



Newfane Central School District  
Aquatic Center  
2909 Transit Road  
Newfane, NY 14108  
778-6563

Michael Baumann  
Superintendent

Douglas Ames  
Aquatic Director

### Family Swim Saturdays

The following dates have been set as **Family Swim Saturdays**:

**September 10, \*24**

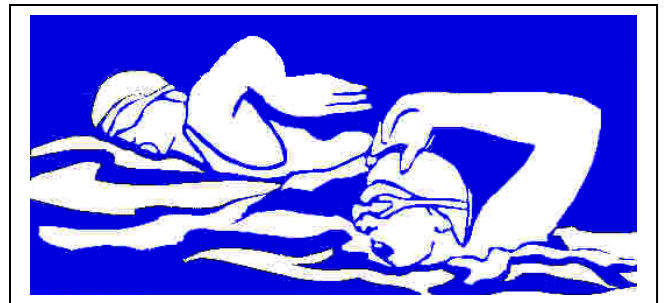
**October 8, \*29**

**November 5, \*19**

**December 3, 10, \*17**

**January 7, \*14, 21**

**February 4, \*18**



**Time: 11:00 am – 1:00 pm**

**Cost: \$3.00/swimmer or \$40 Family Pass (good for 7 sessions)**

**\* Free Swim sponsored by the Town of Newfane Recreation**

Children under 18 yrs of age must be accompanied by a parent or guardian 18 yrs of age or older. Parent or guardian must stay in the swim area with children.

Questions? Contact Mr. Ames, Aquatic Director, at 778-6563

## ***AQUATIC PROGRAMS*** ***Fall/Winter 2016-2017***

### ***PARENT & CHILD AQUATIC PROGRAM***

The purpose of this program is to provide an American Red Cross aquatic program for infants or preschoolers (6 month through 3 years) and their parent that will promote water safety practices, aquatic adjustments and swimming readiness skills. Making it "FUN" and enjoyable in the water with parental involvement. This program is intended to develop in young children a comfort level in and around the water, as well as a readiness for learning to swim. This program is NOT designed to teach children to become accomplished swimmers or even to survive in the water on their own. It will, however, provide you with the necessary knowledge and skills to orient your child to the water and to safely supervise water activities. The emphasis is on the development of a warm and trusting relationship between parents, children, and instructor. The relationship serves as the basis for learning.

**Age:** 6 month – 3 years

**Cost:** \$2.00 with adult

**Session:** Wednesday (Sept 14, 21, 28; Oct 5, 12, 19, 26; Nov 2, 9, 16; Dec 7, 14, 21; Jan 4, 11, 18, 25; Feb 1, 8, 15, 22; Mar 1, 8, 15, 22)

**Time:** 8:00 – 8:45 am

### ***SENIOR CITIZEN & COMMUNITY SWIM***

For our Community members as well as our Senior Citizens: The pool is open on Mondays, Wednesdays, and Fridays from 6:30 am – 8:50 am for your enjoyment.

**Cost:** \$2.00/session

**Session:** Mondays, Wednesdays, Fridays (Sept 7, 9, 12, 14, 16, 19, 21, 23, 26, 28 & 30; Oct 3, 5, 7, 12, 14, 17, 19, 24, 26, 28 & 31; Nov 2, 4, 7, 9, 14, 16, 18, 21, 23, 28 & 30; Dec 2, 5, 7, 9, 12, 14, 16, 19, 21; Jan 4, 6, 9, 11, 13, 18, 20, 23, 25, 27 & 30; Feb 1, 3, 6, 8, 10, 13, 15, 17, 22, 24, 27; Mar 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27, 29 & 31; Apr 3, 5, 7, 24, 26, 28; May 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24 & 31; Jun 2, 5, 7, 9, 12, 14, 16, 19, 21 & 23)

**Time:** 6:30 am – 8:50 am

### ***LEARN – TO – SWIM PROGRAM***

If you have a son or daughter in the Newfane Central School System and would like to sign up for evening swim lessons this program is for them. Enroll them in an American Red Cross "Learn to Swim Program". This program is divided into seven levels. The prerequisite for each level is successful demonstration of the skills from the preceding level, except for level 1, which has no prerequisite. Our program will offer instruction designed to help swimmers of all ages and abilities develop and refine their skills. We will have an authorized Red Cross Water Safety Instructor teach a variety of strokes, including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. They will also introduce a wide range of personal safety skills and possible diving techniques. At more advanced levels, students refine skills, learn the basics of springboard diving, and discover how to incorporate swimming into a lifetime fitness program. This program will fill up quickly so sign up today to ensure a spot.

**Age:** students in the Newfane School District

**Cost:** \$58.00

**Session:** Wednesday (Jan 4, 11, 18, 25; Feb 1, 8, 15, 22; Mar 1)

**Time:** 6:30 pm – 7:00 pm Level I & II

7:00 pm – 7:45 pm Levels III, IV, V, VI

**Minimum class size:** 12 students

**Note:** Change in time slot for Levels



## **EVENING WATER AEROBICS**

This one hour, low-impact program uses water resistance to help strengthen muscles while cushioning the body upon impact. Participants do not need to be able to swim to take the class since they will be moving from a standing position in the shallow end.

