



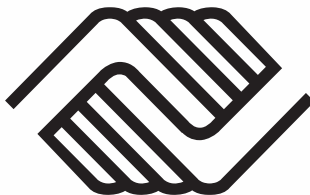
**SUMMER
ADVENTURE CLUB**
Information on page 2

For Your Convenience

**MAIL IN
REGISTRATION**

ENDS MARCH 28, 2009

Credit Cards Accepted
(Visa, Mastercard, American Express)



BOYS & GIRLS CLUBS
OF NORTHERN WESTCHESTER



Session IV **PROGRAM GUIDE**

APRIL 13, 2009 – JUNE 20, 2009 10 Week Session

Boys & Girls Clubs of Northern Westchester
351 Main Street
Mt. Kisco, NY 10549

Non-Profit Organization
U.S. Postage
PAID
White Plains, NY
Boys & Girls Club
of Northern Westchester
Permit No. 49180

DATED MATERIAL
DELIVER BY: MARCH 12, 2009

Para información en español, llamar a la Señorita Carmen 914-666-8069 ext. 116

Mail In Registration Ends March 28, 2009

Walk In Registration Begins March 30, 2009 Monday through Saturday



BOYS & GIRLS CLUBS
OF NORTHERN WESTCHESTER

"The Positive Place for Kids"

351 Main Street • Mt. Kisco, NY 10549
Tel: (914) 666-8069 • Fax: (914) 666-9166

www.bgcnw.com

The Boys & Girls Clubs of Northern Westchester is a voluntary nonprofit corporation, governed by the Board of Directors. Our purpose is to create hope, opportunity and civic engagement.

As a nonprofit corporation, we strive to keep our fees low so that all youths can participate. For those people who may not be able to afford our fees, financial aid is available.

Mission: To enable all young people, especially those who need us most, to reach their full potential as productive, caring, responsible citizens.

GENERAL POLICIES

MEMBERSHIP

Membership runs from July 1 through June 30, and is open to all children up to age 18

- Membership Fee: \$25 Per Child; \$5 Fee for Lost Cards.
- Pick up cards at Front Desk.
- **All Members MUST Scan in at Front Desk.**

DROP OFF ZONE & PARKING

The purpose of the Drop Off Zone in front of the Boys & Girls Club building and Parking Regulations is the safety of ALL our children. Please abide by the following:

- All vehicles **MUST** stop at the Stop sign.
- Do not stop or park in the crosswalk in front of the Club.
- Do not park in the Drop Off Zone or by the curbs in the driveway.
- Handicap permits must be visible in the windshield.
- Do not leave your car running or your children unattended while you enter the building.

CLUB "HOUSE" RULES

- Treat others as you wish to be treated
- Remove head gear in building
- Appropriate language and physical contact
- No children under six allowed in the Games Room, Computer Labs and Art Room.
- We are not responsible for lost or stolen items

REGISTRATION INFORMATION and PROGRAM CALENDAR

SESSION IV: APRIL 13 - JUNE 20

Mail In Registration Ends March 28

Walk In Registration begins March 30

Mon. through Fri. 12:30-9pm; Sat. 8:30am-5pm

SESSION V: JUNE 29 - AUGUST 21

Mail In Registration Ends June 13

Walk In Registration begins June 15

Mon. through Fri. 12:30-9pm; Sat. 8:30am-5pm

- All participants in Boys & Girls Clubs programs must be members of the Club.
- There will be a \$50 service charge for all checks returned.
- A \$25 Administration Fee will be charged for each change after you register, including changing or withdrawal from class.
- Schedules are subject to change.
- Not responsible for typographical errors.

