

WINTER 2009/2010 PROGRAM

ACTIVITIES AT FAIRVIEW HIGH SCHOOL POOL

WINTER LEARN TO SWIM PROGRAM-RED CROSS CERTIFIED LESSONS

Class sizes are limited and spaces will only be reserved with payment. No checks will be accepted at the pool. The FPRA DOES NOT MAIL CONFIRMATIONS for class enrollments. Please assume you are enrolled for the class you paid for unless otherwise notified.

FOR INFORMATION ON CLASS AVAILABILITY, CALL THE FPRA OFFICE AT 474-5077.

Fee for all levels is \$40.00 per session

Session A Day: Monday and Wednesday

Date: December 7 thru January 13 (no swim December 21 thru January 1)

Session B Day: Tuesday and Thursday

Date: January 19 thru February 23 (no swim January 28, February 4, & 11)

Level 1 (ages 6-14)

Designed for children just beginning swim lessons who may be uncomfortable in the water.

Time 7:30-8:00PM

Date Session A only

Level 2 (ages 6-14)

Prerequisite: Preschool or Level 1 with no fear of the water. Gives students success with fundamental skills.

Time 7:30-8:00PM

Date Pick either Session A or B

Level 3 (ages 6-14)

Prerequisite: Level 2 or equivalent. Builds on the skills in Level 2 by providing additional guided practice.

Time 8:00-8:45PM

Date Pick either Session A or B

Level 4 (ages 6-14)

Prerequisite: Level 3 or equivalent. Develops confidence in the strokes learned and improve other aquatic skills.

Time 8:00-8:45PM

Date Session A only

PRIVATE SWIM LESSONS

\$10.00 for ½ hour for private

\$15.00 for ½ hour for semi-private

Call Kathy Iszkula to schedule lessons at 774-4736.

FAIRVIEW FINS SWIM CLUB

Session will run from Tuesday, December 1 through February 25. For registration information contact the FPRA office at 474-5077.

There will be no FINS practice December 17, 21, 23 thru January 1, 14, 18, 28, February 1, 4, & 11

Mandatory registration & skill testing will take place Tuesday, December 1

All swimmers will be evaluated at the following times:

- **Elementary swimmers from 5:00 – 6:00PM**
- **Middle and High School (not including B team) swimmers from 6:00-7:30PM**

Level 1 & 2

Fee \$105.00

Day & Time Monday thru Thursday 5:00-6:00PM

Levels 3 & 4

Fee \$135.00

Day & Time Monday thru Thursday 6:00 – 7:30PM

WATER AEROBICS

Fee \$3.00 per person

Session 1 Days: Tuesday and Thursday

Time: 7:30 – 8:30PM

Date: December 1 thru January 12

(No aerobics December 17, 24 thru January 1)

Session 2 Days: Monday and Wednesday

Time: 7:30-8:30PM

Date: January 20 thru February 24

(No aerobics February 1)

An exceptional form of exercise for both ladies and gentlemen. Promotes optimal body conditioning without traumatic stress on joints. Walk-ins encouraged; please register at the pool; payment due at every class, & exact change is appreciated!

TIGER YOUTH WRESTLING CLUB

Fee \$50.00 (\$45.00 each additional family member) + refundable uniform deposit of \$30.00

Site Fairview High School Wrestling Room

Days Monday, Tuesday, Thursday

Time 6:00-7:30PM

Date Dec 1 thru mid-March or Junior Olympics

(No wrestling December 24 thru January 1, & January 18)

Ages 2nd-6th Grades

The purpose of the Tiger Youth Wrestling Club is to increase the level of competition for elementary to middle school-aged wrestlers. Instruction will be at each child's appropriate level – whether beginner or more advanced. Wrestling singlets will be available with a **separate uniform deposit of \$30.00 at the FPRA office located in the Fairview Township building.**

FAIRVIEW YOUTH WRESTLING TOURNAMENT

Fee \$20.00 **Pre-registration only!**

Mail in or drop off must be received no later than 4:00PM Thursday, January 7, 2010

Site Fairview High School

Day Saturday

Time Age groups 6 & under, 7 & 8 and 11 & 12 will start at 8:30AM

Age groups 9 & 10 and 13 & 14 will start at approximately 1:00PM

Date January 9, 2010

Age Groups 6 and under, 7 & 8, 9 & 10, 11 & 12, and 13 & 14

If you're a wrestler, you won't want to miss our 6th Annual Fairview Youth Wrestling Tournament. Children from any school district can participate. This is not a novice tournament. For further information and registration form visit our website at fairviewtownship.com/program_schedule.asp. For questions please call Jim Cardman at 814-392-6224.

