

ALDEN RECREATION SUMMER PROGRAM

JUNE 25-AUGUST 3, 2018

REGISTRATION FOR ALL ACTIVITIES

Thurs., May 17th (6-8 pm) and Sat., June 9th (9-noon)
at the Alden Community Center

**ALL REC PROGRAMS
CANCELLED
WED., JULY 4TH**



TENNIS- Alden School Tennis Courts

Supervisor: Steve Insinna;
Assistants: James Jablonski,
Emma Sheehan and Danielle Best

Instruction Time: 45 Min. (parents not permitted on court at time of instruction.)

Classes: Six week sessions; **Cost:** \$30 per session
Times: 8:30-9:15 am (7-9 yrs); 9:30-10:15 am (10-12 yrs); 10:30-11:15 am (13-14 yrs)

Advanced Class 11:00 -12:15 pm (14 -18 yrs)

* Must have 2 yrs. experience! Geared toward varsity tennis applicants or those with aspirations of improving their game.

Cost: \$25 per session Rain- Classes held in MS Gym

Advanced Drill Clinic- suited for experienced players looking to groove strokes. Will include conditioning, footwork & controlled competition, match play & advanced concepts. ** Dependent on Registration.

Cost: \$15 per session **Times:** Sundays 6:30-8:00 pm

ACTIVITY HOUR- Intermediate Gym

Supervisor: Mary Houck; **Assistants:** Jaclyn Wallace, Joey Wallace, Malory Ronan, Julia Wrest, Jessica Insinna

Instruction: Arts, Crafts, Games, Stories, Music

Classes: Three (2 week) sessions

Cost: \$15 per session **Session I:** June 25 - July 6

Session II: July 9 - July 20;

Session III: July 23 - Aug. 3

Times: 9:00 - 10:30 am (4-6 yrs) Must be 4 by Dec. 1st 2018; 10:30 - 12 noon (7-9 yrs)

Days: Mondays thru Fridays

ARTS & CRAFTS- Community Center



Supervisor: Ashley Dusza,
Nicole Sojka

Students will have the opportunity to work on a variety of art & craft projects from drawing to painting, beaded necklaces, clay, windcatchers & God's eyes & much more!

Classes: Two (3 week) sessions

Cost: \$20 per session; **Session I:** June 25 - July 13

Session II: July 16 - Aug. 3

Times: 9:00 - 10:30 am; 10:30 - 12 noon

Ages: Students must be 8 yrs. and going into 3rd grade or older **Maximum 16 students per class**

DRAMA/THEATER- Intermediate Aud.

Supervisor: Erin Sheehan; **Assistants:** Max Gucinski, Nicole Nuwer,



Paige Rzepka, Sam Hopcia

Six week session for Inter., Middle, & High School students. Will include vocal exercises & performance, theater exercises & games & basic musical theater and dancing. No previous training is necessary. The program will conclude with a short, student designed production performed by all.

Days: Monday thru Friday; **Cost:** \$25.00

Times: Grades 4, 5, 6: 9:00 - 10:30 am
Grades 7-12: 10:30 - 12 noon



SUMMER DANCE- High School Aud

Staff: Victoria Elliott, Shaunna Rospierski, Steffanie Zehler, Grace Fuller

Jazz, Acro. & Hip/Hop styles. No special shoes or equip. required. End of program recital on Thurs., Aug. 3 HS Aud.

Days: Mon. thru Fri.; **Cost:** \$20/class \$25/two classes

Classes

Dance I- (suggested grades pre-K & K)

M W F 11:30-12 pm

Dance II- (suggested grades 1&2)

M-F 8:45-9:15 am

Dance III- (suggested grades 3&4)

M-F 11:00-11:30 am

Dance IV- (suggested grades 5&6)

M-F 10:30-11:00 am

Dance V- (suggested grades 7&8)

M-F 9:30-10:00 am

Dance VI- (suggested grades 9-12)

M-F 9:30-10:00 am

ACRO- High School Cafeteria

Acro I- (suggested grades 1&2)

M-F 9:15-9:45 am

Acro II- (suggested grades 3&4)

M-F 10:30-11:00 am

Acro III- (suggested grades 5&6)

M-F 11:00-11:30 am

Acro IV- (suggested grades 7 & up)

M-F 10:00-10:30 am



GAMES - High School Gym & Town Park

Supervisor: Hannah Zimmermann; **Assistants:** Chase Eastland, David Menzies, Brenden Guidie.