GENERAL BUILDING HOURS

March 1 to May 1, Mon. - Fri 12:30-9:00 pm

May 4 - June 26, Mon. - Fri 12:30-7:00 pm

Saturday 8:00am-5:00pm

Saturday Drop In 9am-5pm Closed on Saturdays beginning June 27

CLUB CLOSINGS

- Aug. 18-Aug. 30Closed for Maintenance
- Sept. 1Labor Day
- Sept. 2Program Staff Orientation
- Oct. 13Columbus Day
- Nov. 27, 28, 29Thanksgiving holiday
- Dec. 24, 25, 26Christmas holiday
- Dec. 31, Jan. 1New Years holiday
- Jan. 19Martin Luther King Day
- May 25Memorial Day

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We're going green!

Help us save costs (and save our planet) by signing up to receive the Boys & Girls Club newsletter online. Thank you!

Boys & Girls Clubs of Northern Westchester

CLUB NEWS

is now available exclusively online.



Just return this page with your e-mail address to:

Boys & Girls Clubs of Northern Westchester
351 Main Street
Mt. Kisco NY 10549

Sign up on our website: www.bgcnw.com

Or contact Jean Skanes at the Club:
jskanes@bgcnw.com or 914-666-8069 ext. 111

Please send the newsletter to: _____ e-mail address

EARLY CHILDHOOD EDUCATION

Betty Lou Ostrye, Director 914-666-8069, ext. 103

September 9, 2009 to August 20, 2010

7:00am and 8:00am Drop Off

9am-4:00pm Class

4:00pm-6pm Late Pick up

Classes are taught by Early Childhood Educators. We incorporate the **Early Childhood Creative Curriculum**. The program also includes: learn to swim program, developmentally appropriate classroom activities, physical education program, music and nap time. Before School Care program includes breakfast. All children receive a mid-morning snack. Children receive a hot lunch. After School Care children receive a light snack. Children must be 3 or 4 by December 1, 2009 and FULLY toilet trained.

The Boys & Girls Clubs Child Care Center is licensed by the State of New York Office of Children and Family Services.

MUST REGISTER IN PERSON - Monday-Friday 12:30-5:00pm

Summer Adventure Club

For Children Entering grades 1-9 in September 2009

June 29 to August 21 (No program July 3) 9am-4pm

Early Drop Off: 7:00am and 8:00am

Late Pick Up: 6:00pm

**Swimming • Sports • Outdoor Activities
Arts & Crafts • Computer & Gameroom Activities
Playground • Specials**

Program is certified by Westchester County Dept. of Health.

MUST REGISTER IN PERSON - Monday-Friday 12:30-5:00pm

Children may register for 4 weeks or 8 weeks

Staff to child ratio: 1-8 grades 1-4; 1-10 grades 5-9
Head counselors have Red Cross Certifications in Responding to Emergencies (RTE), CPR for the Professional Rescuer, AED & EpiPen.

**Call Dante Hudson,
Mt. Kisco Center Director
914-666-8069, ext. 113,
for information.**



SCHOOL AGE CARE PROGRAMS

After School Fun Club

Grades K-5 • September 9, 2009 - June 25, 2010

Monday thru Friday, 3:30 to 6:30

Activities include arts & crafts, gym, Power Hour Homework, Computer Lab, games, reading, hot meal, and more. Includes 185 School Days, Superintendent Conference Days, Half Days and Vacation Weeks. BGCNW will transport children from Mt. Kisco Elem. to the Club.

**Call Dante Hudson, Mt. Kisco Center Director
914-666-8069, ext. 113, for information.**

*The Fun Club is registered with the NY
State Office of Children and Family Services.*

MUST REGISTER IN PERSON - Mon-Fri 12:30-5:00pm

Power Hour

A comprehensive homework help and tutoring program for all members ages 6-18. Power Hour provides members with support, resources and guidance necessary to complete their homework and start the school day with a sense of confidence and ability.

**Call Kimberly Hull, Education Director
914-666-8069, ext. 102, for information.**

Before School Child Care

Monday thru Friday, 7:00am to 8:30am

Bedford Central School District will provide transportation to all of its Elementary Schools except Mt. Kisco. Boys & Girls will transport to Mt. Kisco.



Vacation Clubs

Child Care for Grades K-5.

