

Marion Center Area School District



Community Service Programs Fall 2017

For more information call Ruth Ann Timblin
(724) 397-5551 ext. 5408
8:30 a.m. – 3:00 p.m.
PO Box 156
Marion Center PA 15759

*Brochure on-line at www.mcasd.net
(Click on Resources-Community Resources)

Community Service Quarters: (unless otherwise indicated)

Fall Quarter

September 1, 2017 to November 30, 2017

Winter Quarter

December 1, 2017 to February 28, 2018

Spring Quarter

March 1, 2018 to May 30, 2018

Summer Quarter

June 1, 2018 to August 16, 2018

WATER AEROBICS / LAP SWIM (Adults only 18 and up) *(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)* **McCreery Pool**

Instructor: Julie Kellar (22 Classes)

Days/times: Tuesday & Thursday 6:00 - 7:00 p.m.

Sept. 12, 14, 19, *21, 26, *28 *(7:30-8:30)

Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31

Nov. 2, 7, 14, 16, 21, 28, 30

Minimum of: 12 Participants - \$55.00
17 Participants - \$40.00



Instructor: Becky Walker (21 Classes)

Days/Time: Monday & Wednesday 6:30 - 7:30 p.m.

Sept. 11, 13, *18, *20, *25, *27 *(7:30 - 8:30)

Oct. *2, *4, 11, 16, 18, 23, 25, 30 *(7:30 - 8:30)

Nov. 1, 6, 8, 13, 15, 20, 29

Minimum of: 12 Participants - \$55.00
16 Participants - \$40.00

***Classes scheduled from 7:30 – 8:30 on * days are due to swim lessons.**

Come and Join us for a fun filled action packed hour and half of both exercise and toning all built into one. Water aerobics are less stressful on the joints; for back issues, this is the best area to be able to fully exercise and actually improve your health. All classes are structured and work on the cardiac aspects as well as the muscular ones too. Individualized activities/body specific needs are also available for what one may need to either improve or avoid. 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 with health concerns 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 welcome 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!
Please Note: Adult Lap Swimmers may request to have a lane and are to make arrangements to have lane in place prior to start of class. They will pay the fees for water aerobics.



INTERVAL TRAINING – TUESDAY

Rayne Elementary 6:30 p.m. - 7:45 p.m.
Participants must be 13 y/o or older.

Instructor: Debbie Griffith **(12 Classes)**

Day/ Dates: Tuesday

Sept. 12, 19, 26

Oct. 3, 10, 17, 24, 31

Nov. 7, 14, 21, 28

Minimum of: 11 Participants - \$16.00

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)

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, it's good for all fitness levels. Bring your weights and your desire to get or stay in shape!

**NEW
CLASS**

CARDIO TRIM & TONE

Rayne Elementary 4:15 p.m. – 5:00 p.m.

Supervisor: Molly Griffith **(8 Classes)**

Day: Wednesday

Sept. 27 Oct. 4, 11, 18, 25 Nov. 1, 15, 29



Minimum of: 8 Participants - \$16.00

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)

Cardio Trim & Tone is a head-to-toe workout for all fitness levels. Please bring a thick towel or mat for ab work and stretches; and be sure to wear supportive shoes. Cross-trainers are recommended for lateral movement.

AFTERSCHOOL CARDIO PLUS

MCCREERY LITTLE GYM

SUPERVISOR: DEBBIE GRIFFITH (**12 CLASSES**)

MONDAYS 4:15 P.M. TO 5:00 P.M.



DATES: SEPT. 11, 18, 25 – OCT. 2, 16, 23, 30 – NOV. 6, 13, 20

Minimum of: 11 Participants - \$16.00

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)

Cardio Plus is a 45 minute workout consisting of Interval Training cardio sessions where we will burn calories while performing various, easy to follow cardio moves. PLUS we will throw in some strength training moves to tone and strengthen major muscle groups. This class is for all fitness levels allowing each individual to push to their own intensity. No equipment is needed. Come prepared to have fun while gaining important health benefits!!

OPEN
Wednesdays
After school
Starting Oct. 4

AFTER SCHOOL SWIM MCCREERY ELEM POOL

Grades 4 to 7

Supervisor: TBD

Wednesdays 3:00 p.m. to 5:00 p.m.

