



# Swimming

\*Saving dinner until after class is highly recommended!

## WATER BABIES

This class is a great way to introduce your young child to the water. A parent must participate with his or her child in this class that will focus on acclimation to the water environment, and safety for children aged six months to three years.

**Fall**  
 14 sessions/7 hours  
 Instructor: Michelle Kopper  
 Fee: \$35.00  
 Fees due by 9/13  
 Day: Tues. & Thurs.  
 9/17 - 10/30  
 Time: 5:30 - 6:00 pm  
 Place: H.S. Pool

A parent must accompany **each** child!

## BEGINNER SWIM INSTRUCTION AGES 4-5

This class is designed to introduce children four to five years of age, with little or no prior water experience, to primary water skills. Instruction will focus on beginner water adjustment and swim skills, and front and back float. (Parents do not swim with their children in this class.)

**Fall**  
 14 sessions/7 hours  
 Instructor: Michelle Kopper  
 Fee: \$35.00  
 Fees due by 9/13  
 Day: Tues. & Thurs.  
 9/17 - 10/30  
 Time: 6:00 - 6:30 pm  
 Place: H.S. Pool

## INTERMEDIATE SWIM INSTRUCTION AGES 5-6

This class is for children five to six years of age, who have had the basics and are ready to learn more advanced skills. (Parents do not swim with their children.)

Max. # of students: 6

**Fall**  
 14 sessions/7 hours  
 Instructor: Michelle Kopper  
 Fee: \$35.00  
 Fees due by 9/13  
 Day: Tues. & Thurs.  
 9/17 - 10/30  
 Time: 6:30 - 7:00 pm  
 Place: H.S. Pool

## ADVANCED SWIM INSTRUCTION AGES 7-12

This program is designed for children ages 7-12 who would like to continue to learn how to swim and have some fun free-time swimming. Instruction will include front crawl, back crawl, elementary backstroke and introduction of breaststroke, sidestroke and butterfly. Free-time swim will allow children to swim and play. Max. # of students: 10

**Fall**  
 14 sessions/10.5 hours  
 Instructor: Michelle Kopper  
 Fee: \$52.50  
 Fees due by 9/13  
 Day: Tues. & Thurs.  
 9/17 - 10/30  
 Time: 7:00 - 7:45 pm  
 Place: H.S. Pool

## FAMILY SWIM

This non-instructional, recreational swim time is open to everyone, individuals or families. Parents must swim with, and supervise their children.

**Fall**  
 14 sessions/10.5 hours  
 Fee: \$55.00 - one adult  
 \$60.00 - one adult & one person  
 \$65.00 - one adult & two people  
 \$70.00 - family (maximum)  
 Fees due by 9/13 (per family per class)  
 Day: Tues. & Thurs., 9/17 - 10/30  
 Time: 7:00 - 7:45 pm  
 Place: H.S. Pool

## ADULT LAP SWIM

This session is non-instructional and allows adult swimmers to get their cardio work-out in the water! Set your own pace and go!

**Fall**  
 14 sessions/14 hours  
 Instructor: Michelle Kopper  
 Fee: \$70.00 (\$5 walk-in fee)  
 Fees due by 9/13  
 Day: Tues. & Thurs.  
 9/17 - 10/30  
 Time: 7:45 - 8:45 pm  
 Place: H.S. Pool

## THE BENEFITS OF MEDICARE ADVANTAGE & SUPPLEMENT PLANS

Come and learn the basics of Original Medicare and what options you have. In this class we will cover what Original Medicare is and what it covers, along with the options you have beyond Original Medicare, such as Medicare Advantage Plans, Medicare Supplement Plans and prescription drug coverage. We will cover the differences between Medicare Advantage plans and Medicare supplement plans.

### TYLER GUARASCI

**EMAIL:** tyler@slgfinancial.com  
**WHEN:** Monday, October 21st  
**TIME:** 6:00 - 8:00 p.m.  
**WHERE:** Jr/Sr High School Library Media Center  
**COST:** \$7.00

## Avoid Losing Your Retirement from a Nursing Home and Medicaid Spend Down

Local Author Les Robinson CLTC on Long Term Care Planning will show you how to protect your retirement from a nursing home and Medicaid spend down.

Because of today's medical science, we're all living longer lives. Long-term care issues are now the biggest threat to a successful retirement.

Get objective answers about the pros and cons of a variety of long-term care issues

Long-Term Care (LTC) issues:

- How to protect your retirement from a nursing home event
- How to protect your personal choices
- How to avoid losing your financial independence
- How to avoid the look back period
- How much of your assets are subject to Medicaid recovery
- Learn how to avoid the penalty period
- Learn how to develop a long term care plan

**LES ROBINSON, CLTC**

**PHONE:** (800) 836-2040 ext. 3014

**FAX:** (716) 626-5057

**WEBSITE:** [www.lesltc.com](http://www.lesltc.com)

**EMAIL:** [lrobinson@nwcins.com](mailto:lrobinson@nwcins.com)

**WHEN:** Monday, September 30th

**TIME:** 6:00 - 8:00 p.m.

**WHERE:** Jr/Sr High School Library

Media Center

**COST:** \$7.00