April 6-10 - Register by March 23

(Grades 6-8 Free with membership)

Lunch is provided.

<u>7am - 8am</u>	<u>8am - 3pm</u>	<u>8am - 6pm</u>
1 day \$8.	1 day \$36.	1 day \$51.
2 days \$16.	2 days \$72.	2 days \$102.
3 days \$24.	3 days \$108.	3 days \$153.
4 days \$32.	4 days \$144.	4 days \$204.
5 day \$40.	5 days \$180.	5 days \$225.

**Call Dante Hudson, Mt. Kisco Center Director
914-666-8069, ext. 113, for information.**

**NO CLASSES APRIL 6-10
CLOSED APRIL 11 & MAY 25**

TEEN PROGRAMS

Athenia Lee, Director 914-733-0033

Middle School Students Grades 6th-8th

Monday-Friday 2:00pm - 8:00pm (Grades 6 & 7)

Monday-Friday 2:00pm - 9:00pm (Grade 8)

Saturday 9:00pm - 5:00pm

Torch Club

Middle school leadership and service group.

Meets Wednesdays at 5pm.



Boys to Men and Smart Girls

Small groups that deal with age and gender-specific issues.

Boys to Men: Mondays 5pm.

Smart Girls - 4th & 5th grade Tuesdays 4pm;

- 6th-9th grade Fridays at 5pm.

High School Students Grades 9th-12th

Monday-Friday 2:00pm - 9:00pm; Sat. 9:00pm - 5:00pm

Keystone Club

High school leadership and service group.

Meets Thursdays at 7:00pm.

Junior Staff

Prepares members for the world of work.

Meets Fridays at 4:00pm.

Money Matters

Members learn money management skills.

Meets Mondays at 5:00pm.

Club Service

Members and Alumni ages 17-24 earn money for college through internship at the Club.

STEP TEAM - Souljah Steppers

Free for Members Grades 4-12.

Meets every Tuesday 6:30-7:30pm

Contact Dan Isenberg at 914-666-8069, ext. 129

UPCOMING EVENTS

- Liberty Keystone presents "Spring Fling" Fashion Show: Saturday, April 18, time TBA

Community Service/Volunteer Orientations

For youth age 14-18 interested in volunteering at the Boys and Girls Club. Tuesdays 7:30pm

March 24 April 21 May 12

Call Athenia Lee, Director of Teen Programs

914-733-0033

TEEN DROP IN

\$25.00 Membership expires June 30, 2009

Teen Members may use volunteer hours to "pay" for their membership.

CULTURAL ARTS

Dan Isenberg, Director 666-8069 x129

Drawing & Painting Code 6264

Fee: \$150.00 Saturdays - 10 weeks

- Learn the basics in black, white and color media using pencils, charcoal, markers, pens, pastel and acrylic paint.
- Learn to draw still life, animals, portraits, landscapes and abstracts while developing your own personal style along the way.
- Patricia Frankel - Instructor
- Limited Enrollment
- Children must be at least 7 years old to register.

GROUP 1ages 12-16.....9:30 - 11:00am

GROUP 2ages 7-1111:15am - 12:45pm

GROUP 3ages 7-111:00 - 2:30pm

SATURDAY DROP IN ARTS & CRAFTS

Free for members.

Grades 1-12, 10am-4pm

MAC LAB DIGITAL ARTS PROGRAMS

Free for members. Grades 1-12.

Drop in hours, Mon-Fri 2-4, 6-9

Photography, Video and Music



BGC BEAT CLUB

Grades 7-12. A weekly workshop in Hip Hop history, production and performance.

Wednesday nights 6:30 - 9pm (Drop in)

Contact Dan Isenberg at 914-666-8069, ext. 129

PHYSICAL EDUCATION

Nato Tomasino, Director 666-8069 x125

7TH & 8TH GRADE BASKETBALL LEAGUE

FREE for Members

Wednesdays 7:30pm

SPORTS AWARDS NIGHT

April 17, 6pm in the gym

DODGE BALL TOURNAMENTS

FREE for Members

6-12 Grades

March 27, April 23 and May 21, 7:30pm

First 10 teams to sign up will compete.

