

UPPER DUBLIN HIGH SCHOOL COMMUNITY POOL PROGRAMS 2009-2010

Activities will take place at [Maple Manor Swim Club](#) at 1552 Dillon Road (just off Limekiln Pike, across from Bauman Drive), which has been transformed by Upper Dublin School District into a fully-functional indoor facility.

UDHS Pool Telephone # 215-643-8900 ext. 2283

Through December the swim programs will use the Maple Manor pool. Starting in December, the programs will take place at the new high school natatorium located on the Route 309 side of the new building

1. **Children's Swimming Lessons:** Saturday morning Red Cross Progressive one- hour swimming lessons are offered Saturdays at 9:00, 10:00 and 11:00 am; 10 week sessions for ages 5 and up.

Cost : \$80/child Non-resident : \$100/child (all registrations 9:00 to 11:00 am)

Fall session	Registration 09/26/09 (bring child to be tested)	Lessons 10/03/09 to 12/12/09
Winter session	Registration 12/10/09 (bring child to be tested)	Lessons 12/19/09 to 02/27/09
Spring session	Registration 03/06/10 (bring child to be tested)	Lessons 03/13/10 to 05/22/10

2. **Family Lap Swimming:** *Our family lap swim runs throughout the school year beginning 09/25/09*
Children 8 yrs. and under MUST be accompanied by an adult. Cost: \$5/Adult; \$4/Student or child Friday Nights 7:00 to 9:00 pm

3. **Adult Lap Swimming:** Adult swimming at your own pace beginning 09/22/09 through the school year.

Cost: \$5 per person Tue & Thu: 11:00 am to 2:00 pm Mon through Thu 8:30 - 10:00 pm

4. **Adult Swim Instruction:** For adults learning to swim or wanting to improve their strokes.

Cost : \$90 per 10-week session ****Call the pool to register****

Wednesday 8:30 - 9:30pm Fall: 09/23/09 Winter: 12/09/09 Spring: 02/24/10

5. **Guard Start:** Red Cross Certification. Must be 11years old and have good swimming ability.

Cost: \$80.00 includes books, 10 hour instruction and certification.

Fall: October 2009 Spring: Feb 2010 ****Call the pool to register****

6. **Lifeguard Training:** Red Cross Certification. Must be 15 years old. Includes C.P.R. for the Professional Rescuer and First Aid Certifications. ****Call the pool to register****

Registration Fee: \$300 (includes book and resuscitation mask) Spring class begins late Feb 2010

7. **C.P.R. (Community, Re-certifications and Challenge):** Cost includes instruction, text and pocket mask.

Tuesday 7:00 to 10:00 PM ****Call the pool to register****

*****check monthly schedules for any changes due to High School programs*****