

Youth Swimming

Becky Zaglifa directs our swim program, which is held at the new aquatic center at Shepherd University in Shepherdstown, WV. Our program offers a variety of classes for children ages 6 months to 12 years of age. Children will be taught skills such as how to enter and exit a pool, back floating, kicking, arm movements and more.

All Locations: Shepherd University Wellness Center
THERE WILL BE NO CLASSES HELD ON OCTOBER 30, 2010.

Parent-Child Swim

The primary objective of this class is to get both the parent and child comfortable in the water. The child will explore a new environment while the parent will learn how to teach their child to be safe in and around water. Children will be taught front and back float, leg and arm movements in the water such as kicking, arm movements and breath control. PLUS it's a great workout for mom & dad!

Program #: 11003.01
Fee: \$40.00
Ages: 6 months-3 years
Day: Saturdays
Dates: October 9-November 6
Time: 4:00-4:30 p.m.

Pre-School 1

This is a beginning class for children who have never been in the water or are fearful of

the water. Children will work on water safety, basic water skills with entry and exiting the water, arm and leg movement, and changing positions with support. Children will work on building endurance, self-confidence, and will eventually become comfortable in the water. (Note: Children are usually in this class level 2-3 times.)

Program #: 31003.01
Fee: \$40.00
Ages: 3-6
Day: Saturdays
Dates: October 9-November 6
Time: 4:40-5:10 p.m.

Pre-School 2

Children in this class must be able to perform all abilities taught in Pre-School 1. Preschoolers will learn how to swim on front and back fro 5 yards without support. (Note: Children are usually in this class level 3-5 times.)

Program #: 31013.01
Fee: \$40.00
Ages: Ages 3-6
Day: Saturdays
Dates: October 9-November 6
Time: 5:20-5:50 p.m.

Level 1

This is an introduction to swim for children ages 6-12 years of age. This class is designed for children who are not comfortable in the water. Children will work on coordina-

tion, confidence, and endurance in the water. We will concentrate on teaching your child to be comfortable in the water, water safety, and will introduce the front and back crawl. (Note: Children are usually in this class level 2-3 times.)

Program #: 41003.01
Fee: \$40.00
Ages: 6-12
Day: Saturdays
Dates: October 9-November 6
Time: 5:55-6:25 p.m.

Level 2

Children will continue to gain confidence in the water. Students will begin to work on rotary breathing, lifesaving skills, survival floating and treading water. Participants must be able to swim on their own.

Program #: 41013.01
Fee: \$40.00
Ages: 6-12
Day: Saturdays
Dates: October 9-November 6
Time: 6:30-7:00 p.m.

In the event of inclement weather, including thunderstorm activity; please call the JCPRC Cancellation Line at 304-728-9044 to confirm the status of your class. In the event of thunder/lightning Shepherd University Pool must close for 30 minutes.

Youth Exercise, Sports & Leagues

JCPRC Youth Basketball League

This fun and active basketball program is for girls and boys enrolled in grades three, four, five, and six. Practices will begin in November, when participants will go through a skills camp to learn the fundamentals of basketball. Games will start in December and are to be played at the JCCC at Sam Michael's Park. All participants must fill out a medical form and a medical waiver during registration. Call the JCPRC at 304-728-3207 for more info. and to request a registration form. **Fee: \$70 per player, includes uniform.**

Indoor Soccer (Futsal)

This indoor soccer league will follow the rules of the FIFA sanctioned game of Futsal; a fast-paced, small-sided indoor game with a lot of touches of the soccer ball for each player. The game of Futsal is recognized worldwide as a great tool for developing soccer players. Ages will run from U-5 through U-12 using the 2010-2011 age chart (players birthdates must fall between August 1, 1998 and July 31, 2006). The season consists of 8 games

and practice time allotted each week. Games will be held Fridays and Saturdays of each week during the season. Team placement of players will be determined by age and ability by the league director. A competitive level and a recreational level of play will be offered. Volunteer coaches are welcome. **Fee: \$75 per player, includes uniform.**

Co-ed Youth Volleyball

For 4th-6th Grade Boys & Girls, this program emphasizes the basics while having fun! Rules may be adapted to meet skill levels of all players. Coaches will lead your children through an 8 week clinic teaching volleyball fundamentals. Players will be grouped into teams and compete against each other during the last 3-4 weeks. Jewelry not allowed.

Program #: 42073.01
Fee: \$60.00
Age (s): 8-12
Day (s): Sundays
Date (s): October 3-November 21
(No class 10/10 or 10/31)

Time (s): 4:30-6:30 p.m.
Location: JCCC

Saturday PE

Is your favorite subject in school Physical Education? Do you wish you could spend more time in PE? If so, come out for our Saturday morning PE class. This class will explore fitness, fun, and games.

Program #: 42083.01
Fee: \$45.00
Ages: 6-10
Day: Saturday
Date (s): September 11-October 2
Time (s): 1:00-3:00 p.m.
Location: JCCC

Program #: 42083.02
Fee: \$45.00
Ages: 6-10
Day: Saturday
Date (s): October 16-November 6
Time (s): 1:00-3:00 p.m.
Location: JCCC