

Marion Center Area School District



Community Service Programs Spring 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)

Spring Quarter

March 1, 2017 to May 29, 2017

Summer Quarter

June 1, 2017 to August 18, 2017

Fall Quarter

September 1, 2017 to November 30, 2017

Winter Quarter

December 1, 2017 to February 28, 2018

WATER AEROBICS (Adults only 18 and up) (REGISTRATIONS ON FIRST COME FIRST SERVE BASIS AND MUST BE SENT IN PRIOR TO THE START OF CLASS-NO PHONE CALLS-PLEASE)

McCreery Pool

**(Pay per quarter- Residents \$ 20.00
Non-residents \$ 35.00)**

Instructor: Julie Kellar

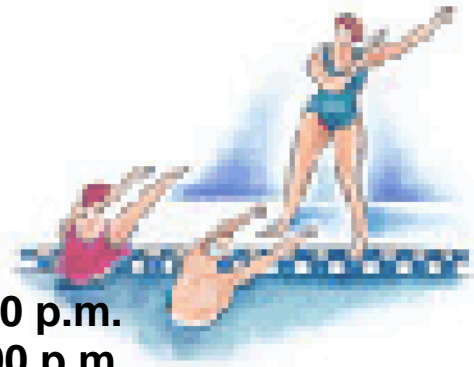
Days/times: Tuesday & Thursday 6:00 - 7:00 p.m.

7:00 - 8:00 p.m.

March 7, 9, 14, 21, 28 (*16, *23, *30 - *7:30 - 8:30 only)

April 4, 6, 11, 20, 25, 27 (NO class on April 13, 19)

May 2, 4, 9, 11, 16, 18, 23, 25



Instructor: Becky Walker

Days/Time: Monday & Wednesday 6:30 - 8:00 p.m.

March 6, 8 (*13, *15, *22, *27, *29 - *7:30 - 8:30 only)

April 3, 5, 10, 12, 19, 24, 26 (NO class on April 17)

May 1, 3, 8, 10, 17, 22, 24, 31 (NO class on May 15, 29)

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.

AFTERSCHOOL CARDIO PLUS

MCCREERY LITTLE GYM

Residents \$ 8.00; Non-Residents \$ 15.00

(Pay per quarter)

SUPERVISOR: DEBBIE GRIFFITH

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



DATES: MARCH 6, 13, 27 - APRIL 3, 10, 24 - MAY 1, 8, 22

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!!



McCreery Little Gym 4:15 p.m. - 5:00 p.m.

Residents \$ 8.00; Non-Residents \$ 15.00

(Pay per quarter)



Instructor: Sarah Griffith

Day/ Dates: Thursday

March 9, 16, 23, 30

April 6, 20, 27

May 4, 11, 18, 25



This cardio workout will have you punching, twisting, and kicking! You'll be sweating away calories while working your abs, arms and legs. You will need to bring small, hand-held weight (1-2lbs), or if you have weighted boxing gloves. These are not necessary, but will help with toning, sculpting, and burning more calories. You will also need a water bottle, towel, and a mat. Be ready to sweat!



INTERVAL TRAINING – TUESDAY

Rayne Cafeteria 6:30 p.m. - 7:45 p.m.

Pay per quarter

Residents \$ 8.00; Non-Residents \$ 15.00

Participants must be 13 y/o or older.

Instructor: Debbie Griffith

Day/ Dates: Tuesday

March 7, 14, 21, 28

April 4, 11, 25

May 2, 9, 16, 23

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!



dreamstime.com

AFTER SCHOOL SWIM MC CREERY ELEM POOL

Grades 4 to 7

Supervisor: Lori Lezanic

Wednesdays 3:00 p.m. to 5:15 p.m.

SNACK PROVIDED

BEGINS APRIL 5TH THRU MAY 10TH

PARENTS: PERMISSION SLIPS REQUIRED.

**STUDENTS MUST BE PICKED UP BY 5:30 AT POOL ENTRANCE
OR
AT THE ACTIVITY BUS STOP DROP OFF TIME.**

WELLNESS CENTER MARCH - MAY

Open M-F 3:00 p.m. - 8:30p.m.

