

ALDEN RECREATION SUMMER PROGRAM

JUNE 29-AUGUST 7, 2015

All Recreation Programs & Swim Classes in HS Pool are CANCELLED on Fri., July 3rd



Registration for all Activities
Wed., May 27th (6-8 pm)
Sat., June 13th (9-noon)
at the Alden Community Center



Tennis- Alden School Tennis Courts

Supervisor: Steve Insinna
Assistants: Emily Insinna, Zach Colson, Cody Wiltse
Instruction Time: 45 Min. (parents not permitted on court at time of instruction.)
Classes: Six week sessions
Cost: \$20.00 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 am -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: \$25.00 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: \$15.00 per session
Times: Sundays 6:30-8:00 pm



Activity Hour- Alden Intermediate Gym

Supervisor: Mary Houck and Jenna Wallace
Assistants: Lauren Kocher, Jessica Anstett, Anne Kocher

Instruction: Arts, Crafts, Games, Stories, Music
Classes: Three (2 week) sessions
Cost: \$5.00 per session
Session I: June 29 - July 10
Session II: July 13 - July 24
Session III: July 27 - Aug. 7
Times: 9:00 - 10:30 am (4-5 yrs)
Must be 4 by Dec. 1st 2015
10:30 - 12 noon (6 - 8 yrs)
Days: Mondays thru Fridays



Summer Dance- High School Aud

Supervisor: Emily Galbraith
Assistants: Melanie Henning, Victoria Elliott, Shaunna Rospierski
Jazz, Acro. & Hip/Hop styles. No special shoes or equip. required.
Days: Monday thru Friday
Cost: \$15.00/class \$20/two classes

Classes
Dance I- (suggested grades pre-K & K)
M W F 8:30-9 am
Dance II- (suggested grades 1&2)
M-F 9:15-9:45 am
Dance III- (suggested grades 3&4)
M-F 9:45-10:15 am

Dance IV- (suggested grades 5&6)
M-F 10:30-11:00 am
Dance V- (suggested grades 7&8)
M-F 11:00-11:30 am
Dance VI- (suggested grades 9-12)
M-F 11:30-12:00

Acro- High School Cafeteria
Acro I- (suggested grades 1&2)
M-F 9:45-10:15am
Acro II- (suggested grades 3&4)
M-F 9:15-9:45am
Acro III- (suggested grades 5&6)
M-F 11:00-11:30am
Acro IV- (suggested grades 7 & up)
M-F 10:30-11:00 am



Mostly Clay- Community Center

Supervisor: Deanna Kocher
Assistant: Megan Fox
Main focus of class is hand building with low fire clay - using pinch pot, coil & slab methods. Students will form items, bisque fire, paint/glaze items. Students can make face pots, wind chimes, bowls etc. While pieces are drying, students will have opportunity to do other crafts (concrete stepping stone, beaded garden sticks, etc.)
Classes: Two (3 week sessions)
Session I: June 29 - July 17
Session II: July 20 - Aug. 7
Times: 9 am - 10:30 am
10:30 am - noon
Ages: Students must be 8 yrs and going into 3rd grade - or older *maximum 12 students per class
Cost: \$15.00 per session



Games - High School Gym & Town Park

Supervisor: Hannah Zimmerman
Assistants: Lindsey Boling, Brenden Guidie & Anne Kocher
Learn the basics & fundamentals of various sports & games - basketball, volleyball, wiffleball. Emphasis on FUN, teamwork & sportsmanship.
Cost: \$5.00
Days: Mondays - Fridays
Times: 9 am - noon
Ages: Boys, girls 9 yrs. & older

Rollerblade, skate, floor hockey

Use skating rink in Town Park. Skate, play floor hockey or roller hockey. Not a supervised program.
** Skate/play at your own risk

Walk for the Ages - Town Park

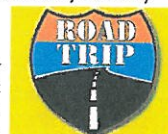
Use the walking path to walk, jog or run to your personal level. Maximize your exercise program any time of the day at no cost.

Drama/Theater- Intermediate Aud.

Supervisor: Ernesto Mercado
Assistant: Emma Retzlaff, Max Gucinski, Nicole Nuerand and Erin Sheehan.
Six week session for Inter., Middle and High School students. Will include vocal exercises & performance, theater Exercises & games, and basic musical theater and dancing. No previous training is necessary. The program will conclude with a musical revue performed by all.
Days: M-F
Times: Grades 4th, 5th, 6th 9 am - 10:30 am
Grades 7-12th 10:30 am - noon
Cost: \$10.00

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 TRIPS 2015

All scheduled trips sponsored by the Alden Rec. Dept. will depart from and return to the Alden Community Center at the entrance to the Alden Town Park.
**Children MUST be accompanied by a parent on all trips