Learn the basics & fundamentals of various sports

& games - basketball, volleyball, wiffleball, kickball, dodgeball. Emphasis on FUN, teamwork & sportsmanship.

Cost: \$20.00 **Days:** Mondays - Fridays

Times: 9 - 10:30 am Ages 9-11 (boys & girls)

10:30-Noon Ages 12-14 (boys & girls)

Ages: Boys, girls 9 yrs. & older

LeeJ & Tammy Weisbeck Family Skatepark

Located in Alden Town Park- Helmets are MANDATORY at ALL times. NO bicycles allowed.



Walk for the Ages/Town Park

Use the walking path to walk, jog or run to your personal level. Maximize your exercise program any time of the day at no cost.



Thursday Night Movies in the Park FREE

Family oriented movies on 9'x16' screen in north end of Town Park, sponsored by Alden businesses and community organizations. Will begin at dusk. Refreshments will be sold. Bring your blankets or lawn chairs, relax and enjoy an entertaining movie with your family!



Summer Band Concerts NO FEE

Beginning Wed., July 11th in Alden Village Firemen's Park 7:30 pm til dusk. Bring a blanket or lawn chair.

July 11- Akron/Alden Community Band

July 18- The Swooners (swing)

July 25- The Patty Park's Band (Blues)

Aug. 1- Johnny Smoke (Rock w/local legendary guitarist Tony Carbone)

Aug. 8- Dark Horse Run (Country Western)

Aug. 15- "Elvis": Terry Buchwald

Aug. 22- The Leftovers (Irish Band)

Aug. 29- Joe and the Shmoes (classic rock)

ALDEN RECREATION AQUATICS PROGRAM

SUMMER 2018

ALL SWIM CLASSES
CANCELED
WED., JULY 4TH



water, moving into a front float for 5 seconds, rolling onto front and back, pushing off and swimming using combined leg and arm action, floating, safety topics.

REGISTRATION DATES FOR SWIM:

Wed., May 23rd- 6:00-9:00 pm Alden High School Pool
Sat., June 9th- 9:00 am- 12:00 pm Community Center

Welcome to a Summer of Fabulous Water Fun & Fitness! Providing your family with water safety skills to last a lifetime! "We're working to waterproof America - One wave at a time!" Swim lessons and swim program activities are conducted by American Red Cross Certified Lifeguards and Water Safety instructors. Please direct specific swim questions to Alden Aquatics Director Mrs. Pam Turton, Pool # 937-9116 x4100, or /Recreation Dept. 937-7393. Staff will be available at registration to assist with proper learn to swim level placement. Lessons greatly enhance swim proficiency for Alden Central Sch. Phys. Ed. Swim sessions. All programs run June 25-Aug. 3 exception of AM lessons.

AM SWIM LESSONS RUN MON.-FRI. AS FOLLOWS:

Session 1- June 25th- July 6th	Session 2- July 9th- July 20st
Session 3- July 23rd- Aug. 3th	CLOSED WED., JULY 4TH

Time	Days	Activities
8-10 am	M-F	Bullsharks Swim Practice
10-10:45 am	M-F	Learn to Swim (AM lessons) Levels 1-4
11-11:45 am	M-F	Learn to Swim (AM lessons) Levels 1-4
Noon-12:45	M-F	Learn to Swim (AM lessons) Levels 1-6
1-1:45 pm	MW	Private Lessons; Pre School Aquatics Parent/Child Aquatics; Synchro-dancing (deep end) Levels 5&6 (deep end)
2-4 pm	M-F	Open Swim young children w/parents or guardians
6-9 pm	M W	Family/Adult Lap Swim
5:30-6:30 pm	T Th	Learn to Swim (PM lessons) Levels 1-4
6:30-7:30 pm	T Th	Parent/Child Aquatics; Pre School Aquatics Learn to Swim (PM lessons) Levels 5-6
7:30-8:30 pm	T Th	Aquasize & Deep end laps

Course Descriptions

Only the American Red Cross offers six comprehensive course levels that teach participants how to swim skillfully and safely. Instructors follow a plan that details the skills to be introduced at ea. level along with performance expectations. Progress of participants is continuously monitored and evaluated and skills are checked off as they are achieved. Once all skills of a particular level are achieved, participants receive a completion certificate and move on to the next level. The updated course description:

Level 1 Introduction to water skills; no floatation devices.

