

GOLDEN HAWK INSTRUCTIONAL SWIM PROGRAM

Winter 2012
January 7th – March 16th, 2012

MVHS INSTRUCTIONAL SWIM PROGRAM

Winter 2012
January 7th – March 16th, 2012

PROGRAM	DAY	TIME
Tots	Wednesday	6:00pm - 6:30pm
	Saturday	10:00am - 10:30am
Preschool 1	Wednesday	6:30pm - 7:00pm
	Thursday	6:00pm - 6:30am
Preschool 2	Monday	6:00pm - 6:30pm
	Thursday	6:30pm - 7:00am
Preschool 3	Monday	6:30pm - 7:00pm
	Saturday	11:30am -12:00pm
Preschool 4	Monday	7:00pm - 7:30pm
	Saturday	10:30am -11:00am
Preschool 5	Wednesday	7:00pm - 7:30pm
	Saturday	11:00am -11:30am
Swimmer 1	Wednesday	6:00pm - 7:00pm
	Thursday	6:00pm - 7:00pm
	Saturday	10:00am - 11:00am
Swimmer 2	Monday	6:00pm - 7:00pm
	Thursday	7:00pm - 8:00pm
	Saturday	10:00am - 11:00am
Swimmer 3	Thursday	6:00pm - 7:00pm
	Saturday	11:00am - 12:00pm
Swimmer 4	Monday	7:00pm - 8:00pm
	Saturday	11:00am - 12:00pm
Swimmer 5	Monday	7:00pm - 8:00pm
	Thursday	7:00pm - 8:00pm
Swimmer 6	Wednesday	7:00pm - 8:00pm
Rookie Patrol	Sunday	6:00pm - 7:00pm
Ranger Patrol	Sunday	6:00pm - 7:00pm
Star Patrol	Sunday	6:00pm - 7:00pm
Adult Swimmer	Sunday	7:00pm - 8:00pm

	Resident	Non Resident
½ hour class	\$ 35.00	\$ 60.00
1 hour class	50.00	75.00
Adult Swimmer	60.00	85.00
Bronze Star	60.00	85.00
Bronze Medallion (includes book)	125.00	150.00
Bronze Cross	100.00	125.00
Fitness Swimmer	60.00	85.00
NLS	200.00	225.00
Synchro	60.00	85.00
Canadian Swim Patrol	60.00	85.00

PROGRAM	DAY	TIME
Tots	Monday	6:00pm - 6:30pm
	Tuesday	6:00pm - 6:30pm
	Thursday	6:30pm - 7:00pm
	Saturday	11:30am - 12:00pm
Preschool 1	Monday	6:00pm - 6:30pm
	Thursday	6:00pm - 6:30am
	Saturday	10:00am - 10:30pm 11:00am - 11:30am
Preschool 2	Monday	6:30pm - 7:00pm
	Saturday	10:30am - 11:00pm
Preschool 3	Thursday	6:00pm - 6:30pm 7:00pm - 7:30pm
	Saturday	10:30am -11:00am 11:30am -12:00pm
Preschool 4	Monday	6:30pm - 7:00pm
	Thursday	7:00pm - 7:30pm
	Saturday	11:00am - 11:30am
Preschool 5	Tuesday	6:30pm - 7:00pm
	Thursday	6:30pm - 7:00pm
	Saturday	10:00am -10:30am
Swimmer 1	Monday	6:00pm - 7:00pm
	Tuesday	6:00pm - 7:00pm 7:00pm - 8:00pm
	Thursday	7:00pm - 8:00pm
	Saturday	10:00am - 11:00am
Swimmer 2	Monday	7:00pm - 8:00pm
	Saturday	11:00am - 12:00pm
Swimmer 3	Tuesday	7:00pm - 8:00pm
	Thursday	6:00pm - 7:00pm
	Saturday	10:00am - 11:00am
Swimmer 4	Thursday	7:00pm - 8:00pm
	Saturday	11:00am - 12:00pm
Swimmer 5	Monday	6:00pm - 7:00pm
	Thursday	7:00pm - 8:00pm
Swimmer 6	Monday	7:00pm - 8:00pm
Star Patrol	Saturday	12:00pm - 1:00pm
Bronze Med.	Sunday	6:00pm - 9:00pm
* Synchro - Star 1	Sunday	6:00pm - 7:00pm
** Synchro - Star 2	Sunday	7:00pm - 8:00pm
Fitness Swimmer	Sunday	7:00pm - 8:00pm
*** CPR	Sunday	7:00pm - 9:00pm

* Prerequisite for Star 1 will be minimum Swimmer 4 Completed.

** Prerequisite for Star 2 is Star 1

***Lifesaving CPR will have 2 sessions:
January 7 – 28 & February 2 – 25 (Cost \$50 per session)

Winter Swim Registration will be held on: WEDNESDAY, JANUARY 4, 2012 from 5:30 pm -7:00 pm at the Douglstown Community Center and is on a First-come-first-serve basis. A maximum of 4 participants per person may be registered.

MVHS POOL: As a result of the maintenance closure during the 2011 Fall session, those previously registered at the MVHS Pool will be moved to the Winter Program. Please check the above schedule for available spaces.

GOLDEN HAWK RECREATIONAL SWIM SCHEDULE

WINTER 2012
JANUARY 7 TO MARCH 16, 2012

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
	Noon 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	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				

All Casual Swims	\$3/participant
Family Rate	\$10/family of 4
Parent & Tot	\$3/parent & tot Aqua
Fitness	\$3/participant Deep
Water Exercise	\$3/participant
Aqua Zumba	\$3/participant plus program fee



MVHS RECREATIONAL SWIM SCHEDULE

WINTER 2012
JANUARY 7 TO MARCH 16, 2012

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	Rentals 4:00-6:00
						Public Swim 6:00-8:00