



Swimming

NO CLASSES 4/3 and 4/5

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.

14 sessions/7 hours

Spring

Instructor: Jenna Salim
 Fee: \$35.00
 Fees due by 3/2
 Day: Tues. & Thurs.
 3/6 - 4/26
 Time: 5:30 - 6:00 pm
 Place: H.S. Pool
 # of Students: 10
 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.)

Max. # of students: 6

Spring

14 sessions/7 hours
 Instructor: Jenna Salim
 Fee: \$35.00
 Fees due by 3/2
 Day: Tues. & Thurs.
 3/6 - 4/26
 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

Spring

14 sessions/7 hours
 Instructor: Jenna Salim
 Fee: \$35.00
 Fees due by 3/2
 Day: Tues. & Thurs.
 3/6 - 4/26
 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

Spring

14 sessions/10.5 hours
 Instructor: Jenna Salim
 Fee: \$52.50
 Fees due by 3/2
 Day: Tues. & Thurs.
 3/6 - 4/26
 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.

Spring

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 3/2
 (\$6.00 walk-in fee per family per class)
 Day: Tues. & Thurs., 3/6 - 4/26
 Time: 7:00 - 7:45 pm
 Place: H.S. Pool

ADULT WATER EXERCISE & LAP SWIM

This class is a great option for adults who enjoy the water or those who need a regimen that is easier on the joints than floor aerobics. The intensity level is up to you! Fun water "toys" add to the exercise in this combination of directed aerobic activity and free swim time!

Lap swimmers are also allowed to swim during this time.

Spring

14 sessions/14 hours
 Instructor: Jenna Salim
 Fee: \$70.00 (\$5 walk-in fee)
 Fees due by 3/2
 Day: Tues. & Thurs.
 3/6 - 4/26
 Time: 7:45 - 8:45 pm
 Place: H.S. Pool

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 discussed in

- How to protect your retirement from a nursing home event
- How to protect your personal choices
- Avoid losing your financial independence
- Learn 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 1-800-836-2040 ext. 3014
 Fax 716-626-5057
 Website www.lesltc.com
 Email lrobinson@nwcins.com

Wednesday, March 14th 6-8 pm
 High School Presentation Room
 \$7.00

Social Security-Your Questions Answered!

Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. Learn ways to maximize your Social Security benefit amounts based on your age, life expectancy, employment and needs.

Presenter: Chastity Salvatore
 Class Dates: Thursday, February 1, 2018
 Wednesday, March 28, 2018
 Cost: \$7.00 per person
 Location: High School Library