

# SWIM PROGRAMS



For pool information please email Aquatics Director Alicia  
Faucett at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org), or call (518) 356-8270.

**FALL 2023**

# SWIMMING *pool*

## SPRING 2023 SWIMMING POOL CLASSES FOR ADULTS & CHILDREN POOL UTILIZATION SCHEDULE – Spring 2023

TIME	MON	TUE	WED	THUR	FRI	SAT
6:00-7:15 a.m.	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	Early Bird Swim	
7:45 am-3:00 p.m.	Instructional Block	Instructional Block	Instructional Block	Instructional Block	Instructional Block	10:00-10:30 a.m. Level 3 10:30-11:00 a.m. Level 4
3:00-7:00 p.m.	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	Swim Team Practice	10:00-10:30 a.m. Parent/Tot
7:15-9:00 p.m.	Water Aerobics & Lap Swim		Water Aerobics & Lap Swim		Family & Lap Swim (1 Lap Lane Only)	10:30-11:00 a.m. Level 1 11:00-11:30 a.m. & 11:30-12:00 p.m. Level 2 11-11:45 a.m. Levels 5 and 6 12:00-12:30 p.m. & 12:30-1:00 p.m. Adaptive/Private Lessons

### FamilyID® for SWIM REGISTRATION

Please note that all Spring Aquatics Program registrations will be done online using FamilyID. For Online registration instructions, please visit [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid) or see below. If you have any questions about registration, please contact the Aquatics Director at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org). Online registration is required for all pool programs. Payment can be online using a credit card or select the “pay by check” option to mail in payment.

### IMPORTANT INFORMATION Regarding Registration...

- Early registration is advised since classes fill up quickly. All registration is processed on a first come, first serve basis.
- Confirmations **can not** be given over the phone. You will receive a confirmation email when online registration has been completed.
- No refunds will be given after the first class of each session.

### Regarding Pool Closings...

- The pool will be closed when a lifeguard is unavailable or if there is adverse weather. All cancellations will be listed on the Mohonasen School Website.
- If the pool is closed due to adverse weather, there will be **no make-ups** for the classes missed.
- The pool will be closed on holidays and school vacations. Please email [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or visit the swimming pool link on the website for information if you are unsure if the pool is open.

### Regarding Other Issues...

- For further information, contact Alicia Faucett, Aquatics Director, at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or (518) 356-8270. **Please note** the best way to contact Alicia is by e-mail.
- R = Resident    NR = Non-resident

#### To register:

1. Visit [www.familyid.com](http://www.familyid.com) and click on “Find a Program” at the top right. Please note a direct link is also available on the district website at [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid)
2. Type “Mohonasen” into the search box at the top of the page. Click on the “Find” box.
3. Click on “Mohonasen Spring Programs” to open registration form.
4. Next click on the green Register Now button and scroll, if necessary, to the Create Account/Log In green buttons. If this is your first time using FamilyID, click Create Account. Click Log In, if you already have a FamilyID account.
5. Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select I Agree to the FamilyID Terms of Service. Click Create Account.
6. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc.).
7. Click on the link in your activation E-mail, which will log you in to FamilyID.com
8. Once in the registration form, complete the information requested. All fields with a red\* are required to have an answer.

9. Click the Save & Continue button when your form is complete.
10. Click the green Pay & Submit button
11. On the next screen, click on Proceed to Payment to be directed to the payment processor.
12. You may use a credit or debit card to process your payment. Input the cardholder's full name, the card number, expiration date and CVC code.
13. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration. At any time, you may log in at [www.familyid.com](http://www.familyid.com) to update your information and to check your registration(s). To view a completed registration, select the 'Registration' tab on the blue bar.

#### Support

If you need assistance with registration on the Family ID site, contact FamilyID at: [support@familyid.com](mailto:support@familyid.com) or 888-800-5583 x1.

Support is available 7 days per week and messages will be returned promptly.

# course DESCRIPTION

## AQUA FITNESS CLASSES

"Aqua Fitness" is a term used to describe exercise done in a vertical position that uses the water's resistance and buoyancy to strengthen and condition the body.

### WATER AEROBICS

Utilize the natural resistance provided by the water to challenge and exercise all major muscles groups in one class and get a great aerobic workout at the same time. A great class for adults or teens looking to maintain their fitness program.

**Monday & Wednesday Only**  
**Shallow Class: 7:15 - 8:00 p.m.**

**Online registration for classes opens Monday, August 21.**

- Session 1: 9/13-10/13  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45
- Session 2: 10/23-11/27  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45
- Session 3: 11/29-1/10  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45
- Session 4: 1/17-2/26  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45
- Session 5: 2/28-4/8  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45
- Session 6: 4/10-5/13  
Length: 10 Classes  
Fee: R: \$60 NR: \$80  
Senior: \$45

## FAMILY SWIM

This recreational program gives everyone in the family an opportunity to swim together. Annual passholders are welcome to use the pool during this time. Those who do not have an annual pass will be charged \$5.00 per person (\$10 per family max.) Children 12 & under must be accompanied by an adult.

