

OPEN SWIM

TURNERS FALLS HIGH SCHOOL POOL

TUESDAY & FRIDAY EVENINGS:

JANUARY - 10, 13, 17, 20, 24, 27, 31

FEBRUARY - 3, 7, 10, 14, 17, 21, 24, 28

MARCH - 2, 6, 9, 13, 16

FAMILY SWIM
6:30 P - 7:30 P

ADULT LAP SWIM
7:30 P - 8:30 P

FEES:

RESIDENTS, PER SESSION:

- YOUTH = \$1.50
- ADULTS (18+) = \$2.50
- SEN. CIT. (65+) = \$1.50

RESIDENTS, SEASON PASS:

- YOUTH = \$24.00
- ADULT = \$40.00
- SEN. CIT. (65+) = \$24.00

NON-RESIDENTS; SESSION:

- YOUTH = \$2.50
- ADULTS (18+) = \$3.50
- SEN. CIT. (65+) = \$2.50

NON-RESIDENTS; SEASON:

- YOUTH = \$40.00
- ADULT = \$56.00
- SEN. CIT. (65+) = \$40.00

- ⇒ PATRONS ONLY CHARGED IF THEY ENTER WATER
- ⇒ YOUTHS UNDER 12 MUST BE ACCOMPANIED BY ADULT
- ⇒ SEASON PASSES ARE NON-TRANSFERRABLE
- ⇒ IF SCHOOL IS CANCELLED, OPEN SWIM WILL ALSO BE CANCELLED

KNIGHTS OF COLUMBUS

FREE THROW CONTEST

Saturday, January 14, 2012

1:00pm - 3:00pm

The Turners Falls KofC's annual event returns! Boys & girls compete separately, and by age category, to make as many free throws as possible. Winners advance to regional competition.

Participation is FREE!

Who: Boys & Girls ages 10 - 14

Where: Sheffield Elem. School Gym

Registrations are accepted day of event.



SWIMMING LESSONS



Winter Session: January 7 - February 18

Children will develop strong swimming skills through our learn-to-swim program. Classes are held Saturday mornings, with each class 30-minutes in duration. Sessions are seven weeks, and may be extended due to inclement weather.

Where: Turners Falls High School Pool

Fees: Montague Residents = \$40.00 Non Residents = \$45.00

Enrollment Min. (per class) = 3

Enrollment Max. (per class) = 6

Registration Deadline: Friday, December 23

CLASS PRE-REQUISITES NOTED BELOW - Higher levels may be added

⇒ **Parent/Child Class:** 9:00am - 9:30am

- A parent must be in the water w/ their child during the Parent/Child class

⇒ **Level 1:** 9:30am - 10:00am

- No pre-requisites needed for this level

⇒ **Level 2:** 10:00am - 10:30am

- Fully submerge face for 3 seconds
- Comfortable in the water
- Perform a front float w/ assistance

- Perform alternating arm motion
- Perform a back float w/ assistance
- Kick on front w/ assistance
- Kick on back w/ assistance

⇒ **Level 3:** 10:30am - 11:00am

- Fully submerge head for 3 seconds
- Perform both a front & back float w/out assistance for 3 seconds

- Combined stroke on front & back using kick & alternating arm action for 5 seconds each
- Perform 10 bobs

⇒ **Level 4:** 11:00am - 11:30am

- Retrieve object from bottom in 3 ft. water
- Jump into deep water from side of pool
- Compact or kneel dive into deep water from side
- Prone glide w/ push off for 2 body lengths

- Supine glide w/ push off for 2 body lengths
- Swim back crawl for 10 yards
- Swim front crawl, breathing as necessary (front or side) for 10 yards
- Elementary backstroke for 10 yards

American Red Cross BABYSITTING COURSE

Tues., January 24 & Wed., January 25, 5:30pm - 8:00pm

Obtain the knowledge and resources to become a great babysitter! This fun, interactive course teaches students first aid & safety skills, as well as helpful tips on how to prevent and respond to emergencies.

Who: Youths ages 11 - 15

Where: Montague Public Safety Building, Turnpike Rd., Turners Falls

Fees: Montague Resident = \$40, Non-resident = \$45

Registration Deadline: Friday, January 13

WINTER CARNIVAL

SATURDAY, FEBRUARY 18, 2012

UNITY PARK, TURNERS FALLS

MPRD AND THE TFHS QUEST PROGRAM ARE PARTNERING TO BRING YOU A FUN-FILLED DAY TO CELEBRATE WINTER!

- SNOW SCULPTURE CONTEST
 - CARDBOARD SLEDDING RACES
 - SNOWBALL SLINGSHOT COMPETITION
- &
MORE!



DETAILED INFO

TO FOLLOW.....