



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER



Session IV **PROGRAM GUIDE**

APRIL 4, 2011 – JUNE 18, 2011



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

www.bgcnw.com

Mail In Registration Ends March 26, 2011 Credit Cards Accepted (Visa, MC, Amex)

Walk In Registration Begins March 28, 2011 See page 1 for building hours.

Para información en español, llamen a Carmen Mera 914-666-8069 ext. 116



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER

"GREAT FUTURES START HERE!"

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

The Boys & Girls Club 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 - half year; \$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 4 - JUNE 18, 2011

Mail In Registration Ends March 26

Walk In Registration begins March 28

Mon. through Fri. 12:30 - 8pm; Sat 8:30am - 4pm

SESSION V: JUNE 27 - AUGUST 19, 2011

Mail In Registration Ends June 11

Walk In Registration begins June 13

Mon. through Fri. 12:30 - 8pm; Sat 8:30am - 4pm

- All participants in Boys & Girls Club 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

Monday - Friday 9am - 9pm

Saturday - 8am - 5pm

CLOSING/CANCELLATIONS turn to WHUD FM 100.7 (radio), News Channel 12 (Cable TV) or call 914-666-8069 to listen to our message. We follow the Bedford School District for snow closings.

THERE WILL BE NO DROP IN PROGRAMS ON SATURDAYS

CLUB CLOSINGS

Aug. 23-Sept. 3Closed for Maintenance
Sept. 6Labor Day
Oct. 11Columbus Day
Nov. 25, 26, 27Thanksgiving holiday
Dec. 24 through Jan. 2Christmas/New Year holiday
Jan. 17Martin Luther King Day
May 30Memorial Day

NO CLASSES APRIL 18-23 • CLUB CLOSED MAY 30

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Have you been missing out?

Sign up to receive our e-blasts with important information about Club activities and events.

Visit our website www.bgcnw.com and sign up on the home page, or contact Jean Skanes with your e-mail address at 914-666-8069 ext. 111 or jskanes@bgcnw.com

Coming soon...Online registration!

Don't be left out - send us your e-mail address today!

**MT. KISCO FARMER'S MARKET
INDOOR/OUTDOOR
AT THE BOYS & GIRLS CLUB**

351 Main St., Mt. Kisco
EVERY SATURDAY (rain or shine)
9:00am to 1:00pm



EARLY CHILDHOOD EDUCATION

Betty Lou Ostrye, Director 914-666-8069, ext. 103
bostrye@bgcnw.com

September 6, 2011 to August 17, 2012

7:00am and 8:00am Early 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 cooked on site. After School Care children receive a light snack. Children must be 3 or 4 by December 1, 2011 and FULLY toilet trained.

If interested in less than 5 days contact Betty Lou Ostrye, 666-8069 x103

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

Open Registration Mon-Fri 12:30-5pm

Annual Fees*	9:00-4:00	7-9am	8-9am	4-6pm
5 Days	\$9,450	\$2,625	\$1,313	\$2,625.
4 Days	7,560	2,100	1,050	2,100
3 Days	5,670	1,575	788	1,575

* Plus \$50 membership

SCHOOL AGE CARE PROGRAMS

After School Fun Club

Grades K-8 • September 6, 2011 - June 22, 2012

Monday thru Friday, 2:30 - 6:30 (6, 7, 8)* 3:30 - 6:30 (K-5)

Activities include arts & crafts, gym, Power Hour Homework, Computer Lab, games, reading, hot afternoon meal, and more. Includes 185 school days, Superintendent conference days, and half days. Vacation weeks, when available, are FREE of charge to Fun Club members.

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



Before School Fun Club

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

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

Call Barbara E. Cutri, Director of Operations, for information: 914-666-8069, ext.107 or bcutri@bgcnw.com

Open Registration Feb. 7, 9am-6pm, thereafter Mon-Fri 12:30-5pm
 Grades 6, 7, 8 pay \$50 Membership Fee only.

Annual Fees*	3:30-6:30pm	7-8:30am	8-8:30am
5 Days	\$3,497	\$1,846	\$1,050
4 Days	2,930	1,476	840
3 Days	2,363	1,108	630
2 Days	1,796	738	420

* Plus \$50 membership

Summer Adventure Club

For Children Entering grades 1-9 in September 2011

June 27 to August 19, 9am-4pm (No program July 4)

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

Extended Day: 4:00 - 6:00pm

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

Program is certified by Westchester County Dept. of Health.

