

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 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.



Cool Springs Fitness & Aquatics

GYM & SWIM HOME SCHOOL PROGRAM 2017-2018



COOL SPRINGS FITNESS
1051 East Cornell Rd
Mercer, PA 16137

724-662-1910



INSTRUCTORS

Samantha Womer has been an employee with Cool Springs Fitness for 2 years. Along with managing the child care service, Sam teaches group exercise classes, monitors the aquatics center, and is a membership associate at the front desk. Sam recently received her certification from NPTI for Personal Training and Medical Science.

Sam's athletic experience includes playing 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!"

Caitlyn Brennan - Student intern from Slipper Rock University, majoring in Exercise Science.



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. 6, 2017

End date

Wednesday, May 23, 2018

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: Circuit Training

October: Volley Ball

November: Team Handball

December: Soccer

January: Whiffle ball

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.