Fri., July 10th- Strong Museum- Rochester

Highly interactive, collection based museum housing the world's largest & most comprehensive collection of historical materials related to play!
Cost: \$14.00 adult \$12.00 student/child
Depart: 9:15 am Return: Approx. 4:00 pm
Bring a bag lunch your camera

Fri., July 17th- Letchworth State Park

Enjoy the "Grand Canyon of the East" where the Genesee River roars over 3 waterfalls and winds thru cliffs over 600' high in a region rich in Seneca Indian heritage.
Cost: \$5.00 per person
Depart: 9:30 am Return: Approx 3:00 pm
Bring your camera and picnic lunch
Reserve by July 11th

Thurs., July 23th- Buffalo Bisons

Enjoy a day at the ballpark as our Bisons Take on "Thruway rival" Syracuse.
Cost: \$8.00
Depart: 11:30 am Return: 4:30 pm.

Fri., July 31st- Niagara Falls- Maid of the Mist Boat Ride

View this scenic wonder from the American park & then ride elevator to the base of the Falls to board the Maid of the Mist. Experience the "Thundering Waters" Concessions avail. or bring a bag lunch & don't forget your camera.
Cost: \$15.00 Adults 13 and over
\$10.00 ages 6-12
Free ages 5 & Under
Depart: 9:30 am Return: 4 pm.

SUMMER BAND CONCERTS

NO FEE 7:30 til dusk
Alden Village Firemen's Park.
Bring a blanket or lawnchair
Wed., July 1 Akron Community Band
Wed., July 8 Disco Duck
Wed. July 15 Buffalo Jazz & Swing Band
Wed. July 22 Akron Community Band
Wed. July 29 Terry Buchwald (Elvis)
Wed. Aug. 5 Johnny Smoke Band
Wed. Aug. 12 West of the Mark (country)
Wed Aug. 19 Nick Bastistella



Rec. Director: Dan Moultrup 937-7393

ALDEN RECREATION AQUATICS PROGRAM

ALL SWIM CLASSES
CANCELLED
FRI., JULY 3RD



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.

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 placement. Lessons greatly enhance swim proficiency for Alden Central Sch. Phys. Ed. Swim sessions. Grades 4-12 All programs run June 29-Aug. 7 exception of AM lessons.

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

Session 1- June 29th- July 10th
Session 2- July 13th- July 24th
Session 3- July 27th- Aug. 7th

CLOSED
FRIDAY, JULY 3RD

| 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 Diving Class Pre School Aquatics Parent/Child Aquatics |
| 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 |
| 7:30-8:30 pm | T Th | Learn to Swim (PM lessons) Levels 5-6 Aquasize Diving |

Kiddie Pool Schedule



June 29th-Aug. 31

Kiddie Pool will be
OPEN Sat., July 4th

Open Daily 11-6pm

REGISTRATION DATES Alden Community Ctr.

Wed., May 27th 6-8 pm & Sat., June 13th 9-Noon and Noon-2pm AHS Pool • Alden Bull Shark Swim Club- at these times also May 30 at AHS Pool, noon-2 or during practice times of current season till May 30.

Program Fees

| | |
|---|--------------------|
| AM Swim Lessons Levels 1-6 per session..... | \$10 |
| Open Swim/Lap Swim: | \$1 per day/person |
| Lap Swim: | \$1 per day/person |
| Parent/child; Pre-School..... | \$20 |
| PM Lessons..... | \$20 |
| Alden Bullsharks..... | \$100 |
| Aquasize, Diving..... | \$30 |
| Private or Special Needs..... | \$40 |

NEW! Friday Nights are avail. to reserve for Special Parties 6-9 pm: rates vary per party call pool at 937-9116 x4100

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 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.

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, 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, 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

Orients children to the aquatic environment and helps them gain basic aquatic skills. All skills parallel to Level 1 Learn-to-Swim with the support of a progressive layered bubble. Progressive Layered bubbles \$10 at registration.

Parent and Child Ages 9 mos. - 3 yrs.

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. Pediatrician's prior approval is recommended.

Lap Swim

Swim laps for personal fitness. ** Note time changes

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 etc. Talk to Mrs. Turton for details.

Diving

Basic forms, perfecting board dives to competitive levels.

Alden Bull Sharks Swim Club:

Early Registration- during practice times of current season including May 30- noon-2 at AHS Pool, and the posted times at Alden Community Center. The ABCS is governed by the Town of Alden Recreation Dept. and Board of Directors with certified Coaches working together for successful skilled and competitive swimming for our youth. Open for ages 6 and up- who have completed Red Cross level 3 or comparable skills onto highly competitive levels through 18 years. old. The 6 week Summer session fee is \$100. See Facebook, Town website and Alden Advertiser for questions and parent meeting updates. Parent meeting with Summer Coaches, Zack Salim and staff on Sat., May 30, noon at AHS Pool.