(Begins Oct. 4 thru Nov. 8)

FEE: \$5.00/VISIT

MINIMUM OF: 17 PARTICIPANTS

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)

PARENTS: PERMISSION SLIPS REQUIRED.

PICK-UP PROMPTLY AT 5:15 AT POOL ENTRANCE OR AT ACTIVITY BUS STOP

ELEMENTARY BASKETBALL FEE: \$20.00/CHILD*

HS Gym/McCreery Café & Gym

TWICE A WEEK: SCHEDULE VARIES

TIMES: VARY (6:00 – 8:00 PM OR 7:00 – 9:00 PM)

BOYS & GIRLS IN GRADES 1ST TO 6TH



Instructor: Jaque Miller

Dates: Oct: 3, 4, 10, 11, 17, 18, 24, 25, 31

Nov: 2

Students will be learning fundamentals: shooting drills, ball handling, defensive strategies, rebounding, team work and tips for off-season workouts. This program is recommended for students who wish to participate with the traveling basketball team.

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)





**You are invited..... to schedule your birthday party at the
Marion Center Area School District swimming pool.**

If you are interested in having your birthday party at the Marion Center swimming pool, please call:

**Stephanie George
W.A. McCreery School (724) 397-5551, ext 1908**

Home Phone (724) 397-2594 or Cell Phone (724) 840-2056

Through the District Community Service program, the cost for Pool or Birthday Party is as follows: 25 People or Less - \$100.00
26 or More People - \$125.00

Even though there will be an adult supervisor and 2 lifeguards on duty, we request at least one adult be present who is affiliated with the party. Reservations for cafeteria tables can also be made at this time so that you can bring your birthday cake and other goodies.

CALL EARLY TO RESERVE THE DATE!



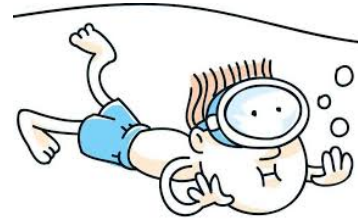
SWIM LESSONS – ENROLLMENT LIMITED FOR SAFETY OF PATRONS!

Instructor: TBD

Day: Monday, Wednesday & Thursday

Where: McCreery School Pool

When: **Sept.** 18, 20, 21, 25, 27, 28
Oct. 2, 4



Minimum of: 20 Participants - \$55.00

(REGISTRATIONS MUST BE SENT IN AND PREPAID PRIOR TO THE START OF CLASS)

Monday, Wednesday & Thursday

Pre-School Aquatics	6:00 – 6:30 p.m.
Levels 3, 5	5:45 – 6:30 p.m.
Levels 1, 2, 4	6:35 – 7:20 p.m.



***** Attention all parents: For safety reasons and to provide the most productive learning experience for your child, we are requiring that all parents (with the exception of parents of children enrolled in Pre School Aquatics remain in the hallway/cafeteria waiting areas until the conclusion of your child's swim lesson. The balcony spectator area above the swimming pool will be closed during all swimming lessons with the exception of days 4 and 8. To provide an opportunity to view your child's progress and take pictures. We would greatly appreciate your adherence and support.**

Please Note:

- **Fees are prepaid per quarter. Registrations will only be taken during Fall and Spring registration.**

Pre-School Aquatics: Ages 3-5 only. Children are taught basic aquatic skills and are able to move from assistance to independence in the water. Children practice arm and leg actions on their front and back. Parents **do not** need to be in the water to assist their child.

To be enrolled in the Level Swim Program, children must be in kindergarten or a higher grade level.

Level 1 – Introduction to Water Skills: Children will learn basic personal water safety information. They will learn basic aquatic skills such as front and back float, front and back glide, and arm and leg actions on the front and back. All skills can be practiced **with support.**

Level 2 – Fundamental Aquatic Skills: Children will begin to learn true basic locomotion skills. Aquatic skills are similar to Level 1, but all skills will be practiced **without support.**

Level 3 – Stroke Development: Students learn to survival float, swim the front crawl and elementary backstroke, practice the scissors and dolphin kicks, and tread water. They learn the rules for diving and practice entry into the water from a seated position.