Open Registration Mon-Fri 12:30-5:00pm

Must register in person.

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.



For more information contact: **Barbara Cutri, Director of Operations 914-666-8069, ext. 107, bcutri@bgcnw.com**

Enrollment is limited.

Fees	9-4 pm	7-9 am	8-9 am	4-6 pm
8 weeks	\$840	\$504	\$202	\$404
4 weeks	\$500	\$252	\$101	\$202

Fee for Yorktown bus: 4 weeks \$150; 8 weeks \$300



NO CLASSES APRIL 18-23
CLUB CLOSED MAY 30

TEEN PROGRAMS

Athenia Lee, Director 914-733-0033

FRIDAY NIGHT LIGHTS Every Friday night 7-9pm
Middle/High School members and friends
Weekly special events including Live Music, Movies,
Game Room Contests, Sports and Seasonal Parties

FREE for members, \$2.00 for non-members
Pizza Special - \$3.00 (2 slices and soda)
For more info, contact Dan Isenberg at 666-8069 Ext 129 or
disenberg@bgcnw.com

Middle School Students Grades 6th-8th

Monday-Friday 2:00pm - 8:00pm (Grades 6 & 7)
Monday-Friday 2:00pm - 9:00pm (Grade 8)

Torch Club

Middle School leadership and service group.
Meets Thursdays, 5-6pm.



Boys to Men and Smart Girls

Small groups that deal with age and
gender-specific issues. Meets weekly
Boys to Men, Mon., 3:30-4:30 • Smart Girls Wed., 3:30-4:30

High School Students Grades 9th-12th

Monday-Friday 2:00pm - 9:00pm

Keystone Club

High School leadership and service group.
Meets Thursdays at 7:00

Junior Staff

Prepares members for the world of work. Must attend
Volunteer Orientation below.

Money Matters

Members learn money management skills.

STEP TEAM - Souljah Steppers

Free for Members

Grades 6-12.
Meets every Friday 5:45- 6:30

**Contact Athenia Lee for information:
914-773-0033, or alee@bgcnw.com**



Community Service/Volunteer Orientations

Must commit at least 2 days per week, 3 hrs/day, 5 weeks
For youth age 14-18 interested in volunteering at the
Boys and Girls Club. **Contact Barbara E. Cutri, Director
of Operations, 914-666-8069 or bcutri@bgcnw.com**
Wednesdays 6:00pm
April 20 Mar. 23 May 18 (for Summer volunteers)

PHYSICAL EDUCATION

Open Gym Grades 6 - 12

FREE for Members

Monday and Tuesday 7:30-9:00pm

9th-12th Grade Soccer League

FREE for Members

Wednesdays 7:30pm-9:00pm

6th-8th Grade Soccer League

FREE for Members

Thursdays 7:30pm-9:00pm



CULTURAL ARTS

Dan Isenberg, Director

666-8069 x129 or disenberg@bgcnw.com

**STAY UP TO DATE WITH THE BGC
ON OUR CULTURE BLOG!!!
www.bgcnw.wordpress.com**

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

GROUP 1ages 7-1111:15am - 12:45pm

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

MAC LAB DIGITAL ARTS PROGRAMS

Free for members. Grades 6-12.

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

Photography, Video and Music

MUSIC PRODUCTION WORKSHOPS

Wednesdays, 7-9pm

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 MARCH 26, 2011.

After this date, you must come in person to register. You may register in person beginning on Mon., March 28.

SESSION IV is from April 4 to June 18, 2011. (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. For new or to renew membership, complete information on bottom of registration form and include \$50.00 per child. Membership expires June 30, 2012. (Half year)
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 Club 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 below if you wish to pay by credit card. **Minimum on credit card is \$35.**
7. All Registrations after March 26, 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%. (**Discount already applied to Swim Clinic fees**)
 - **Call for Swim Testing** - (914) 666-8069 Ext 117
 - **General Release must be signed.**

CLOSING/CANCELLATIONS turn to WHUD FM 100.7 (radio), News Channel 12 (Cable TV) or call 914-666-8069 to listen to our message. We follow the Bedford School District for snow closings.

