

# Marion Center Area School District



## Community Service Programs Winter 2017 - 2018

For more information call Ruth Ann Timblin  
(724) 397-5551 ext. 5408  
8:00 a.m. – 4:00 p.m.  
PO Box 156  
Marion Center PA 15759

\*Brochure on-line at [www.mcasd.net](http://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.**

**Dec.** 5, 7, 12, 14, 19, 21

**Jan.** 2, 4, 9, 11, 16, 18, 23, 25, 30

**Feb.** 1, 6, 13, 15, 20, 22, 27

**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.**

**Dec.** 4, 6, \*11, 13, 18, \*20 **\*(7:30 – 8:30)**

**Jan.** \*3, 8, 10, \*17, \*22, 24, \*29, 31 **\*(7:30 – 8:30)**

**Feb.** 5, 7, 12, 14, 21, 26, 28

**Minimum of: 12 Participants - \$55.00**

**16 Participants - \$40.00**

**\*Classes scheduled from \*7:30 – 8:30 are due to Swim Meets.**

Come and Join us for a fun filled action packed hour 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 to further add to your workout routine. 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 **(9 Classes)**

Day/ Dates: Tuesday

**Dec.** NO CLASSES

**Jan.** 2, 9, 16, 23, 30

**Feb.** 6, 13, 20, 27

**Minimum of: 9 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!

## **AFTERSCHOOL CARDIO PLUS - MONDAY**

MCCREERY LITTLE GYM

SUPERVISOR: DEBBIE GRIFFITH **(6 CLASSES)**

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



**DATES: DEC. NO CLASSES – JAN. 8, 22, 29 – FEB. 5, 12, 26**

**Minimum of: 6 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!!



**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!**



## 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
After School Cardio Plus 1 x wk. \$16.00/pp	Mon. at MC
*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.***