



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER



Session II **PROGRAM GUIDE**

NOVEMBER 29, 2010 – JANUARY 29, 2011



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

www.bgcnw.com

Mail In Registration Ends NOV. 17, 2010 Credit Cards Accepted (Visa, MC, Amex)

Walk In Registration Begins NOV. 18, 2010 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

"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 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: \$50 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 II: NOVEMBER 29, 2010 - JANUARY 29, 2011

Mail In Registration Ends November 17

Walk In Registration begins November 18

Tues-Fri, Nov. 18-19, 12:30 to 8pm; Sat, Nov. 20, 8:30am-4pm
November 22- Jan 15 - Mon. through Fri 12:30-8:00, Saturday 8:30am-4pm

SESSION III: JANUARY 31 - APRIL 2, 2011

Mail In Registration Ends January 22

Walk In Registration begins January 23

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

THERE WILL BE NO DROP IN PROGRAMS ON SATURDAYS

CLUB CLOSINGS

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

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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 AT THE BOYS & GIRLS CLUB

351 Main St., Mt. Kisco

EVERY SATURDAY (rain or shine)

8:30am to 1:00pm



EARLY CHILDHOOD EDUCATION

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

September 7, 2010 to August 19, 2011

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, 2010 and FULLY toilet trained.

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

Program Fees: 5 days per week/50 week program			
9-4pm	\$9,450/yr	7-9am	\$2,625/yr
8-9am	\$1,313/yr	4-6pm	\$2,625/yr

SCHOOL AGE CARE PROGRAMS

After School Fun Club

Grades K-5 • September 7, 2010 - June 23, 2011

Monday thru Friday, 3:30 to 6:30

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. BGCNW will transport children from Mt. Kisco Elem. to the Club.

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. Boys & Girls will transport to Mt. Kisco.

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



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

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, Mons 3:30-4:30 • Smart Girls Weds 3:30

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 beginning 9/17

Junior Staff

Prepares members for the world of work.

Money Matters

Members learn money management skills.

STEP TEAM - Souljiah Steppers

Free for Members

Grades 6-12.

Meets every Tuesday at 6:30

Orientation Oct. 13 at 7pm



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

Sept. 22 Jan. 19 April 20

Oct. 21 Mar. 23 May 18 (for Summer volunteers)

SPORTS LEAGUES

Nato Tomasino, Director
666-8069 x125 or ntomasino@bgcnw.com

BASKETBALL LEAGUES: Code 6265

Fee: \$60.00

The leagues are designed to be recreational, fun and instructional for girls and boys in grades 1-6. Teams are made up of children of varying skills and abilities. Volunteer coaches are needed.

Mail In Registration Form Attached on page 5.

Walk In Registration: Jan. 3-8 (No registration after Jan. 14)
See page 1 for registration information.

For more information call Nato Tomasino, Phys. Ed. Director, at 666-8069 x125 or ntomasino@bgcnw.com

TRYOUTS (Everyone makes a team)

Grades 4, 5 & 6: Mon. Jan. 3, 10; 5:30pm (limit 40)

Grade 1: Tuesday January 4, 11, 18; 5:30pm (limit 40)

Grade 2: Tuesday January 4, 11, 18; 6:30pm (limit 40)

Grade 3: Thursday January 6, 13, 20; 5:30pm (limit 40)

NEW! 1st and 2nd will be separate leagues

Schedules and team shirts will be handed out week of Jan. 18. (closed Jan. 17)

LEAGUE PLAY BEGINS:

Grades 4-6 - Jan. 24

Grade 1 - Jan. 25

Grade 2 - Jan. 25

Grade 3 - Jan. 27

Playoff Weeks: Mar. 28 and Apr. 4

Championship Week: Apr. 11

No games week of Feb. 21



KINDERGARTEN BASKETBALL INSTRUCTIONAL PROGRAM:

Code 6265

Fee: \$60.00

Wednesdays 5:30pm - Begins Jan. 5

Skills, drills and basics of the game are taught. Scrimmages begin Jan. 26. Children will receive shirts.

HIGH SCHOOL SOCCER LEAGUE

Wednesday & Thursday
7:30 pm - 9 pm

FREE with
\$50 membership



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: \$105.00 Saturdays - 7 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

Youth 12 and over may enroll with permission of instructor

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

Weds. 7-9pm

MAIL IN REGISTRATION INFORMATION

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

REGISTRATION, MEMBERSHIP FORMS & PAYMENT MUST BE RECEIVED NO LATER THAN NOV. 17, 2010.

