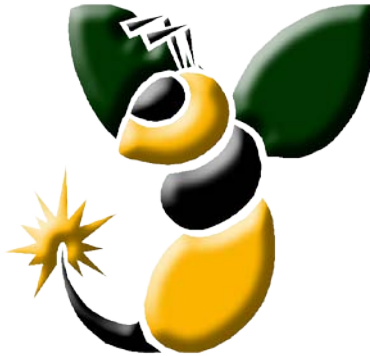


Marion Center Area School District



Community Service Programs Winter 2011

(Dec 1 to Feb 28)

For more information call Christina Shilling

(724) 397-5551 ext. 5408

8:30 – 3:00 p.m.

Mail registrations and checks payable to:

Marion Center Area School District

Community Services Programs

PO Box 156

Marion Center PA 15759

*Brochure on-line at www.mcasd.net

(Click on District Info)



INTERVAL TRAINING – TUESDAY

Rayne Elementary Café; 7:00 – 8:00 p.m.

Instructor: Debbie Griffith

Days/ Dates: Tuesdays **Jan 3, 10, 17, 24, 31**

Feb 7, 14, 21, 28

Participants must be 13 y/o or older.

Interval Training is a workout that will challenge you but won't leave you bored. Every 4 - 5 minutes we change exercises to get the benefits from interval training. It's a complete workout consisting of cardio, strength training and lots of ab work. It's all here...we work from head to toe and because you will be given options of intensity, its good for all fitness levels. Bring your weights and your desire to get or stay in shape!

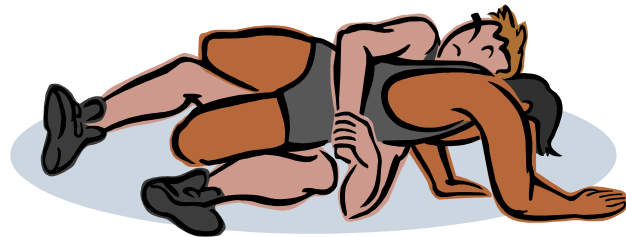
WRESTLING (K- 6)

Supervisor: Jim Miller

Days: Mon & Wed (Starts Nov 13th)

Wrestling room (6-8:30 p.m.)

Gr. Pre-k-3 (6-7 p.m.) & Gr. 4, 5, 6 (7- 8:30 p.m.)



This is closed door practices to learn wrestling moves.

Begins Nov 13th through Feb. 24, 2011

☞ There will be NO wrestling the following dates:

December 23-31, 2010, January 2 & 16, 2011, February 13 2011 is tentative.

WELLNESS CENTER-OPEN OVER THE HOLIDAYS*

Open M-F 3:00-8:30 p.m. (during 3:00 to 4:45, sport teams will have use of the facility)



*Dec 26 to 31, 2010

*Open 11:00 a.m. to 3:00 p.m.

- Active participation over the holidays will determine future openings.
- Complete the enrollment form along with payment and your Key card will be available for pick up in the wellness center. Other arrangements can be made by contact the Director of Community Services at 724-397-5551 ext 5408
- Instructors available for your convenience. Lockers are available for your use.

FAMILY OPEN SWIM

McCreery Pool



Supervisor: Stephanie George

Dates & Time: Fri. 6-8:30 p.m.

Sat. 12:00 – 3:00 p.m.

Dec. 2, 3, 9, 10, 16, 17 **Jan.** 6, 7, 13, 14, 20, 21, 27, 28 **Feb.** 3, 4, 10, 11, 17, 18, 24, 25

Tentatively Feb 10th is an emergency weather day

Birthday Pool Parties may be scheduled by calling Stephanie George at 724-397-5551 x.1908. Please call a minimum of two weeks in advance. Both the pool and MS café can be reserved if no prior commitments to other programs are in place.

WATER AEROBICS (Adults only 18 and up)

Register Early-Classes fill up fast!