Sign up with Nato in the gym.

**NO CLASSES APRIL 6-10
CLOSED APRIL 11 & MAY 25**

MAIL IN REGISTRATION INFORMATION

Please follow the procedure listed below for MAIL-IN REGISTRATION for Swimming and Cultural classes for SESSION IV.

REGISTRATION, MEMBERSHIP FORMS & PAYMENT MUST BE RECEIVED NO LATER THAN MAR. 28, 2009.

After this date, you must come in person to register. You may register in person beginning on Mon., March 30.

SESSION IV is from April 13, 2009 to June 20, 2009. (10 week session)

MAIL-IN REGISTRATION – (Please Read below before completing form)

1. Mail In or Walk In Registration Only. (We cannot take telephone or email Registration or changes)
2. Please read the Aquatic Policy (page 7), which contains important information pertaining to the Aquatic Program.
3. All information **MUST** be completed **CLEARLY** and in **PRINT** before registration can be processed.
4. Please be sure to include the correct program name, code number, day and time and class fee.
5. Complete one Membership Form and include \$25 fee per child. **Current membership is required for all ongoing classes and programs unless otherwise noted.** Current membership will expire June 30, 2009.
6. Program fees and membership fees must be included with Registration Form. All fees must be paid in full. Make checks payable to the Boys & Girls Clubs of Northern Westchester.
There will be a \$50 service charge for all CHECKS RETURNED by the bank.

Please note we now accept credit cards (VISA, MASTERCARD & AMERICAN EXPRESS).

Please complete the form on page 6 if you wish to pay by credit card. **Minimum on credit card is \$35.**

7. All Registrations after March 28, including changes, must be done in person
- **Multiple Child Discount** For children in the same family in **Aquatic Lessons only.**
2nd child 10%; 3rd child 5%.
 - **Call for Swim Testing** - 666-8069, ext. 115 or 117.
 - **Tuesday through Saturday classes are 10 weeks.**
(Monday classes are 9 weeks, fees are pro-rated, includes make-up week).
 - **General Release must be signed.**

NO CLASSES APRIL 6-10 • CLOSED APRIL 11 & MAY 25



BOYS & GIRLS CLUBS
OF NORTHERN WESTCHESTER



**BOYS & GIRLS CLUB OF NORTHERN WESTCHESTER REGISTRATION FORM
SESSION IV - APRIL 13 - JUNE 20, 2009**

Please return this form with your payment to the Boys & Girls Club of Northern Westchester, 351 Main Street, Mount Kisco, NY 10549.

**MULTIPLE CHILD DISCOUNT FOR CHILDREN IN THE SAME FAMILY IN AQUATIC LESSONS ONLY.
2ND CHILD-10% 3RD OR MORE-5%**

Please fill out the membership form your child/children (page6). Same form may be used for more than one child.

PLEASE ENTER ALL INFORMATION CLEARLY AND IN PRINT

Name of Parent _____

Home Address _____ City/Town _____ Zip _____

Telephone # _____ Work # _____ Cell # _____

E-Mail Address _____

Full Name of Person Taking Course	Grade/ Age	Name of Program	Code Number	Day	Time	Class Fee	Membership Fee

Full Name of Person Taking Course	Grade/ Age	Name of Program	Code Number	Day	Time	Class Fee	Membership Fee

Full Name of Person Taking Course	Grade/ Age	Name of Program	Code Number	Day	Time	Class Fee	Membership Fee

Full Name of Person Taking Course	Grade/ Age	Name of Program	Code Number	Day	Time	Class Fee	Membership Fee

GENERAL RELEASE: The undersigned hereby releases the Boys & Girls Club of Northern Westchester, employees and volunteers thereof, of any responsibility should an accident or injury occur to the above mentioned child(ren) as a result of the above mentioned activity sponsored by the Boys & Girls Club of Northern Westchester.

