

PROGRAM OVERVIEW

The Gym & Swim Home School Program at Cool Springs Fitness & Aquatics offers students the opportunity to participate in a health and fitness program utilizing state-of-the-art facilities. Our highly educated and experienced instructors lead and supervise the group through a variety of fun structured fitness activities.

During the first hour of each session, students participate in structured land activities. The second hour includes swim time in the swimming pool.

This program is an excellent physical education option for your home schooled child or children.

INSTRUCTORS

Abby Delaquila: As a current student majoring in Exercise Science at Slippery Rock University, Abby is excited to work with the HomeSchool program. She has an extended background in sports including 9 years on swim team as well as soccer, baseball, and club volleyball. Abby's love for fitness combined with her sports background, education, and enthusiasm help make her an essential part of the HomeSchool Gym & Swim program.



Cool Springs Fitness & Aquatics

GYM & SWIM HOME SCHOOL PROGRAM 2016-2017



724-662-1910

INSTRUCTORS

Kristin White began her career at Cool Springs Fitness with an internship and is now an employee. Her work includes personal training, front desk duties as a membership associate, assisting with Delay the Disease classes, teaching senior fitness classes, hosting parties, coordinating kids' camps and instructing children's programs. Prior to her employment, Kristin earned her bachelor or science degree in Exercise Science from Slippery Rock University. She is currently enrolled in Penn State Shenango's Physical Therapy Assistant program as a first year student. Kristin loves to exercise and play sports. Her favorite sports are volleyball and softball.

Samantha Womer is currently attending NPTI for Personal Training and Medical Science. She is very athletic and played basketball 10 yrs., volleyball 6 yrs., and track & field during her 4 yrs. of high school. Aside from sports activities Sam was assistant coach for Jr High Girls Basketball and Jr High Volleyball as well as worked various basketball and volley camps for 4 years. Sam's philosophy in life is, "If you always give 100% you will never be disappointed in yourself!"

SCHEDULE INFORMATION

The Gym & Swim program follows local school districts' schedules throughout the school year. The program's start and end dates as well as holiday dismissals are similar to the Mercer and Lakeview District calendars.

Start date

Wednesday, Sept. 14, 2016

End date

Wednesday, May 25, 2017

Session Schedule

1:00 - 2:00 PM land activities

2:00 - 3:00 PM water activities

Please be on time.

Promptness is an important part of the educational experience.

Proposed Units (Subject to change)

September: Volleyball

October: Whiffle ball

November: Team Handball

December: Soccer

January: Circuit Training

February: Capture the Flag

March: Basketball

April: Kickball

May: Class Favorites

REGISTRATION

Registration for the Gym & Swim Home School Program is done at the front desk prior to your child participating in the program.

The monthly payment is due before the first session of each month.

Our EFT (electronic funds transfer) payment program is available for your convenience.

Please call 724-662-1910 for information or to register.

RATES: MONTHLY OR DAILY

Multiple children from one family

\$50.00 / month (parents are welcome to swim with children during swim time only)

\$16.00 / day (two or more children)

Individual child

\$30.00 / month or \$8.00 / day

Note: The Gym & Swim program is included with a CSF Family Membership. Please speak with a Membership Associate for more information.