(During 3:00 to 4:45, sport teams will have use of the facility)

Center will be **closed** on:

March 20, 31

April 13, 14, 17, 18

May 12, 15, 29



- No Saturday hours
- Lockers are available for your use.
- No elementary students permitted to use the equipment (PreK - 6)
- **WC Family Pass** does not include any activities at the pool. Hours of operation change to immediately after school to 8:30 p.m. Purchasing a college/military pass requires ID to be verified. Students' grades 7 thru 12, will pay \$5.00 per quarter to use the facility. Resident Senior Citizens (silver pass holders) will pay \$5.00 per quarter to use the facility.
- **The Family Plan** is good for one year from the time you purchase it, will include Open Swim, Wellness Center and two single pay programs (per quarter)
- Residents and Non-Residents fees apply
- Complete the enrollment form along with payment and your Key card will be available for pick up (in the wellness center)
- Parking available by the greenhouse.
- Fall Quarter- Sept. 1 to Nov. 30; Winter Quarter- Dec. 1 to Feb 28; Spring Quarter Mar. 1 to May 31; Summer Quarter – June 1 to Aug.18.





***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 each individual is \$4.00 and \$8.00 for non-residents. If the party includes 20 or more people, the price is \$5.00 for residents and \$9.00 for non-residents. No community service passess will be accepted for parties. 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!



FAMILY OPEN SWIM McCREERY Pool

Supervisor: Stephanie George

Sat. 12:00 – 2:30 p.m.

March 4, 11, 18, 25

April 8, 22, 29

May 6, 20, 27

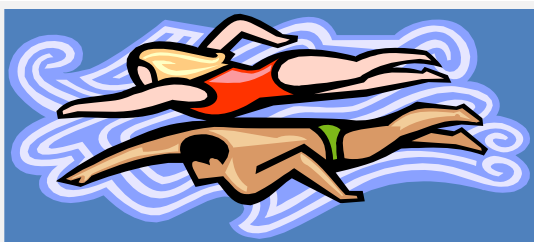


- **Open swim fees apply: District Residents \$ 4.00/swimmer/visit
Non-Residents \$ 8.00/swimmer/visit**
- **Resident and Non-Resident Fees apply for pool parties.**
- **Birthday Pool Parties may be scheduled by calling Stephanie George at 724-397-5551 x.1908.**
- **Please call a minimum of two weeks in advance.**
- **Pool parties are offered during Open Swim, therefore the pool is not rented for private parties. Both the pool and McCreery café can be reserved if no prior commitments to other programs are in place.**

ADULT LAP SWIM AGES 18 AND UP

McCreery Pool

NEW FEES APPLY: Resident \$20.00/qtr.
Non-Resident \$35.00/qtr.
Not included in The Family Plan



The pool will be set up for lap swimming during Water Aerobics on M-T-W-Th 6:30 to 7:30* To arrange a lap time, please contact the Community Service Director.

IN SEPTEMBER/OCTOBER HOURS ARE CHANGED DUE TO SWIM LESSONS, SEE WATER AEROBICS INFO.

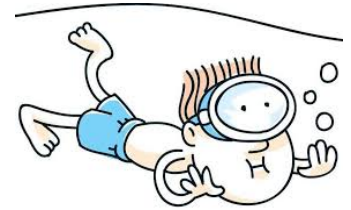
SWIM LESSONS – ENROLLMENT LIMITED FOR SAFETY OF PATRONS!

Instructor: Lori Lezanic

Day: Monday, Wednesday & Thursday

Where: McCreery School Pool

When: **March** 13, 15, 16, 22, 23, 27, 29, 30



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:

- This is no longer included in the Family Plan. Fees are paid per quarter. Registrations will only be taken during Fall and Spring programs.
- Resident Fees: \$45.00/child. Non-Resident Fees: \$ 65.00/child.

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!**

2016-2017 Community Services Guidelines



The 2016-2017 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

Wellness Center fees:

- **WC Family Pass Fee** \$85.00 with expiration one year from date of purchase. Participants must register each quarter for programs. Children 19 or older must purchase their own Family Service or Single Individual Pass.
- **WC Single Individual Pass** \$ 75.00 this pass is for one person with expiration one year from date of purchase. Participants must register each quarter for programs.
- **WC College/Military fee** \$ 60.00 this pass is for one person with expiration one year from date of purchase. College students must have college ID verified with the WC supervisor when registering.
- **Silver Pass or Senior Citizens** \$5.00 fee/quarter. A Silver pass is available for residents 65 or older upon request from the superintendent's office.

Non-District Resident

- **WC NR-Family Pass Fee** \$150.00 with expiration one year from date of purchase. Participants must register each quarter for programs. Children 19 or older must purchase their own Family or Single Individual Pass.
- **WC NR-Single Individual Pass** \$ 100.00 this pass is for one person with expiration one year from date of purchase. Participants must register each quarter for programs.
- **WC NR- College/Military fee** \$ 80.00 this pass is for one person with expiration one year from date of purchase. College students must have college ID verified with the WC supervisor when registering.
- **NR-Senior Citizen (65+)** \$30.00 Participants must register each quarter.