Parent/Guardian Signature _____ Date _____

Payment: Enclosed is my () CHECK or () MONEY ORDER () CREDIT CARD *No Cash by Mail*

Sub Total \$ _____

For Credit Cards, Please complete Credit Card Authorization Form. Payments are due in full.

OFFICE USE ONLY:

Date: _____, Receipt # _____ Check # _____ Clerk _____

Money Order# _____ Credit Card ()

Membership Fee \$ _____

Total Enclosed \$ _____

BOYS & GIRLS CLUBS OF NORTHERN WESTCHESTER

YOUTH MEMBERSHIP FORM

Fee: \$25.00 per child

Expires: 06/30/2009

DATE: _____ MEMBERSHIP IS: NEW for 1st child 2nd child 3rd child RENEWAL for 1st child 2nd child 3rd child

PLEASE PRINT INFORMATION CLEARLY AND IN PRINT

1ST CHILD'S NAME _____ MALE FEMALE BIRTH DATE _____ AGE / GRADE _____
First Last

2ND CHILD'S NAME _____ MALE FEMALE BIRTH DATE _____ AGE / GRADE _____
First Last

3RD CHILD'S NAME _____ MALE FEMALE BIRTH DATE _____ AGE / GRADE _____
First Last

MAILING ADDRESS _____ CITY & STATE _____ ZIP _____

HOME TEL # _____ CELL # _____ EMERGENCY # _____ E-MAIL ADDRESS _____

MOTHER'S NAME _____ EMPLOYED AT _____ Work # _____

FATHER'S NAME _____ EMPLOYED AT _____ Work # _____

ANOTHER AUTHORIZED ADULT _____ Phone # _____

ALLERGIES/MEDICAL CONDITIONS WE SHOULD BE AWARE OF: _____

LIST MEDICATIONS YOUR CHILD IS PRESENTLY TAKING: _____

(Optional) - This information is for fund-raising purposes only. Strictly confidential. Ethnic Background _____ Numbers in Household _____ Single Parent Household _____

Family Income: \$10,000-25,000 \$25,000-32,100 \$32,100-36,700 \$36,700-41,250 \$41,250-46,850 \$46,850-49,500 \$49,500-53,200 \$53,200 +

PLEASE READ AND SIGN BELOW - I give my child permission to participate in the Boys & Girls Club of Northern Westchester programs. In the event that I cannot be reached in an emergency, the Boys & Girls Club authorities may take such measures as they deem appropriate and shall notify me as soon as possible. In addition, I hereby give my permission for securing at the expense of the undersigned, appropriate medical treatment. This will also include releasing my child for any treatment necessary in the emergency room of an accredited hospital by emergency room staff or Doctors they would call in for emergency room treatment.

Date: _____
Parent/Guardian Signature _____

PHOTO & VIDEO RELEASE FORM - I, the undersigned, being the parent or legal guardian of _____, do hereby authorize the Boys & Girls Clubs of Northern Westchester to use PHOTOGRAPHS OR VIDEO RECORDING of my child for the purpose of PUBLIC RELATIONS, TRAINING, AND/OR MONITORING STAFF without time limitations. I understand that I will be notified of such video taping or photography.

Date: _____ Signature _____ Print Name _____

FOR OFFICE USE ONLY - Code: 6101

Receipt # _____ Check # _____ Money Order # _____ No Cash by Mail Credit Card () Date _____ Received by _____

CREDIT CARD AUTHORIZATION FORM (INCLUDE WITH MAIL-IN REGISTRATION)

NAME _____ TELEPHONE # _____

BILLING ADDRESS (Of Credit Card Holder) _____

CREDIT CARD TYPE MC VISA AMEX

CREDIT CARD # _____ VISA CODE _____

NAME ON CREDIT CARD _____ EXPIRATION DATE _____

TOTAL DUE _____ DATE _____

BGCNW IS AUTHORIZED TO CHARGE MY CREDIT CARD ACCOUNT.