Intro. to basic skills as the foundation for future skills. Certain milestones are necessary for successful completion of level1, including: entering the water independently using ladder, steps or side, traveling at least 5 yards, bobbing 3 times then safely exiting the water, gliding on front 2 body lengths, rolling to a back float for 3 seconds with support and recovering to a vertical position, exhale underwater, submerge mouth, nose and eyes, alternating arm and leg action, safety topics.

Level 2 Fundamental Aquatic Skills.

Build on skills learned in Level 1. Some milestones include stepping from side into chest deep

Level 3 Stroke Development (deep end).

Child will learn: survival float, front crawl, elementary backstroke, scissors and dolphin kick, treading water, safety rules for headfirst entries, beginner diving. Some milestones include: jumping in deep water, swimming the front crawl for 15 yards, elementary backstroke, timed treading, proper breathing, safety skills.

Level 4 Stroke Improvement.

Increases endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances, build on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly, backstroke, basics for turning at pool wall. Some milestones: front crawl and elementary backstroke for 25 yards, breaststroke for 15 yards, back crawl for 15 yards, open turns on front and back, safety.

Level 5 Stroke Refinement.

Refine performance in all strokes, front crawl, backstroke, butterfly, breaststroke, elementary backstroke, sidestroke, increase endurance, flip turns front and back, tuck and pike surface dives, submerge completely, standard scull, stride jump. Milestone include performing a shallow-angle dive into deep water, swimming all strokes in good form.

Level 6 Swimming and Skill Proficiency: Water Safety & Fitness Swimmer.

Continue to improve the quality of endurance of all 6 strokes learned throughout the 6 levels of Learn-to-Swim, prepare for more advanced courses and swim team. Milestones; swimming 500 yards continuously, swimming 50 yards each stroke.

Pre-School Aquatics

Personal Water Safety & Fitness Swimmer. Continue to improve the quality and endurance of all 6 strokes learned throughout the 6 levels of Learn-to-Swim, prepare for more advanced courses like Lifeguarding and Water Safety Instructor, and learn m some basics of specialized aquatic activities, such as competitive swimming or diving. Milestones include swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke, performing a two part takeoff with a feet first and head first entry from a 1 meter diving board, safety.

NEW Pre-School Aquatics (about 4-5 years) until ready for Level 1 Learn-to-Swim

Orients children to the aquatic environment and helps them gain basic aquatic skills. Enter water using ladder, steps or side, up to jumping in, blow bubbles, submerge mouth, nose, and eyes, open eyes and retrieve submerged objects, front and back glide, roll from front to back and back to front, alternating and simultaneous arm and leg action on front and back, combined are and leg action, bobbing, treading, finning, age appropriate water safety topics. Progressive layered bubbles may be used. \$10 at registration.

Parent and Child Ages 9 mos. - 3 yrs. or until ready for Pre-School Aquatics or Level 1 Learn to Swim

For very young to feel comfortable, use motor skills, learn safety. Adult must accompany child in water. Instructor leads skills according to child's age & ability. Use plastic swim pants as suit or under suit. Back bubbles may be used, bring your own or order at registration for \$10.00 at first class. Pediatrician's prior approval is recommended.

Lap Swim

Swim laps for personal fitness. Note additional pool times. Have a swimming fun summer!

Private or Special Needs.

One on one instruction, based upon the needs of swimmer. This may be an older child or adult in need of rehabilitation, to overcome fear or to have water fun.. Talk to Mrs. Turton.

Synchro-dancing

Deep end skills required. Dependent on interest.

Alden Bull Sharks Recreational Swim Team:

Open for ages 6 and up who have completed Red Cross level 3 or comparable skills onto highly competitive levels through 18 years old. Practice Mon.-Fri. 8-10 am for 6 week program (need not be at every practice) will adjust for age and skill level if needed. One in-house and one away meet at season end. More info at Registration.



Kiddie Pool Schedule

June 25th-Sept. 3rd

Kiddie Pool will be OPEN Wed., July 4th

Open Daily 11-6pm (Weather Permitting)

Program Fees

AM Swim Lessons Levels 1-6 per session	\$20
Open Swim/Lap Swim:	\$1 per day/person
Lap Swim:	\$3 per day/person
Parent/child; Pre-School.....	\$25
Alden Bullsharks 6 wk Rec.....	\$75
Aquasize.....	\$30
Private or Special Needs.....	\$40
Synchro/PM Lessons.....	\$25