

Aquatics Programs

FAMILY SWIM

Bring the entire family for a fun evening of swimming. Flotation devices are allowed with an adult present in the water. This program runs year-round.

- WHO:** Held for families. All youth under age 16 **MUST** be accompanied by an adult.
WHERE: Merton Williams, Aquatic Center
WHEN: Friday evenings beginning Friday, January 5 (Closed on 1/26, 2/23, 3/30, 4/6, 4/27, 6/8)
TIME: 7:00 p.m. - 9:00 p.m.
COST: \$2 per person

LAP SWIM & WATER WALKING

Take advantage of this opportunity to enjoy one of the world's greatest exercises; swimming and water walking. This program runs year-round and lane lines will be put into the water to accommodate all swimmers.

- WHO:** Adults ages 18 years & up
WHERE: Merton Williams, Aquatic Center
WHEN: Tuesday evenings - on going (Closed 2/20 & 4/3)
TIME: 7:30 p.m. - 9:00 p.m.
COST: \$2 per person

ORGANIZATIONAL SWIM

Reserve your pool time while it's available. Set aside time for your Scout Troop, Church group, neighborhood group, etc.

- WHO:** All groups - Youth **MUST** be supervised.
WHERE: Merton Williams, Aquatic Center
WHEN: Friday evenings upon availability (Closed on 1/26, 2/23, 3/30, 4/6, 4/27, 6/8)
TIME: 8:30 p.m. - 9:30 p.m.
COST: \$25 - up to 35 people
\$40 - over 35 people
NOTE: Payment and advance reservation required. Call 392-9030 for scheduling information.



HILTON/PARMA DIVING PROGRAMS

Are you interested in learning how to dive or improve your skills? If so, we are offering several diving classes this Winter and Spring. Terrie Goeddertz, a diving coach for over 25 years and current the Hilton Girls and Boys JV/Varsity Coach is your instructor.

BEGINNING SKILLS/ADVANCED BEGINNING

To further skills learned in Intro to Diving, move toward trying diving in Middle School. Focus on the four step approach, back approach, hurdle, take off, jumps and dives in three positions, back line up and fall ins and inward take off and entry-dives.

- WHO:** All swimmers interested in diving
WHERE: Merton Williams, Aquatic Center
WHEN: **SESSION I:** Saturdays, 1/13 - 2/10 (4 classes - no class on 1/27)
SESSION II: Saturdays, 3/3 - 3/24 (4 classes)
SESSION III: Saturdays, 4/14 - 5/5 (4 classes)
TIME: 10:00 a.m. - 11:00 a.m.
COST: \$40 per participant, per session (4 classes)
NOTE: 5 Student minimum, 10 student maximum

INTERMEDIATE/TEAM SKILLS

To prepare divers for Modified, JV and Varsity Diving for inward, reverse, somersaults and twisting dives.

- WHO:** Divers that have taken Beg./Adv. class and wish to prepare for the competitive season.
WHERE: Merton Williams, Aquatic Center
WHEN: **SESSION I:** Saturdays, 1/13 - 2/10 (4 classes - no class on 1/27)
SESSION II: Saturdays, 3/3 - 3/24 (4 classes)
TIME: 9:00 a.m. - 10:00 a.m.
COST: \$40 per participant (4 classes)
NOTE: 5 Student minimum, 10 student maximum

ADVANCED/TEAM SKILLS

To prepare, refine and further develop divers at the most advanced level.

- WHO:** Advanced divers who wish to prepare for the competitive season.
WHERE: Merton Williams, Aquatic Center
WHEN: Thursdays, April 12 - May 3 (4 classes)
5:30 p.m. - 6:30 p.m.
COST: \$40 per participant (4 classes)
NOTE: 5 Student minimum, 10 student maximum

Just Keep Swimming!

INSTRUCTIONAL SWIM LESSONS

We are very excited to once again partner with Varsity Swim Coach Jeff Sadowski and his Varsity swimmers to provide instructional swim lessons for all abilities and ages. The levels listed below are based on the Red Cross guidelines for swim lessons. Each level is described as accurately as possible but some adjustment may be necessary in order to place your child in the proper level. Any physical limitations should be noted on your registration form. All youth will be tested for swimming ability during the first class. School District flotation devices will be made available to those in need.

Levels (suggested rule is to underestimate your child's abilities):

Pre-school aquatics - Gives children ages 4-6 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Students will need to have a comfort level in the water. Once successful, students will advance to Level 2.

Level 2 - Primary skills: Provides the non-swimmer basic water safety and introductory swimming skills. Must be comfortable going under water and will continue to support the non-swimmer. Flotation devices available if necessary. Generally, the toughest level to pass before moving into the deep end of the pool.

Level 3 - Stroke readiness: Ability to swim underwater. Introduces the crawl stroke, back crawl, and deep water. Skills to improve stamina and basic coordination.

Level 4 - Stroke development: Develops confidence in the strokes previously learned and to improve other aquatic skills.

Level 5 - Stroke refinement: Emphasize increased coordination and distance of previous swim strokes.

WHO: Youth ages 4 & up

WHERE: Merton Williams, Aquatic Center

WHEN: SESSION I: Saturday, March 17 - April 14 (No class 3/31- 4 classes)

SESSION II: Saturday, April 21 - May 19 (5 classes)

COST: SESSION I: \$40 for all levels (4 classes)

SESSION II: \$50 for all levels (5 classes)

TIMES: 9:00 a.m. - 9:40 a.m. - Levels Pre-school, 2, 3

9:45 a.m. - 10:25 a.m. - Levels Pre-school, 2

10:30 a.m. - 11:10 a.m. - Levels Pre-school, 2, 3

11:15 a.m. - 11:55 a.m. - Levels 4, 5

NOTE: Pre-registration required. Classes generally include 20-30 minutes of instruction and 10 minutes of free time. Instructors will verify the ability of each participant during the first class. For optimal instruction, parents may observe first and last class only! Classes may be added, split, or combined based on registration numbers. Please be advised that the pool temperature varies between 78-82 degrees throughout the year. Hilton-Parma Recreation is not responsible for lost or stolen items. Participants in any swim program should leave valuables at home or bring a padlock to place on a locker.

Need a Space?

TOWN
PARK OR V.F.W
PAVILION LODGE



Call 392-9461 for more details

HILTON-PARMA REC : WWW.FACEBOOK.COM/HPRECREATION 23