Level 4 – Stroke Improvement: Students will improve their skills previously learned by swimming greater distances with improved technique. They will add the arms to the scissors kick to complete the sidestroke, learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. Students will also learn the compact and stride dives.

Level 5 – Stroke Refinement: Students will refine their performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the **front and back are introduced.** Students also learn the shallow dive.



Please indicate **level** on the registration form.



Registration must be accompanied by payment for your child to be placed on the roster. **No phone registrations taken!**

2017-2018 Community Services Guidelines



The 2017-2018 school year is about to begin as well as a new year of Community Service Programs. Through Community Service Programs citizens of the district are able to utilize the school facilities by participating in a variety of recreational and educational programs. Non-district residents may participate so please encourage your friends and relatives outside the district to participate in activities of interest to them. Fee structures are as follows:

Community Service Fees

Single Pay/Individual Fees – purchased each quarter. **Individual pay programs are defined as a program that you pay \$16.00 / \$20.00 for each program that is offered, per quarter, per participant. Programs are:** Interval training, Cardio Trim & Tone, Cardio Plus, and Elementary Basketball. Elementary Wrestling and Cardio Kickboxing will be offered in future quarters.

Quarters are defined as: 1st Quarter (Sept, Oct, Nov), 2nd Quarter (Dec, Jan, Feb), 3rd Quarter (Mar, Apr, May), 4th Quarter (June, July, Aug).

Resident \$ 16.00/\$20.00 per quarter / per person, with minimum participation

- Fees are charged per quarter and vary according to program enrolled and how many times a week they are offered.
- This one-time fee entitles one individual to enroll in a single Community Services Program during that quarter.

Water Aerobics / Lap Swim - each quarter

- \$55.00 / \$40.00 with a minimum of participants

Swim Lessons- each quarter

- \$55.00 with a minimum of 20 participants

Refund Policy

- Full refunds will be given only when a program is canceled or the enrollment limit has been met.
- *If there is a difference in minimum participation for water aerobics/lap swim, a refund will be issued for the difference in fees.
- When it is necessary to limit enrollment, this will be done on a first-come-first serve basis.
- The Community Services Director will cancel activities if there is insufficient enrollment.

Pool/Birthday Party – should be scheduled at least two weeks in advance with Mrs. Stephanie George at 724-397-5551 ext. 1908. Cost is \$100.00 for up to 25 participants or \$125.00 for 26 or more participants.

COMMUNITY SERVICES OBJECTIVES - Safety, learning, fun, and exercise.

Student Community Services activities should emphasize developing skills that enable students to participate and enjoy the activity. Interscholastic competition is not a part of the recreation program. Participation is not limited by conducting tryouts. Playing time is to be consistent for all participants. All-stars are not sponsored by the school district and are not under the supervision of Community Services. Any all-star team must have board approval and show evidence of liability insurance.

Adult Community Services activities are designed as a fitness and exercise program. These programs afford the community an opportunity to use the school's recreational facilities.

2017-2018 Registration Form

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, Attn: Ruth Ann Timblin
PO Box 156 Marion Center 15759.**

If you have any questions, please call 724-397-5551, ext. 5408

Individual Prepay:		
Interval Training 1 x wk. \$16.00/pp		Tues. at RY
Cardio Trim & Tone 1 x wk. \$16.00/pp		Wed. at RY
After School Cardio Plus 1 x wk. \$16.00/pp		Mon. at MC
Swim Lessons \$ 55.00/child/quarter		MC Pool
After School Swim \$ 5.00/visit		MC Pool
Elementary Basketball Twice a week \$ 20.00/pp		MC and HS
*Water Aerobics - Adult Lap Swim \$55/\$40/pp 6:00 – 7:00 pm		Tues – Thurs. MC Pool
*Water Aerobic – Adult Lap Swim \$55.00/\$40/pp 6:30 – 7:30 pm		Mon. - Wed. MC Pool

***Please check box by the program you are interested in and return this form with your payment.
Thank you for supporting our Community Service Programs.***

Name _____ Phone Number (required) _____

Mailing Address _____

List all participants/Grade if applicable Key Card # _____

Email me a copy of future brochures _____
(Email address)

ALL PROGRAMS MUST BE PREPAID BEFORE THE START OF CLASSES.