Resident Family Plan- for parents and children under the age of 18- \$ 140.00. This plan is good for one year but does NOT include Swim Lessons, Water Aerobics, Adult Lap swim or Afterschool swim. This plan includes Open Swim, Wellness Center, and two single/individual pay programs. Students in Pre k to 6 are prohibited in using the Wellness Center equipment. For example: Open swim, Wellness Center, Interval Training and Wrestling. Once two programs are indicated on your family plan, you will have to pay the individual fee for any additional individual pay programs. This plan is not based on the size of your family; it is determined by the number of programs you register for.

Non-Resident Family Plan- \$ 175.00. The plan is defined above except the fee.

Single Pay/Individual Fees – purchased each quarter. **Individual pay programs are defined as a program that you pay \$8.00 each day of the week it is offered per quarter per child. Programs are:** Interval training, Abs, Guns, & Buns, Elementary Basketball, and Wrestling

1st quarter (Sept, Oct, Nov) 2nd quarter (Dec, Jan, Feb) 3rd quarter (Mar, Apr, May)

Resident \$ 8.00/quarter/per person

- 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.

Non-district resident Fees Vary

- 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.

Pay per visit fees: fees vary by program

Open swim (as a guest)

After School swim- offered Fall & Spring

Open Swim- for pool parties and pay at the door fees

Swim Lessons- each quarter

- Resident \$45.00
- Non-resident \$65

Wellness Center Open Monday – Friday Immediately after school to 8:30 p.m.

- Daily rates: If a Wellness center pass (Family, Single, College/Military, Jr/Sr high school student or Senior citizen) has not been purchased a fee of \$ 4.00 for district residents and a fee of \$8.00 for non-district residents is required to use the facility.
- Jr/Sr High School students may use the facility at a nominal fee of \$ 5.00/quarter, pending they are not on the in/out of school suspension list. The daily bulletin will be provided to the wellness center supervisors to monitor students who are on the list. Student must show their student ID, sign in and out when using the wellness center. (No Key cards will be issued to students) Children in grade PreK to 6 are prohibited to use the wellness center unless it is in conjunction with the physical education curriculum. Athletes are permitted to use the wellness center at any time as long as they are under the supervision of their respective athletic coach.
- The wellness center will always have trained supervision afterschool until 8:30 p.m.
- Resident or non- resident community members who have paid fees will have access to the facility via a key card. Participants must register each quarter. Key cards are issued once enrollment form is completed with payment.
- Lockers will be available for use. Wellness Center patrons shall not have access to student locker rooms inclusive of employees, students and/or student athletes.

Refund Policy

- Full refunds will be given only when a program is canceled or the enrollment limit has been met.
- 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.

Open swim - \$4.00 for a district resident guest who comes on a one-time basis; \$8.00 for a non-district resident guest who come on a one-time basis. A patron with the purchase of a Family Plan may have family privileges to use during open swim.

Pool/birthday party – should be scheduled at least two weeks in advance with Mrs. Stephanie George at 724-397-5551 ext. 1908. Cost is the same as open swim depending upon residency.

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.

2016-2017 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 PA 15759

Resident Fees				Non Resident Fees:			
Wellness Center Pass Mon-Fri \$85.00				Wellness Center Pass Mon-Fri \$ 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/qtr.				Senior citizen pass \$ 30.00			
Silver Pass \$5.00/qtr.							
Individual pay:				Individual pay:			
After School Cardio Plus \$ 8.00/pp		Mon		After School Cardio Plus \$15.00/pp		Mon	
Interval Training 1 x wk. \$8.00/pp		Tues		Interval Training 1 x wk. \$15.00/pp		Tues	
NEW Cardio Kickboxing 1 x wk. \$8.00/pp		Thurs		NEW Cardio Kickboxing 1 x wk. \$15.00/pp		Thurs	
After School Swim \$ 3.00/visit		Wed					
Swim Lessons \$ 45.00/child/quarter				Swim Lessons \$65.00/child/quarter			
Open Swim \$ 4.00/visit/swimmer				Open Swim \$ 8.00/visit/swimmer			
Adult Lap Swim \$ 20.00/pp				Adult Lap Swim \$ 35.00/pp			
Water Aerobics \$20.00/pp		Tues		Water Aerobics \$ 35.00/pp		Tues	
		Thurs				Thurs	
Choose preferred time:		6:00-7:00		Choose preferred time:		6:00-7:00	
						7:00-8:00	
Water Aerobics \$20.00/pp		Mon		Water Aerobics \$ 35.00/pp		Mon	
		Wed				Wed	

Name _____ Phone Number (required) _____

Mailing Address _____

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

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

Email me a copy of future brochures _____

(Email address)