- Fridays: 7:15 - 9:00 p.m.

## Family Swim/Lap Swim/Early Bird Swim

### OPEN SWIMMING CARD

(Card Valid for 1-year from the date of purchase.)

	Resident	Non-Resident
Students (9-12)	\$60.00	\$90.00
Ind. Adult	\$125.00	\$180.00
Ind. Senior	\$80.00	\$130.00
Household	\$175.00	\$250.00
Single swim	\$5.00	\$7.00
Senior Single swim	\$3.00	\$5.00

*(Please bring exact change. The pool staff will not have change available.)*

## FITNESS & RECREATIONAL SWIMS

### LAP SWIM/EARLY BIRD SWIM

Swimming laps is a good way to get in shape and/or maintain physical fitness. To participate, swimmers must be able to complete one full lap in the pool. Swimmers will be issued an annual pass which must be presented upon entry to the pool area. The pass will be valid for 1-year from the date of purchase.

**Online registration for this event opens Monday, August 21..**

- Monday thru Friday:  
6:00 - 7:15 a.m.
- Mondays, Wednesdays & Fridays  
7:15 - 9:00 p.m.

**POOL CLOSED: 10/9, 11/10, 11/22-24, 12/26-1/2, 1/5, 2/19-23, 3/15, 3/29, 4/1-5, 5/24, 6/19**

**PLEASE NOTE:** There will be no morning swim on days AFTER there has been a snow day.



# SWIMMING *pool*

Mohonasen Swim Lessons are offered to all members of the community. Feel free to sign up online by visiting [www.mohonasen.org/familyid](http://www.mohonasen.org/familyid), and following the instructions. After you click Pay, you will receive a completion email from the payment processor confirming your payment and an email from FamilyID confirming your registration.

One day per week: Saturday 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9, 12/16

**SATURDAYS: 8 CLASS SESSION**

**FEE:** R: \$70 per student

**NR:** \$90 per student

## **PRESCHOOL AQUATIC PROGRAM (PARENT/TOT)**

The Class is designed for Children from 9 Months-4 years old who have little to no experience in the pool. An instructor leads along each session while parents use several holding positions to lend support and reassurance as children explore the water and practice skills such as water adjustment, bubble blowing, entry and exit. Class emphasis is on fun and safety. **Parents must accompany their child in the water.**

**Saturdays: 10:00 - 10:30 a.m.**

## **ADAPTIVE/PRIVATE LEARN TO SWIM**

These classes utilize highly experienced instructors to work one-on-one with students that may have special needs or would like a more specialized approach to swim lessons. These classes are also recommended for athletes hoping to become competitive swimmers.

**Saturdays: 12:00-12:30 p.m. & 12:30-1:00 p.m.**

## **LEVEL 1: POLLIWOG:**

Students in Level 1 are oriented to the aquatic environment. With the instructor's support students are introduced to the following elementary aquatic skills: floating, basic glides and kicking on front/back, submerging under water, blowing bubbles, and water safety.

**Saturdays: 10:30-11:00 a.m.**

## **LEVEL 2: TADPOLE**

Students learn the fundamental skills without instructor support. They are able to move around independently in shallow water and fully submerge. They will begin alternating arms and legs on their back and front to lay the foundation for future strokes, as well as both front and back glides.

**Saturdays: 11:00-11:30 p.m. & 11:30 a.m. - 12:00 p.m.**

## **LEVEL 3: MINNOW**

The objective of level 3 is to build on the skills in level 2 by providing guided practice in coordinating front and back crawl. Students will be introduced to elementary backstroke, streamline glides and breaststroke. Introduction to treading water and kneeling dives are in the deep water.

**Saturdays: 10:00 - 10:30 a.m.**

## **LEVEL 4: SUNFISH**

Students increase their endurance by swimming familiar strokes (front crawl, elementary back and back crawl) for greater distances. Standing dives and sidestroke are introduced along with the basics of turning at the pool wall.

**Saturdays: 10:30 - 11:00 a.m.**

## **LEVEL 5: FLYING FISH**

The objective of Level 5 is the coordination and refinement of all the strokes: front and back crawl, butterfly, elementary backstroke, breaststroke and sidestroke. Flip turns on front and back are introduced.

**Saturdays: 11:00 a.m. - 11:45 a.m.**

## **LEVEL 6: WARRIOR**

Refines the strokes so students swim them with ease, efficiency and power over greater distances. Level 6 is designed with options that focus on preparing students to participate in more advanced courses, such as Lifeguard Training or competitive swim team.

**Saturdays: 11:00 - 11:45 p.m.**

*For more information about the Mohonasen Learn-to-Swim program, please contact our Aquatics Director Alicia Faucett at [afaucett@mohonasen.org](mailto:afaucett@mohonasen.org) or (518) 356-8270.*