

Overview of Program

MWF Recreational Swimming:

September 4, 2019 – May 22, 2020

7:15-8:45pm

Mondays– Adults only

MWF -Locker Rooms Close at **9 PM**

Group Children's Lessons:

Saturdays starting September 7, 2019

3 Sessions FALL, WINTER & SPRING

SAT.—Locker Rooms Close at **1:15 PM**

Group Adult Lessons:

Mondays starting September 16, 2019

3 Sessions FALL, WINTER & SPRING

*Registration for this is at the pool on the first night of each class

Beginning Diving:

Starting Tuesday September 3, 2019

3 Sessions FALL, WINTER & SPRING

Aqua Aerobics:

Starting Tuesday September 3 and 5, 2019

* You may attend Tuesday and/or Thurs

* Registration for this is at the pool on the first night of each class

3 Sessions FALL, WINTER & SPRING

Instructor Aide Class:

Please contact the pool director for more information.

Lifeguard Class:

Please contact the pool director for more information.



POOL RULES

- No street shoes permitted on pool deck.
- No food or drink allowed in or around the pool as well as in the balcony area.
- No glass of any kind permitted in the pool, balcony, and locker rooms.
 - Use the locker room entrances in the basement hall, Locker rooms are used for changing, showering and entering/exiting the pool.
 - No reentry from pool deck to bleachers.
- NO WET BATHING SUITS ARE PERMITTED IN THE BALCONY-BLEACHER AREA
- Running is prohibited.
- Inappropriate language and/or behavior are prohibited in the pool area, balcony, and locker rooms.
- Hair longer than shoulders must be pulled back.
- The use of balls, floatation devices, masks, scuba gear, flippers, kickboards, snorkels, or any other device must be approved by the pool supervisor before entering the pool. If the device is deemed not permissible, it needs to be removed from the pool.
- Non-swimmers are not permitted in the deep end.
- Floatation devices are not permitted in the deep end.
- One person on the diving board at a time. The next diver is not permitted on the board until the diver has cleared the area. Patrons are not allowed to catch an individual jumping off the diving board.
- Patrons are not allowed to throw children in the pool, put children on shoulders, or over their heads.
- If a private lesson is given in NH pool : both Instructor and student pays the pool entry fee and must abide by all pool rules-no exceptions. No private lessons lap lanes.
- Lap lanes are only for college aged students and older.
- Patrons must be out of the building by 9:00pm.

Additional rules may be established at the discretion of the pool supervisor.

*Pool Rules are for your safety
Have fun and be safe*



2019/20

North Hills Community Swim Program



Pool Director: Cathy Fodor

Contact Information:

**(412) 318-1441
fodorc@nhsd.net**



PROGRAM ELIGIBILITY:

North Hills School District residents.

North Hills School District employees
and their dependents.

**NHSD residents of 62 years or older may
attend the recreational swims at no cost.**

Weeknight Swimming

Recreational Swimming

A punch card system is being offered. The card can be purchased from the pool supervisor during any of the recreational swims. The card will be sold all season, but does expire at the end of the season.

Cost: \$30 for 10 swims.

MONDAY: ADULT SWIM (18 & OLDER)

7:15—8:45 p.m.

Cost: \$5.00 per adult

62 and older are free of charge (NHSD - Residents)

WEDNESDAY: FAMILY SWIM

7:15—8:45 p.m.

\$5.00 per adult

\$4.00 per child

Children 2 years of age & under are free

62 and older are free of charge (NHSD - Residents)

FRIDAY: FAMILY SWIM

7:15—8:45 p.m.

\$5.00 per adult

\$4.00 per child

Children 2 years of age & under are free

62 and older are free of charge (NHSD - Residents)

Description of Programs

Group Lessons for Children

The levels of instruction are based on Red Cross requirements. All lifeguards and swim instructors are Red Cross certified.

- ~ Preschool (under 5 years of age): 30 minute class
- ~ Level 1—Level 6 (based on ability): 45 minute class
- ~ More information provided at registration
- ~ Classes are 9 weeks (8 guaranteed)
- ~ Cost: \$50.00 per child

Beginning Diving Class

A 10 week program that introduces competitive diving. Divers must be able to swim independently in the deep end of the pool. \$60 per child

- ~ Tuesday Evenings— 7:15-8:15pm
- ~ Follows same schedule as Adult Water Aerobics

Group Adult Lessons

A 6 week program that teaches the basics of swimming for a non-swimmer, or stroke refinement for an experienced swimmer.

- ~ Cost: \$50.00 per adult -
Privates may be available Upon request.

Aqua Aerobics

A 10 week program that focuses on aerobic activity through resistance training in shallow water.

- ~ Classes are offered on Tuesdays and Thursdays. Patrons may attend one class per week or both classes.

- ~ Cost: \$40.00 for one class per week or \$60.00 for two classes per week.

Instructor Aide

Train to become a swim instructor for the Saturday morning children's swim lessons. Must be 14 years old by the start of the class.

Lifeguarding Class

Train to become a certified American Red Cross lifeguard. This course will include: CPR training, AED training, and first aid.

Pool Birthday Parties

These are upon request.
Please contact Cathy Fodor at fodorc@nhsd.net

Pool Closures

2019-2020

Oct. 14, 18, 19
Nov. 4, 5, 8, 27, 28, 29, 30
Dec. 2, 6, 12, 17, 20—31
Jan. 1, 9, 10, 18, 20, 22, 23 30
Feb. 11, 17
March 13, 20, 27
April 8—14, 28
May 8, Pool Closes on the 22nd

Registrations

FALL: Tuesday, August 27, 2019

WINTER: Tuesday, November 19, 2019

SPRING: Tuesday, February 25, 2020

**IF THE SCHOOL UNEXPECTEDLY CLOS-
ES, POOL PROGRAMS WILL BE CAN-
CELLED AS WELL. PLEASE CHECK THE
NORTH HILLS HIGH SCHOOL WEBSITE
FOR THIS INFORMATION.**

www.nhhd.net