NO CLASSES APRIL 18-23 • CLUB CLOSED MAY 30

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 _____

**BOYS & GIRLS CLUB OF NORTHERN WESTCHESTER
REGISTRATION FORM**

SESSION IV - APRIL 4 - JUNE 18, 2011

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

OFFICE USE ONLY:	
Program Fee \$	_____
Membership Fee \$	_____
Receipt #	_____
Check #	_____ Cash <input type="checkbox"/> Credit Card <input type="checkbox"/>
Date Paid	_____ Taken by _____

**MULTIPLE CHILD DISCOUNT FOR CHILDREN IN THE SAME FAMILY IN AQUATIC LESSONS ONLY.
2ND CHILD-10% 3RD OR MORE-5% (Discount already applied to Swim Clinic fees)**

PLEASE ENTER ALL INFORMATION CLEARLY AND IN PRINT

Name of Mother _____ Name of Father _____

Home Address _____ City/Town _____ Zip _____

Telephone # _____ Work # _____ Cell # _____

E-Mail Address _____

Full Name of Person Taking Course	M	F	D/O/B	Grade	Name of Program	Code	Day	Time	Class Fee	Membership Fee
1.										
2.										
3.										
4.										
5.										

Payment: Enclosed is my CHECK or MONEY ORDER CREDIT CARD **NO CASH** Sub Total \$ _____
 For Credit Cards, please complete form on page 4. Payments are due in full. Membership Fee \$ _____
 Total Enclosed \$ _____

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 _____

FOR NEW OR RENEWAL MEMBERSHIPS ONLY

NEW MEMBERSHIP RENEWAL CHILD # _____ **EXPIRES 6/30/2012**

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 - 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.

PHOTO & VIDEO RELEASE FORM -My child may or may not be photographed 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 _____



Party Rentals

*Have your next event or party at the
Boys and Girls Club!*

Our spacious community room, gym, game room, digital art center, arts & crafts room, pool and kitchen make the Boys and Girls Club the perfect spot for your next party!

- Parties for all ages and any occasion!
- Choose from among our party options and combine them to create the ultimate party experience - or create your own custom party!
- Full service kitchen - catering available
- The entire facility is available for larger parties and outdoor picnics

**Contact Joan Reuter for pricing information and availability
(914) 666-8069, ext. 106**



**Club Members
receive a
\$25
discount
on all parties!**



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:

www.bgcnw.com

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 4 to June 4

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 4-9 and June 6-18
 (This is the only time available to observe on the deck.)

EVALUATION WEEK: June 6-11

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 13-18

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 13.

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. Skin and eye infections will exempt class participation.

FAMILY SWIM: Sat 2:00-3:00. 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: Mon-Th 3:00-4:00pm and Sat 12:00-1:00. 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 Hr Classes Mon \$135; Tues, Wed, Thurs or Sat: \$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 diapers must be worn under child's bathing suit, if needed.

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

DAYTIME DOLPHINS

Code 6252E

PRE-SCHOOL BEGINNER/INTERMEDIATE 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	-	-	-
2:00	2:00	2:00	2:00	-	-

WISE WHALES

Code 6252F

PRE-SCHOOL ADVANCED. NO parental assistance. Three, four and five year olds who are able to swim independently 20 feet on front and at least 15 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	1:30	-	-

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
4:00	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 2:00

NO CLASSES APRIL 18-23 • CLUB CLOSED MAY 30

Marlins Swim Team SEPT. THROUGH AUG.

NEW 12-MONTH PROGRAM

- 11-time Boys & Girls Clubs of America National Champions
- Ranked: 52nd Nationally out of 2,454 Clubs.
13th in Eastern Zone out of 629 Clubs.
3rd 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.

	Novice	Junior	Senior
Monday	5:00-6:30pm	-	6:30-8:30pm
Tuesday	-	5:00-6:30pm	6:30-8:30pm
Wednesday	4:00-5:00pm	5:00-6:00pm	6:00-7:30pm
Thursday	4:00-5:00pm	5:00-6:30pm	6:30-8:30pm
Friday	3:30-4:30pm	6:30-8:00pm	4:30-6:30pm
Saturday	-	3:00-4:45pm	7:00-9:00am
Sunday	8:00-9:00am	9:00-10:30am	10:30-12:30pm

Swim Team Fees - 12 months: 8 & under \$2,200
9-12 \$2,400 • 13 & over \$2,600
Plus \$50 membership fee per child



PRIVATE LESSONS: \$50.00 per half hour
 M, T, W, Th 3:00-3:30, 3:30-4:00;
 Sat. 1:00-1:30, 1:30-2:00, 2:00-2:30, 2:30-3:00
 Call Bob Rishel (914) 666-8069, ext. 117 for information.

School-Age Safety Swim & Fitness Programs

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.