AUTHORIZED SIGNATURE _____

Dennis Munson Aquatic School

Dennis Munson, Director, at 666-8069 x115
Robert Rishel, Asst. Director, at 666-8069 x117

Aquatic Policy

Please do not ask the Front Desk or Registrar which class to enroll your child in; please see/call an Aquatics person.

Please do not leave the building while your child is swimming due to unexpected needs your child may have. Please do not change children on pool deck.

SWIM ABILITY TESTING:

Evaluations, available by appointment, are scheduled during youth swim times. Please call the Aquatic Department at 914-666-8069 ext. 117.

LESSONS: April 13 - June 6, 2009

Please check in at Front Desk prior to each class. During the first week of class if Aquatic staff determines that your child is not ready (or too advanced) for the class he/she is registered in, you will be given a request to change card by staff. Go to Front Desk with change card to make changes.

SPECTATOR DAYS: April 13-18; June 8-20. (This is the only time available to observe on the deck.)

EVALUATION WEEK: June 8-13. Swimmers will be evaluated to determine degree of achievement. No child fails; they are merely delayed until able to master all required skills.

MAKE-UP WEEK: June 15-20. First make-up is to be scheduled on your day and time. Second make-up is based on availability (If you miss your make-up, there is no make-up for it.) Schedule second makeups at Front Desk before June 15.

ELECTRICAL STORMS: In accordance with Public Health & Safety Laws, Aquatic classes will be halted in severe electrical storms. If the class has been in session for at least 15 minutes, there will be no make-up.

LOCKERS are for use only during the time you are in the building. If locks are left on, they are subject to removal without prior notice. We are not responsible for locks or personal items.

SWIM CAPS must be worn by all swimmers whose hair is below their ears, except Water Explorers. Caps may be purchased at the Front Desk.

ILLNESS: Please do not send children to lessons if they are ill, have a cold, cough or fever.

FAMILY SWIM: Free for Members and Parent/Guardian. Parent/Guardian must accompany Club member, wear bathing suit and be in the water. Swim cap rule is in effect. **No spectators allowed at this time.**

YOUTH SWIM: Free to all members age 8 and up. Must be in Level 3 or higher or stand 50 inches at chin. Swim cap rule is in effect.

Pre-School Safety & Swim Programs

1/2 Hour Classes **Fees - Mon: \$135; T, W, Th, S: \$150**

Multiple Child Discount applies.

Using American Red Cross standards, these programs build swimming readiness through guided practice within a safe and fun atmosphere. Elementary skills taught include: kicking on front/back, blowing bubbles, arm/stroke execution, and body coordination. Safety skills are also taught. Swim caps are required for children in 3 year class and up if hair is below the ears.



WATER EXPLORERS

Code 6252A

Recommended age - 6 months to 3 1/2 years with adult. Have fun in the pool with your Water Explorer with songs, games, and activities that will help you and your child be safer and more comfortable in the water. Submersion is your choice. No previous experience is needed. Swim diaper must be worn under child's bathing suit.

M	T	W	Th	F	S
2:30	-	-	-	-	9:00
-	-	-	-	-	10:00

DAYTIME DOLPHINS

Code 6252E

PRE-SCHOOL BEGINNER. NO parental assistance. For three, four and five year olds. Little or no swimming experience needed. Breathing, kicking and beginner strokes are taught. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
1:00	1:00	1:30	1:30	-	-
-	1:30	-	-	-	-
2:00	2:00	2:00*	2:00	-	-

*This class will run from 5/13 - 6/17. Fee: \$90.

WISE WHALES

Code 6252F

PRE-SCHOOL INTERMEDIATE/ADVANCED. NO parental assistance. Three, four and five year olds who are able to swim independently 15 feet on front and at least 5 feet on back. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
1:30	-	1:00	1:00	-	-

ALL DAY ALLIGATORS

Code 6252D

PRE-SCHOOL BEGINNER/INTERMEDIATE/ADVANCED. NO parental assistance. For three, four and five year olds having any level of proficiency. Swim caps are required if hair is below the ears.