After this date, you must come in person to register. You may register in person beginning on Thurs., Nov. 18.

SESSION II is from Nov. 29, 2010 to Jan. 29, 2011. (8 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, 2011
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 on page 6 if you wish to pay by credit card. **Minimum on credit card is \$35.**
7. All Registrations after Nov. 17, 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 & Wednesday classes are 8 weeks**, fees are pro-rated, includes make-up week.
Monday, Thursday & Saturday are 7 weeks, includes make-up week.
 - **General Release must be signed.**

CLUB CLOSED December 24 through January 2, and January 17

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 II - NOV. 29, 2010 - JAN. 29, 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%**

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	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 back of form. 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 6/30/2011**

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 Club 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: Nov. 29, 2010 - Jan 15, 2011

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:

November 29-30; Dec. 1, 2, 4; Jan 10 & 18-29
(This is the only time available to observe on the deck.)

EVALUATION WEEK: Jan. 10, 18, 19, 20, 22

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: Jan. 24-29. 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 Jan. 24.

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 Fees-Mon or Thurs or Sat: \$105; Tues or Wed: \$120

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	-	-	-	-	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	-	-	-
2:00	2:00	2:00	2:00	-	-

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	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	9:30	10:00	10:30	11:00	11:30	2:00
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CLUB CLOSED Dec 24 Through Jan 2 and Jan. 17

Marlins Swim Team SEPT. THROUGH AUG.

NEW 12-MONTH PROGRAM

- 11-time Boys & Girls Club 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.

Tryouts Sept. 7, 8, 10, 4:30-6:30 pm Call Dennis Munson at 666-8069, ext. 115 for an appointment.

	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**

Home Meets:

Oct 9 & 10, Nov 13 & 14, Jan 15 & 16, Jan 29 & 30



School-Age Safety Swim & Fitness Programs

Half-hour Classes, Levels 1, 2 and 3
Mon or Thurs or Sat: \$105; Tues or Wed: \$120

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	-	9:00
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 or Thurs or Sat: \$105; Tues or Wed: \$120

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 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	\$143	\$163	\$143
2nd child	\$129	\$147	\$129
3rd child	\$136	\$155	\$136

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




LIFEGUARD TRAINING 2011


Dates TBA

Call Bob Rishel at 914-666-8069 x117

POOL SCHEDULE - SESSION II

	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		LEAH		N.S. 3									
3:00	Youth Swim		Youth Swim		Youth Swim		Youth Swim		Novice							
3:30																
3:45																
4:00	ADA	L3	L 5/6	ADA	L3	Clinic	Novice	L 5/6		L1/2	L3	L4	Novice	L1/2	L3	L4
4:15	L1/2	L3		L1/2	L3		L1/2	L3		L1/2	L3					
4:30	L1/2	L3		L1/2	L3		L1/2	L3	L1/2	L3						
4:45	L1/2	L3		L1/2	L3		L1/2	L3	L1/2	L3						
5:00	L1/2	L3	Novice	Swim Team Jr.	Swim Team Jr.	Swim Team Jr.	Swim Team Jr.	Swim Team Jr.	Swim Team Sr.							
5:15	L1/2	L3														
5:30	Clinic															
6:00	Clinic		Swim Team Sr.	Swim Team Sr.	Swim Team Sr.	Swim Team Sr.	Swim Team Sr.	Swim Team Sr.	Swim Team Jr.							
6:30	Swim Team Sr.															
7:30	Swim Team Sr.															
8:00					North East				CLUB CLOSED December 24 through January 2, and January 17							
8:30																
9:00																

SATURDAY POOL SCHEDULE - SESSION II

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

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

Non-Profit Organization
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Boys & Girls Club
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Permit No. 49180

DATED MATERIAL

DELIVER BY: OCT. 29, 2010



For Your Convenience

**MAIL IN
REGISTRATION**

ENDS NOV. 17, 2010

Credit Cards Accepted
(Visa, Mastercard, American Express)



**BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER**



Session II **PROGRAM GUIDE**

NOVEMBER 29, 2010 – JANUARY 29, 2011

Mail In Registration Ends NOV. 17, 2010

Walk In Registration Begins NOV. 18, 2010 See page 1 for building hours.

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