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

Mon \$135; Tues, Wed, Thurs. or Sat: \$150

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
4:30	4:30	4:00	4:00	-	9:30
5:00	-	4:30	4:30	-	10:30
-	-	-	-	-	11:00
-	-	-	-	-	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	-	-
4:30	4:30	4:30	4:30	-	10:00
5:00	-	-	-	-	11:30
-	-	-	-	-	1:00

School-Age Safety Swim & Fitness Programs

45 min. Classes, Levels 4, 5 and 6

Mon \$144; Tues, Wed, Thurs. or Sat: \$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 elementary back stroke 15 yards each, dive and tread water.

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

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

Must pass level 4 or must swim front crawl and elementary backstroke 25 yards, breaststroke and back crawl 15 yards, tread water 2 minutes.

M	T	W	Th	F	S
4:15	-	4:15	-	-	11:15

COMPETITIVE STROKE CLINIC Code 6262EE

1 hour. Must have been in Level 4 for at least two sessions 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

Multi-child discount is figured into prices below:

	Mon.	or Tue.	or Sat.
1st child	\$183	\$203	\$203
2nd child	\$165	\$183	\$183
3rd child	\$174	\$193	\$193

(10% discount 2nd child; 5% discount 3rd child.)

Lifeguarding 2011

Fee: \$400 all inclusive

Participant must be 15 years old on or before the last scheduled class of each session. Copy of proof of age required at registration, which 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. Full registration payment will be returned if participant fails Pre-test. Once the class has started, refunds will not be given. Money will be returned if class is cancelled due to low enrollment.

LG-III Max. class: 10

Pre-test and Class: Mon., April 18, 2011, 10am - 5pm

Class Continuation: Tues.-Fri., April 19-22, 2011 10am-5pm

CPR/AED for Lifeguards FEE: \$80.00

Sat., May 14, 2011, 9am - 6pm (one day)

Fee does not include manual or pocket mask that are necessary to complete class and can be purchased at the club. Call for info.

Lifeguarding Review FEE: \$180.00 Must attend all three dates.


Sat., May 14, 2011, 4-8 pm

Sun., May 15, 2011, 9 am-6:30 pm


Sat., May 21, 2011, 4-8 pm

Fee does not include manual or pocket mask that are necessary to complete class and can be purchased at the club. Call for info.

POOL SCHEDULE - SESSION IV

	Monday		Tuesday		Wednesday		Thursday		Friday
12:30		NS 1		NS 2		NS 1		NS 2	
1:00	Dolphins		Whales		Whales		Dolphins		
1:30	Whales		Dolphins		Dolphins		Whales		
2:00	Dolphins		Dolphins		Dolphins		Dolphins		
2:30	Water Explorers		N.S. 3		Water Explorers		N.S. 3		
3:00	Youth Swim & Private Lessons		Youth Swim & Private Lessons		Youth Swim & Private Lessons		Youth Swim & Private Lessons		
4:00	ADA	L3	ADA	L3	Novice	L5/6	Novice	L1/2	Novice
4:15	L1/2	L4	L1/2	L4	L5/6	L4	Novice	L1/2	
4:30	L1/2	L3	L1/2	L3	L5/6	L4	Novice	L1/2	Swim Team Sr.
4:45	L1/2	L3	L1/2	L3	L5/6	L4	Novice	L1/2	
5:00	L1/2	L3	L1/2	L3	Swim Team Jr.		Swim Team Jr.		Swim Team Sr.
5:15	L1/2	L3	L1/2	L3	Swim Team Jr.		Swim Team Jr.		
5:30	Clinic		Novice		Swim Team Jr.		Swim Team Jr.		Swim Team Jr.
6:00	Clinic		Novice		Swim Team Sr.		Swim Team Sr.		
6:30	Swim Team Sr.		Swim Team Sr.		Swim Team Sr.		Swim Team Sr.		Swim Team Jr.
7:30	Swim Team Sr.		Swim Team Sr.		North East		Swim Team Sr.		
8:00	NO CLASSES APRIL 18-23 CLUB CLOSED MAY 30								
8:30									

SATURDAY POOL SCHEDULE - SESSION IV

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

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

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BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER



Session IV **PROGRAM GUIDE**

APRIL 4, 2011 – JUNE 18, 2011

Mail In Registration Ends March 26, 2011 Credit Cards Accepted (Visa, MC, Amex)

Walk In Registration Begins March 28, 2011 See page 1 for building hours.

Para información en español, llamen a Carmen Mera 914-666-8069 ext. 116