M	T	W	Th	F	S
3:45	3:45	4:00	-	-	-

SATURDAY STINGRAYS

Code 6252G

PRE-SCHOOL BEGINNER/INTERMEDIATE/ADVANCED. NO parental assistance. A combined class for three, four and five year olds having any level of proficiency. Swim caps are required if hair is below the ears.

Saturdays only

8:30 9:00 9:30 10:00 10:30 11:00 11:30 1:00 2:00

NO CLASSES APRIL 6-10 • CLOSED APRIL 11 & MAY 25

Marlins Swim Team SEPT. THROUGH JUNE

- 9-time Boys & Girls Club of America National Champions
- Ranked: 36th Nationally out of 2,454 Clubs.
10th in Eastern Zone out of 629 Clubs.
2nd in Metropolitan Zone out of 61 Clubs.
- The majority of Marlin's Members began swimming at the Boys & Girls Club of Northern Westchester.



Call Dennis Munson at 666-8069, ext. 115 for information.

Youth Swim (see page 7) Free with Membership

Monday, Tuesday, Wednesday, Thursday 3:00-4:00

Saturday 12:00-1:00

Family Swim (see page 7) Free with Membership

Adult must accompany child member in the water

Saturdays 2:00-3:00

School-Age Safety & Swim Programs

1/2 Hour Classes, Levels 1, 2 & 3

Fees - Mon: \$135; T, W, Th, S: \$150

Multiple Child Discount applies. Minimum Age 6 or in a Full Day Kindergarten. Not suited for preschool children. Swim caps are required if hair is below the ears.

LEVEL 1 & 2: INTRODUCTION TO WATER AND FUNDAMENTAL AQUATIC SKILLS **Code 6262AA**

Little or no swimming skills are necessary to enroll.

M	T	W	Th	F	S
4:15	4:15	-	4:00	-	9:30
4:45	-	4:30	4:30	-	10:30
-	-	-	-	-	11:30
-	-	-	-	-	1:30

LEVEL 3: STROKE DEVELOPMENT **Code 6262BB**

Must pass Level 2 or must swim 20 feet on front and back unaided.

M	T	W	Th	F	S
4:00	4:00	4:00	4:00	-	9:00
4:30	4:30	4:30	4:30	-	10:15
5:00	-	-	-	-	11:30
-	-	-	-	-	1:00



School-Age Safety Swim & Fitness Programs

45 min. Classes, Levels 4, 5 and 6

Fees - Mon: \$144; T, W, Th, S: \$160

Multiple Child Discount applies. Minimum Age 6 or in a Full Day Kindergarten. Not suited for preschool children. Swim caps are required if hair is below the ears.

LEVEL 4: STROKE IMPROVEMENT **Code 6262CC**

Must pass Level 3 or must swim front crawl with rotary breathing and back crawl 15 yards each and dolphin kick 5 yards, dive and tread water.

M	T	W	Th	F	S
4:00	-	-	-	-	9:30
4:45	4:00	4:15	4:00	-	11:00
-	-	-	-	-	1:30

LEVEL 5/6: STROKE REFINEMENT/ PERSONAL WATER SAFETY **Code 6262DD**

Must pass level 4 or must swim front and back crawl 25 yards, breaststroke, elementary backstroke, butterfly and scissors kick 15 yards, tread water 1 minute.

M	T	W	Th	F	S
4:00	-	4:00	-	-	10:45

COMPETITIVE STROKE CLINIC **Code 6262EE**

1 hour. Must have been in Level 4 for at least one session - or be in level 5/6 - or have coaches' approval after evaluation. Skills for competitive swimming and overall fitness. Mon. 5:30-6:30; Tues. 4:00-5:00; Sat. 1:00-2:00

	Mon.	Tue./Sat.
1st child	\$183	\$203
2nd child	\$165	\$183
3rd child	\$174	\$193
(10% discount 2nd child; 5% discount 3rd child.)		

