

Winter 2020

Half Hollow Hills

Community Aquatics Program

Important Information

Program Runs January 6 to March 21, 2020

*In-District Residency is **NOT** Required for Registration*

Please read:

- ⇒ There is no written confirmation of acceptance into a class.
- ⇒ Be sure to bring your own swimsuit and towel.
- ⇒ Guardians **are required** to remain at the pool for the duration of the class.
- ⇒ Guardians are **not permitted** on the pool deck during classes; seating is located on the bleachers.
- ⇒ **Children Swim programs 102, 103, 108, 113 & 114** have a maximum of **12 students per class** to ensure the safety of the swimmers and the quality of the lesson. **Registration for these children programs are in-person registration ONLY.**

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 Phone (tape recorder) (631) 592-3236
Pool Manager E-mail (Preferred): bkennedy@hhh.k12.ny.us

In-Person Registration at High School West:

Tuesday December 17, 7:00-10:00 pm
Wednesday December 18, 7:00-10:00 pm

Mail-in Registration:

Deadline is December 20.

Community Aquatics Program

Winter 2020 Registration Form

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

*Name (Parent/Guardian) _____

*Home Address: _____

*Address on Check: _____

*Telephone: _____

*E-Mail: _____

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

Total

FAMILY SWIM #100

No instruction or activity is planned. The pool will be open with lap lanes for exercise, and a free swim area. Children must be accompanied by a parent or guardian during the duration of the program. Lifeguards are on duty during this program. Mail-in registration will be accepted for this program.

Saturdays - Beginning January 11 (10 sessions)

Ends: Saturday, March 21

Time: 3:00 PM - 3:50 PM

Fee: \$100.00

ADULT LAP SWIMMING #101

Showers, dressing areas and lockers are provided. Lifeguards are on duty during this program. Mail-in registration will be accepted for this program.

Mondays, Wednesdays, Fridays - Beginning January 6

Ends: Friday, March 20

Time: 8:00 PM - 9:45 PM

Fee: \$100.00

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. Mail-in registration will be accepted for this program.

Fridays - Beginning Friday, January 10 (10 sessions)

Ends: Friday, March 20

Time: 8:00 PM - 9:00 PM

Fee: \$100.00

SPRINGBOARD DIVING #104

This course will cover the basics of competitive springboard diving: approach, hurdle, take-off, flight and entry. Emphasis will be on proper techniques and form. The springboard course will also emphasize competition-level dives and techniques used in competition. Mail in registration will be accepted for this program.

Saturdays - January 11 (10 sessions)

Ends: Saturday, March 21

Time: 3:00 PM - 3:50 PM

Fee: \$100.00

****No mail-in registration accepted for programs 102, 103, 108, 113, 114****

Please make checks or money orders payable to:
Half Hollow Hills CSD
**** No CASH Accepted ****

Mail to: Half Hollow Hills Central School District
ATTN: Mr. P. Murphy
525 Half Hollow Road
Dix Hills, NY 11746

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. The age requirements for this class is at least 5 years old. **REGISTRATION FOR THIS PROGRAM IS ONLY IN-PERSON ON DECEMBER 17 or 18. Maximum enrollment is 12 per class time.**

Please indicate swimming level on registration. If a beginner or no prior instruction, write "Beg" under *Level* on registration form. A placement test will be given on the first day. **For the safety of the children, you must bring your child to the class time that you have registered for.**

Saturdays - Beginning January 11 (10 Sessions)

Ends: Saturday, March 21

Choose from 3 available times:

11:00 AM - 11:50 AM / 12:00 PM - 12:50 PM / 1:00 PM - 1:50 PM

Fee: \$100.00

PRESCHOOLERS LEARN TO SWIM #113 (2 & 3 years)

The course is for children ages 2 to 3 years. Water orientation is taught with emphasis on kicking, arm pull/breath control, back float and water safety skills. **REGISTRATION FOR THIS PROGRAM IS ONLY IN-PERSON ON DECEMBER 17 or 18. Maximum enrollment is 12 students per class. Same days and times as Course #114.**

PRESCHOOLERS LEARN TO SWIM #114 (4 to 5 years)

The course is for children ages 4 to 5 years. Water orientation is taught with emphasis on kicking, arm pull/breath control, back float and water safety skills. **Please register early to reserve your spot! REGISTRATION FOR THIS PROGRAM IS ON DECEMBER 17 & 18 ONLY. Maximum enrollment is 12 students per class.**

Saturdays - Beginning January 11 (10 sessions)

Ends: Saturday, March 21

Choose from 3 available times:

11:00 AM - 11:45 AM / 12:00 PM - 12:45 PM / 1:00 PM - 1:45 PM

Fee: \$100.00

SENIOR CITIZEN SWIM #106

Mondays, Wednesdays and Fridays - Beginning: January 6
Ends: July 31
Time: 2:15 PM - 3:00 PM
Fee: \$75.00 January through July
Summer dates and times are subject to change based on the Summer Community Aquatics Program. Mail-in registration will be accepted for this program.

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.

Location: HS West, classroom 103
Dates: Thursdays – Beginning January 23 (12 classes)
Ends: Late April
Time: 6:45 PM – 10:00 PM
Fee: \$375.00 for HHH residents
\$425.00 for non-HHH residents
Fee includes course textbook and breathing mask. ARC administrative fee is an additional \$38.00 to be given as CASH upon completion of the class.

IMPORTANT NOTE: All 12 classes must be attended in order to obtain your American Red Cross certification – NO EXCEPTIONS!

Mail-in registration will be accepted for this program.



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 and instructors will teach skills based upon the abilities of each individual students. **REGISTRATION FOR THIS PROGRAM IS ONLY IN-PERSON ON DECEMBER 17 or 18.**

Saturdays - Beginning January 11 (10 sessions)
Ends: March 21
Choose from 2 available times:
10:00 AM - 10:50 AM / OR / 2:00 PM - 2:50 PM
Fee: \$100.00
THERE WILL BE NO REGISTRATION ON THE FIRST DAY OF CLASS. ONE-TO-ONE SCHEDULE IS DETERMINED BEFORE START DATE.

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. Mail-in registration will be accepted for this program.

*Bring your breathing masks, current certifications, bathing suit and \$38.00 cash for the ARC certification cards to the first class.

Dates: Wednesday, Thursday & Friday - January 8, 9 &10
Time: 6:45PM - 10:00PM
Fee: \$150.00 (check) and \$38.00 (cash) for American Red Cross Certification card
Attendance to all 3 dates is required in order to receive certification.



WOMEN’S ADULT SWIM CLASS #120

Ladies night at the pool! 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. Mail-in registration will be accepted for this program.

Dates: Tuesdays - Beginning January 7 (10 sessions)
Ends: March 17
Time: 8:00 PM - 9:00 PM
Fee: \$100.00

December

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

January

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

February

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

March

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

In-Person Registration Dates: December 17 & 18
 Shaded areas indicate when pool is closed

First/last day of pool session: January 6 – March 21
*** Make-up day: March 28**