**Age:** 21 years or older

**Fall Session:** Mondays & Wednesdays (Sept 12, 14, 19, 21, 26 & 28; Oct. 3, 5, 12, 17, 19, 24, 26 & 31)

**Cost:** \$58.00

**Spring Session:** Mondays & Wednesdays (Mar 6, 8, 13, 15, 20, 22, 27, 29; Apr 3, 5, 24, 26; May 1, 3, 8, 10, 15, 17, 22, 24 & 31; June 5, 7, 12 & 14)

**Cost:** \$65.00

**Time:** 7:00 pm – 8:00 pm

**Minimum class size:** 9 participants

## **DAYTIME WATER ARTHRITIS PROGRAM**

Low impact program! Join us in our heated pool and take stress off tired joints and muscles. Gentle range of motion exercises. It cannot rid you of the condition, but it can make it more bearable.

**Fall Session:** Mondays, Wednesdays & Fridays (Sept. 9, 12, 14, 16, 19, 21, 23, 26, 28 & 30; Oct. 3, 5, 7, 12, 14, 17, 19, 21, 24, 26, 28, & 31 Nov. 2, 4, 7, 9, 14, 16, 18, 21, 23, 28, & 30; Dec. 2, 5, 7, 9, 12, 14, 16, 19, 21)

**Cost:** \$75.00 [Subject to change due to swim classes]

**Winter Session:** Mondays, Wednesdays & Fridays (Jan. 4, 6, 9, 11, 13, 18, 20, 23, 25, 27 & 30; Feb. 1, 3, 6, 8, 10, 13, 15, 17, 22, 24 & 27; Mar. 1, 3, 6, 8, 10, 13, 15, 17, 20, 22, 24, 27 & 29) **Cost:** \$62.00 [Subject to change]

**Spring Session:** Mondays, Wednesdays & Fridays (Apr. 24, 26, & 28; May 1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24 & 31; Jun. 2, 5, 7, 9, 12, 14, 16, 19, 21, & 23) **Cost:** \$44.00 [Subject to change due to swim classes]

**Time:** 1:30 pm – 2:15 pm

**Minimum class size:** 9 participants

## **OPEN FAMILY SWIM**

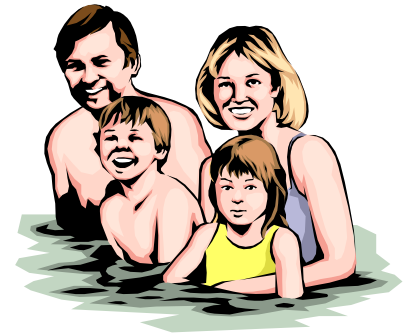
**Age:** Adult 18 or older must accompany and stay in pool area with children

**Cost:** \$3.00 a swimmer

\$40.00 for Family Pass (good for 7 sessions)

**Session:** Saturdays (Sept. 10, \*24; Oct 8, \*29; Nov 5, \* 19; Dec 3, 10 & \*17; Jan 7, \*14 & 21; Feb 4, \*18)

**Time:** 11:00 am – 1:00 pm



## **BIRTHDAY PARTIES**

**Celebrate your child's birthday at the Newfane Aquatic Center!**

Contact Mr. Ames (778-6563) for the proper forms. A building request form must be filed 4 weeks prior to the event date. A Certificate of Insurance or Release of Liability form must be on file.

Fees are based on the number of swimmers using the pool. A minimum of two (2) lifeguards is required. Payment **must** accompany with forms!

The maximum pool time is two (2) hours. At this time the Pool Lobby is available for finger foods, quick snack and presents.

## **PRIVATE PARTIES FOR ORGANIZATION:**

The Aquatic Center also is available for private organizations... **Book a party for your Boy Scout, Girl Scout, 4-H, church or youth group!** Contact Mr. Ames (778-6563) for more information.



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2909 Transit Road  
Newfane, NY 14108

***AQUATIC PROGRAMS***  
***Fall/Winter/Spring 2016-2017***

***NEWFANE AQUATIC PROGRAM REGISTRATION FORM***

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE (home) \_\_\_\_\_ (cell) \_\_\_\_\_ (work) \_\_\_\_\_

COURSE(S) NAME \_\_\_\_\_

CHECK OR MONEY ORDER FOR \$ \_\_\_\_\_ ENCLOSED TO COVER COURSE FEES.

PLEASE MAKE CHECK OR MONEY ORDER PAYABLE TO **NEWFANE CENTRAL SCHOOL** AND MAIL TO:  
**NO CASH WILL BE ACCEPTED!**

DOUGLAS AMES, AQUATIC DIRECTOR  
NEWFANE ELEMENTARY SCHOOL  
2909 TRANSIT ROAD  
NEWFANE, NEW YORK 14108

**PLEASE REGISTER EARLY TO PREVENT CLASSES FROM BEING CANCELED DUE TO INSUFFICIENT ENROLLMENT. QUESTIONS? 778-6563**

**FOR OFFICE USE ONLY:**

Date Paid \_\_\_\_\_

Receipt # \_\_\_\_\_

Check # \_\_\_\_\_

Amount \_\_\_\_\_