2009 Lifeguarding (LG)

FEE: \$425 MUST REGISTER IN PERSON

Participant must be 15 years old on or before the last scheduled class of each session. Please bring proof of age at Registration, of which a copy will be kept until the first class. As per American Red Cross standards, a pre-test will be given on the first class to prove swimming strength. Your full registration payment will be processed only if you successfully complete your Pre-test in which participants will be allowed to continue with class. Full registration payment will be returned if participant fails Pre-test. Once the remainder of the first class has started, refunds will not be given. Money will be returned if class is cancelled due to low enrollment.

Participants must attend all classes. Please call Bob Rishel at 914-666-8069, ext. 117 for more info.

LG IV March - May 2009

Pre-test & class: Sun. 3/22/09, 12:30pm-6:30pm

Classes: Sundays 3/29, 4/19, 26, 5/3, 12:30-6:30


Deadline to enroll: Wed. 3/18/09 by 6pm

CPR for Professional Rescuer/AED Review Fee: \$60


Used for Lifeguards. Includes new pocket mask, but bring your own manual. New manual \$40.

Sun. 5/17/09, 1 pm - 6 pm

POOL SCHEDULE - SESSION IV

	Monday	Tuesday	Wednesday	Thursday	Friday	
12:30	NS 1	NS 2	NS 1	NS 2		
1:00	Dolphins	Dolphins	Whales	Whales		
1:30	Whales	Dolphins	Dolphins	Dolphins		
2:00	Dolphins	Dolphins	LEAH/ Dolphins 5/6 - 6/17	Dolphins		
2:30	Water Explorers	N.S. 3		N.S. 3		
3:00	Youth	Youth	Youth	Youth		
3:45						Novice
4:00	ADA	ADA				
4:15	L 1/2	L 1/2	Novice	Novice		Swim Team Sr.
4:30	L 3	L 3	L 5/6	L 1/2		
4:45	L 4	L 4	ADA	L 3		
5:00	L 5/6	L 4	L 3	L 4		
5:15	L 3	L 3	L 4	L 4		
5:30	L 4	L 3	L 4	L 4		
5:45	Clinic	Novice	Swim Team Jr.	Swim Team Jr.		
6:00	Novice	Swim Team Jr.	Swim Team Jr.	Swim Team Jr.		
6:30			Swim Team Sr.		Swim Team Jr.	
7:00						
7:30	Swim Team Sr.	Swim Team Sr.	North East	Swim Team Sr.		
8:00						
8:30	No Classes: April 6-10;					
9:00	Closed April 11 & May 25					

SATURDAY POOL SCHEDULE - SESSION IV

7:00	Swim Team - Sr.			
8:30			Saturday Stingrays	
9:00	Saturday Stingrays		Level 3	Water Explorers
9:30	Level 1/2		Level 4	Saturday Stingrays
10:00	Saturday Stingrays			Water Explorers
10:15			Level 3	
10:30	Level 1/2			Saturday Stingrays
10:45			Level 5/6	
11:00	Saturday Stingrays			Level 4
11:15			Level 3	
11:30	Level 1/2	Saturday Stingrays	Level 3	
11:45				
12:00	Youth Swim			
1:00	Saturday Stingrays		Clinic	Level 3
1:30	Level 1/2			Level 4
2:00	Saturday Stingrays			
2:30	Family Swim			Closed April 11
3:00	Swim Team - Jr.			
4:45				



Serving Youth in Over 60 Communities

Boys & Girls Clubs of America National Alumni Survey: 52% said participating in the Club “really saved my life” • 79% said participating in the Club had a positive impact on my family • 95% said the Club was one of the best things available in my community • 93% said the staff members in the Club really care and are dedicated

FOR INFORMATION, SCHEDULES, UPDATES, ETC. LOG ONTO OUR WEBSITE:

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