-6:00
Lap Swim 8:00-9:30						Public Swim 6:00-8:00

Child/Teen Casual Swim

\$2/participant

Parent & Tot swim

\$3/parent & Tot

Adult Swim

\$3/participant

Senior Swim

\$2/participant

Family Swim

\$10/family

Deep Water Exercises

\$3/participant

Aqua Zumba

\$3/participant plus program fee

Aqua Fitness

\$3/participant

Please be advised that due to the number of cancellations incurred as a result of school closures, the weekday noon swims at MVHS Pool will be discontinued. Feel free to join us for the Senior Swim from 10:30 – noon and Noon Swim from 12-1 at the Golden Hawk Pool Monday to Thursday.

GOLDEN HAWK INSTRUCTIONAL SWIM PROGRAM

FALL 2011

SEPTEMBER 24 – December 2, 2011

Program	Day	Time
Tots	Wednesday	6:00 – 6:30
	Saturday	10:00 – 10:30
Preschool 1	Monday	6:00 – 6:30
	Thursday	6:00 – 6:30
	Saturday	12:00 – 12:30
Preschool 2	Monday	6:30 – 7:00
	Thursday	6:30 – 7:00
	Saturday	11:00 – 11:30
Preschool 3	Monday	7:00 – 7:30
	Saturday	11:30 – 12:00
Preschool 4	Monday	7:30 – 8:00
	Saturday	10:30 – 11:00
Preschool 5	Wednesday	6:30 – 7:00
Swimmer 1	Monday	6:00 – 7:00
	Wednesday	6:00 – 7:00
	Saturday	10:00 – 11:00
Swimmer 2	Thursday	7:00 – 8:00
	Saturday	11:00 – 12:00
Swimmer 3	Wednesday	7:00 – 8:00
	Thursday	6:00 – 7:00
Swimmer 4	Monday	7:00 – 8:00
	Saturday	12:00 – 1:00
Swimmer 5	Thursday	7:00 – 8:00
	Saturday	12:00 – 1:00
Swimmer 6	Wednesday	7:00 – 8:00
Rookie/RANGER Patrol	Sunday	6:00 – 7:00
Adult Swimmer	Sunday	7:00 – 8:00

Pools will be closed on Halloween evening, Oct. 31/11.
Classes will be made up on Monday, Dec. 5.

INSTRUCTIONAL SWIM PRICE LIST

	Resident	Non-Resident
½ hour class	\$30.00	\$45.00
1 hour class	45.00	70.00
Adult Swimmer Class	50.00	75.00
Bronze star	50.00	75.00
Bronze Medallion	60.00	85.00
Bronze Cross	70.00	95.00
Fitness Swimmer	45.00	70.00
Synchro Swim	45.00	70.00
NLS	\$150/person	

Registration will be held on Saturday, September 10 from 10 – 2 at the Douglstown Community Center and is on a first come first served basis. A maximum of 4 participants per person may be registered.

MVHS INSTRUCTIONAL SWIM PROGRAM

FALL 2011

SEPTEMBER 24 – DECEMBER 2, 2011

Program	Day	Time
Tots	Monday	6:00 – 6:30
	Tuesday	6:00 – 6:30
	Thursday	6:30 – 7:00
	Saturday	11:30 – 12 :00
Preschool 1	Monday	6:00 – 6:30
	Thursday	6:00 – 6:30
	Saturday	10:00 – 10:30 11:00 – 11:30
Preschool 2	Monday	6:30 – 7:00
	Saturday	10:30 – 11:00
Preschool 3	Thursday	6:00 – 6:30 7:00 – 7:30
	Saturday	10:30 – 11:00 11:30 – 12:00
		Preschool 4
Preschool 4	Thursday	7:00 – 7:30
	Saturday	11:00 – 11:30
	Preschool 5	Tuesday
Thursday		6:30 – 7:00
Saturday		10:00 – 10:30
Swimmer 1	Monday	6:00 – 7:00
	Tuesday	6:00 – 7:00
	Thursday	7:00 – 8:00
	Saturday	10:00 – 11:00
Swimmer 2	Monday	7:00 – 8:00
	Saturday	11:00 – 12:00
Swimmer 3	Tuesday	7:00 – 8:00
	Thursday	6:00 – 7:00
	Saturday	10:00 – 11:00
Swimmer 4	Thursday	7:00 – 8:00
	Saturday	11:00 – 12:00
Swimmer 5	Monday	6:00 – 7:00
Swimmer 6	Thursday	7:00 – 8:00
	Tuesday	7:00 – 8:00
Star Patrol	Saturday	12:00 – 1:00
Bronze Cross	Sunday	6:00 – 9:00
Synchro – Star 1	Sunday	6:00 – 7:00 *
Synchro – Star 2	Sunday	7:00 – 8:00 **
Fitness Swimmer	Sunday	7:00 – 8:00

*Pre requisite for Star 1 will be minimum Swimmer 4 completed.

**Pre requisite for Star 2 is Star 1