CARDIO/SCULPT

Fee \$35.00 for session # 1 ONLY

\$40.00 each for session # 2 & 3

\$95.00 for all 3 sessions paid in advance

Site Fairview High School Gymnasium

Day Monday, Wednesday, Friday

Time 6:00 to 6:45AM
Date Session 1 – December 2 thru December 21
Session 2 – January 4 thru 29 (No class January 18)
Session 3 – February 1 thru February 26 (No class February 12)
Instructor Susan O’Keane, *Certified Fitness Instructor*

Our Cardio/Sculpt class is a high intensity, cross training class designed to effectively suit a busy schedule. We will efficiently combine fat-burning cardiovascular exercise, high rep/light weight sculpting, and challenging floor work for a total body workout. Wear comfortable exercise attire and safe athletic shoes. You will need to bring a floor mat, water bottle, and 2-5 lb. weights. Call Susan O’Keane @ 838-6720 with questions. Minimum of 10 participants.

ACTIVITIES AT FAIRVIEW MIDDLE SCHOOL

****Mini-League Basketball for girls will take place in the Spring of 2010****

BOYS MINI LEAGUE BASKETBALL

Fee \$32.00 (includes free t-shirt)
Site Fairview Middle School Gymnasium
Dates November 21 thru February 13 (No basketball November 28, December 26, & January 2)
Day Saturday
Ages Grades 3 & 4 from 12:30 – 2:00PM
Grades 5 & 6 from 2:30 – 4:00PM
Coach Bill Corbin

Fairview mini league is a way for young athletes to learn the game of basketball in a fun filled environment. Players will learn fundamentals including passing, shooting, ball handling, and pivoting. They will also see a lot of playing time. The ideals of good sportsmanship will be consistently reinforced. Children participating in the 5 & 6th grade traveling teams may also participate in mini league. **Please include t-shirt size on registration form!**

BOYS 5 & 6 GRADE BASKETBALL TRAVELING TEAMS TRYOUTS

Fee \$67.00 (includes free t-shirt)
Site Fairview Middle School Gymnasium
Tryouts Grade 5 – November 16 & 18
Grade 6 – November 17 & 19
Dates November thru February
Time 6:30 - 8:00PM
Coach Bill Corbin

After tryouts, practice will be 1 to 2 times a week plus 1 to 2 games (schedules to be announced). Registration/waiver forms are absolutely necessary for tryouts and payment is due **after** you make the team. Grades will practice and play individually. **Please include t-shirt size on registration form!**

MEN’S OPEN BASKETBALL

Fee \$3.00 per night
Site Fairview Middle School Gymnasium
Day Wednesday
Time 8:00-9:30PM
Date December 2 thru February 24 (**No class December 23 & 30**)
Ages 30 and over

Play pick up games and get some exercise with competitive fun. Signed waivers are a must. Walk-ins encouraged.

COMPETITIVE BADMINTON

Fee \$30.00 per person

Site Fairview Middle School Gymnasium
Day Tuesday
Time 8:00-10:00PM
Dates December 8 thru February 23 (**No class December 29**)
Ages High School and up

This is not the game you play in the backyard at family reunions! Badminton is a fast game that can be played by all ages. This session will include a brief explanation of the rules as well as higher level strategies. No previous experience needed, just be ready to play! You must provide your own racket.

ZUMBA

Fee \$40.00 per session 5, 7, & 8
Site Fairview Middle School Cafeteria
Day Monday & Wednesday
Time 4:00-5:00PM
Date: Session 5-November 2 thru 25
Session 6-December 2 thru 21 (**this session costs \$30.00**)
Session 7-January 4 thru February 1 (**No class January 18**)
Session 8- February 3 thru March 3 (**No class February 15**)
Instructor Lisa Sayers, *Certified Zumba Instructor*

ZUMBA

Fee \$40.00 per session
Site Fairview Middle School Cafeteria
Day Tuesday and Thursday
Time 6:30 – 7:30PM
Date Session 1- December 1 thru 22
Session 2- January 5 thru 28
Session 3- February 2 thru 25
Instructor Lisa Sayers, *Certified Zumba Instructor*

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Zumba is designed for all fitness levels and ages-male and female. All participants are encouraged to wear comfortable workout shoes and clothing. Bring a small towel and water. Recommended for ages 13 and up. Minimum of 8 participants.