McCreery Pool



Instructor: Julie Kellar
Days: Tuesday & Thursday
Hours: 6:00–7:00 p.m.
7:00- 8:00 p.m

Dates: **Dec.** 1, 6, 8, 13, 15, 20, 22
Jan. 3, 5, 10, 12, 17, 24, 26, 31
Feb. 2, 7, 9, 14, 16, 21, 23, 28

Instructor: Becky Walker
Days/Time: Monday & Wednesday
Hours: 6:30-8:00 p.m.

Dates: **Dec.** 5, 7, 12, 14, 21
Jan. 4, 18, 23
Feb. 6, 8, 15, 22, 29

NO Monday/Wednesday sessions on Dec 19, Jan 9, 11, 16, 25, 30 & Feb 1, 20, 27 (swim meets or practices)

Come and Join us for a fun filled action packed program of both exercise and toning all built into one. One does not have to be a swimmer to do water aerobics as all activities can either be done in the shallow water or even while sitting on the steps (yes, we have steps into the pool for ease of entrance and exiting). Lap swimming can also be performed if you desire either in the first or at the beginning of the second class to further add to your workout routine if desired. OUR only rule is that you must MOVE and have fun all at the same time. As with any health issue, we do encourage anyone within health concern categories to please check with your doctor as to your ability to perform water aerobics and to verify your limitation specific to you so they can be relayed to the instructor. Come and have some fun and get fit all at the same time. HEY GENTLEMAN ---YOU are welcomed to come as well and help get yourself in condition for any other physically demanding activity you wish to participate in. Come check us out!

2011 Registration Form

Registration is due one-week prior to start of program. Only programs listed in this brochure may be registered at this time.

Checks payable to: Marion Center Area School District (MCASD) Community Services

Mail to: Marion Center Area School District PO Box 156 Marion Center 15759

Resident Fees				Non Resident Fees:			
Wellness Center Pass Monday-Friday \$85.00				Wellness Center Pass Monday-Friday \$ 150.00			
WC Single Individual Pass \$ 75.00				WC Single Individual Pass \$ 100.00			
WC College/Military Pass \$ 60.00 (verified college ID) _____initials				College/Military Pass \$ 80.00 (verified college ID) _____initials			
Family Plan \$140.00				Family Plan \$175.00			
Jr.Sr High School student \$ 5.00/qrtr							
Silver Pass \$5.00/qrtr				Senior citizen pass \$ 30.00			
Individual pay:				Individual pay:			
Interval Training 1 x wk \$ 8.00/pp		Tues		Interval Training 1 x wk \$ 15.00/pp		Tues	
Wrestling twice a week \$ 16.00/pp				Wrestling twice a week \$ 40.00/pp			
Open Swim \$ 4.00/visit/swimmer				Open Swim \$ 8.00/visit/swimmer			
Water Aerobics \$ 20.00/pp		Tues- Thurs		Water Aerobics \$ 35.00/pp		Tues- Thurs	
Choose preferred time:		6:00-7:00	7:00-8:00	Choose preferred time:		6:00-7:00	7:00-8:00
Water Aerobics \$ 20.00/pp		Mon Wed		Water Aerobics \$ 35.00/pp		Mon Wed	
Spring	Flag Football once a week \$ 8.00/pp			Spring	Flag Football once a week \$ 15.00/pp		
Spring	Dodgeball once a week \$ 8.00/pp			Spring	Dodgeball once a week \$ 15.00/pp		
Spring	After School Swim \$ 3.00/visit			Spring	After School Swim \$ 3.00/visit		
Spring	Zumba once a week \$8.00/pp			Spring	Zumba once a week \$8.00/pp		
Spring	Swim Lessons \$ 45.00/child/quarter			Spring	Swim Lessons \$65.00/child/quarter		
Spring	Adult Lap Swim \$ 8.00/visit/swimmer			Spring	Adult Lap Swim \$ 15.00/visit/swimmer		
Fall	Elementary Basketball once a week \$ 8.00/pp			Fall	Elementary Basketball once a week \$ 15.00/pp		

Name _____ Phone Number_(required) _____

Mailing Address _____

List all participants/Grade if applicable _____ Key Card # _____

_____ I already have a Community Service Pass, it expires _____

Email me a copy of future brochures _____

(email address)