INDOOR WALKING

Fee \$5.00 per Pass for entire session OR \$1.00 per person per night
Site Fairview Middle School Hallways
Days Monday thru Thursday
Time 6:00 – 8:00PM
Date December 1 thru February 25
(**No walking December 23 thru January 1, 18**)

Join our walking club in the hallways of the middle school. Walk for either time or distance. Please sign in nightly. **Passes must be purchased on site.**

FREE YOGA SESSION

Fee FREE
Site Fairview Middle School Multi-Purpose Room
Time 6:00-7:00PM
Day Thursday
Date November 12
Instructor Cathleen Norris, *Certified Yoga Instructor*

Everyone, regardless of age or size, can benefit from yoga. This class will introduce you to stretching, breathing, and simple yoga postures that will energize and rejuvenate your body and your mind. Not to worry if you are "flexibly challenged"....we will use simple easy postures that are for those of any level of fitness. Dress comfortably, please bring a mat if you have one, and be prepared to release your stress and tension with this FREE introductory yoga class.

YOGA

Fee \$40.00 per session
Site Fairview Middle School Multi-Purpose Room
Time 6:00-7:00PM
Dates Session 1- Thursdays November 19 thru December 17 (**No class November 26**)
Session 2- Tuesdays January 5 thru 26
Session 3- Tuesdays February 2 thru 23
Instructor Cathleen Norris, *Certified Yoga Instructor*

Yoga, the union of mind, body, and breath will be the focus of these classes, practicing stretching, asanas, and breathing, promoting flexibility, balance, stress relief and relaxation, to improve or maintain overall health and wellness. Class is multilevel, designed for beginners as well as more advanced students. Please wear comfortable clothing and bring your own yoga mat. Minimum of five students.

YOGA

Fee \$80.00
Site Fairview Middle School Multi-Purpose Room
Day Wednesday
Time 6:00-7:00PM
Date December 2 thru February 24 (**No class December 9, 23, & 30**)
Instructor Noreen Griffith, *Registered Yoga Teacher*

Noreen is a registered Yoga teacher with over 200 hours of training through Yogafit. She teaches a Vinyasa style that includes fitness moves and a "multi-level" format, which means that someone with little to no experience can be in a class next to someone who has been doing yoga for years. Both will enjoy a safe, effective, mindful experience, each on their own level. Please bring your own mat and water. Wear loose clothing and it is best not to eat within one hour of class. Minimum of five students.

ACTIVITIES AT FAIRVIEW ELEMENTARY SCHOOL

BOYS 5 & 6 GRADE INDOOR SOCCER

Fee \$20.00
Site Fairview Elementary School Gymnasium
Dates December 2 thru February 24
(**No soccer December 23, 28, January 1, 18, February 12, & 15**)
Day Monday and Wednesday
Time 3:30 – 5:00PM

The goal is to instill proper technique and understanding of the game through individualized instruction, small-sided games, and a maximum number of touches on the ball.

GIRLS 5 & 6 GRADE INDOOR SOCCER

Fee \$20.00
Site Fairview Elementary School Gymnasium
Dates December 1 thru February 25
(**No soccer December 17 & 24 thru January 1**)
Day Tuesday & Thursday
Time 7:00-8:30PM

Fairview 5th and 6th grade soccer is for players interested in continuing their development in the game of soccer. Sessions will include technical work for individual skills and small-sided games to introduce tactical positioning. The atmosphere of the sessions will be competitive and fun.

BOYS & GIRLS MINI LEAGUE SOCCER

Fee	\$35.00 for girls (includes free t-shirt), \$30.00 for boys
Site	Fairview Elementary School Gymnasium
Dates	December 1 thru February 25 (No soccer December 17 & 24 thru January 1)
Days	<i>Boys Program:</i> Tuesday – Grades 3 & 4 Thursday – Grades 5 & 6
Time	4:30-5:45PM <i>Girls Program:</i> Tuesday – Grades 3 & 4 Thursday – Grades 5 & 6
Time	5:45-7:00PM

Fairview mini-league soccer is for young players interested in learning more about the game of soccer. Players will learn basic soccer skills and consistently practice fundamentals of the game. Sessions will promote teamwork and encourage creativity through fun drills and games. The ideals of good sportsmanship will be consistently reinforced. **Please include t-shirt size on registration form (girls only).**

GYM FUN TIME

Fee	\$50.00 per season or \$5.00 per day
Site	Fairview Elementary School Gymnasium
Day	Monday, Wednesday, Friday
Time	5:00-6:00PM
Dates	December 2 thru February 26 (No class December 18, 23 thru January 1, 18, 22, 29, February 12, 15, & 19)
Coach	Carl Cody, <i>Certified USA Gymnastics Instructor</i>

A new and fun program! Featuring a “Daily Seven Exercise” schedule including games, contests, and activities sure to keep the interest of all involved. These activities are safe and supervised. Mom & tot (ages 3 years and under) activities are available! Monthly Talent/Variety Show is to be announced to show off skills and talents. Parents and guardians must use the secure check point pick-up for children. **Please pay Coach Carl when you attend.**

BEGINNING TUMBLING

Fee	\$20.00 per month or \$5.00 each night
Site	Fairview Elementary School Gymnasium
Day & Time	Monday 6:00 to 6:45PM for 4 & 5 year olds Monday 7:00 to 8:00PM for 6 years and up
Dates	December 7 to February 23 (No tumbling December 28, January 18, February 15)
Coach	Carl Cody, <i>Certified USA Gymnastics Instructor</i>

Developmental skills introduced in order to build a solid foundation of good tumbling practices, general gymnastic floor skills, confidence, strength and flexibility building goals.

INTERMEDIATE TUMBLING

Fee	\$20.00 per month or \$5.00 each night
Site	Fairview Elementary School Gymnasium
Day & Time	Monday 8:00 to 9:00PM
Dates	December 7 to February 23 (No tumbling December 28, January 18, February 15)

Coach Carl Cody, *Certified USA Gymnastics Instructor*

Progress from Beginner to advanced, learn new skills, refine, or regain lost skills and confidence. Skill appropriate training. Skill levels vary by individual.

INTERMEDIATE/ADVANCED TUMBLING

Fee \$20.00 per month or \$5.00 per class
Site Fairview Elementary School Gymnasium
Day Wednesday
Time 6:00 – 7:30PM
Dates December 2 thru February 24

(No tumbling December 23 & 30)

Coach Carl Cody, *Certified USA Gymnastics Instructor*

A mixed skills setting, learn new skills, refine or regain lost skills and confidence. Skill appropriate training. Skill levels vary by individual.

ADVANCED TUMBLING

Fee \$20.00 per month for Wednesday or Friday or \$5.00 each night
Site Fairview Elementary School Gymnasium
Day & Time Wednesday 7:30 to 9:00PM **OR**
Friday 6:00 to 7:00PM
Dates December 2 to February 26

(No tumbling December 18, 23 thru January 1, 22, 29, February 12, & 19)

Coach Carl Cody, *Certified USA Gymnastics Instructor*

Progressive tumbling training, with a focus on good practices. Obtain or improve floor skills, confidence, strength and flexibility. **Please pay for all tumbling classes with Coach Carl.**

KIDS FUN NIGHT OUT

Fee \$10.00 per night
Site Fairview Elementary School Gymnasium
Day & Time Friday from 7:00 to 10:00PM
Date December 5 thru February 26

(No program December 18, & 25, January 1, 22, 29, February 12 & 19)

Ages Open for ages 5 and up

Instructor Carl Cody, *Certified USA Gymnastics Instructor*

Kids Fun Night is a light hearted approach to mix general gymnastics in a fun environment, with a focus on fun! Games, contests, activities sure to keep the interest of all involved. Safe, supervised activities with pizza and drink served. **Please pay when you attend.**

EVENTS AT PLEASANT RIDGE PARK

WINTER FUN DAY 2010

Join us at Pleasant Ridge Park on Sunday, January 24 from 2-5PM for our 8th annual Winter Fun Day! This is a free, family oriented, fun-filled afternoon of winter activities! Bring your sleds and toboggans for the sledding hill or your cross country skis for miles of trails. Horse drawn carriage rides will be available (weather permitting) as well as hot concessions.

The Fairview Parks and Recreation Authority would like to send out a big THANK YOU to all who attended this year's Pumpkin Launch at Pleasant Ridge Park on Sunday, October 25th. We had a beautiful fall day and approximately 300 people attended. This year's "Candy Guess" had 3,920 pieces in the jar and the winning guess of 3,500 was the closest to the actual number. The winner of the candy jar was Billy Deluca of Erie...CONGRATULATIONS!