

AQUATICS PROGRAMMING IDEAS

Maternity Aqua Shape-Up

Ages: 16 +

Congratulations new and expecting mummies! Are you looking for a way to stay in shape and help prepare for the delivery of your new bundle of joy? Or are you looking for a way to ease tension and get your body back into shape after the delivery of your new baby? Maternity Aqua Shape-Up is a low impact aerobic workout teamed up with strength training exercises aimed at the lower back, abdomen, arms and legs. A doctor's note must be presented in order to register for this class.

Fee: \$42/resident; \$54/non-resident

http://www.ketteringoh.org/newweb/pdfs/recreation/programs/fall06/fall_preschool.pdf

Swim with Santa

Santa will make a trip to Pullen Aquatic Center during the holiday season to get the children's wishes. Children are able to swim to Santa in the pool with his holiday elves.

Contact: Terri Stroupe, City of Raleigh (NC)

Terri.stroupe@ci.raleigh.nc.us

Log Rolling

Challenge your balance, coordination and sense of rhythm by learning the basic techniques of LOG ROLLING! You'll have opportunities to compete in summer tournaments against other schools from across the United States and Canada! Students must be able to demonstrate MINNOW level swimming skills prior to enrolling in this class.

Contact: YMCA Twin Cities (MN)

info@ymcatwincities.org

7-Up Lap Swim ~ Lap Pool

For parents and children age 7 and older who are competent lap swimmers. Children who cannot yet swim 25 yards without stopping, or who cannot adhere to lap swim etiquette, will be asked to use Open Swim or Family Swim times.

Contact: Berkley Albany YMCA

TWILIGHT SWIM

Come "wind-down" during this rejuvenating hour of swim-time, that features dimmed lights and relaxing music.

YMCA on 5TH, Alberta, Canada

Ladies only swim lessons – Muslim women

Contact: info@fitnesson5th.com

Inner-tube Water Polo

Inner-tube Waterpolo is a fun team sport that gives you an all-around workout! If you're not familiar with the game, come down to one of the instructional classes to learn the basics and have a great time.

Contact: Virginia Commonwealth University; (804)827-1100

Cardboard Boat Race/Dive In Movie

Groups were provided with large appliance boxes and asked to build a cardboard boat using nothing more than the box, duct tape and paint. They were allowed to design and decorate in any way. We then had a contest at our local pool and raced the boats.

Following the race, we showed the Pirates of the Caribbean movie while visitors floated

in the pool and relaxed poolside. We also gave awards for best design and “Titanic” award for quickest sinker.

Contact: Pam Vanderkolk and Brandy Fiechter, Bluffton Parks and Recreation (IN) www.ci.bluffton.in.us or (260)824-6069/

Underwater Egg Hunt

Egg hunt in the swimming pool. Some eggs weighted, some floaters. Children in same age group in pool together, youngest first. Eggs had to be glued together (time consuming, but reusable). Eggs turned in for tickets which were turned in for prizes of candy and stuffed animals.

Contact: Lyn Kiger, Westerville Community Center (OH) parksandrec@westerville.org, or (614)901-6500

Underwater Pumpkin Carving

Partnership with a local dive shop (run event). People of all ages attend this underwater event. It starts with taking out all the pumpkin guts on the pool deck then the divers supply suit, mask, tank and underwater gear. Participants go to the shallow end of the pool and carve the face of the pumpkin underwater. Underwater music is played. Certified divers can go to deep end.

Contact: Rob Tuttle, Dunedin, Florida Recreation Division rtuttle@dunedinfl.net

Underwater Tree Decorating and Santa

Similar to the event above, the participants get a picture with Santa underwater (Santa is a certified diver). Dive shop does the pictures. One tree is in the shallow end and one in the deep end for decorating. Must be certified diver to use deep end.

Contact: Rob Tuttle, Dunedin, Florida Recreation Division rtuttle@dunedinfl.net

Goldfish Grab

Kids, grab your nets and meet us at the kiddy pool. Each child will have the opportunity to catch their very own golden pet. Don't forget to bring a net and a non-glass container to take your new pet home. We purchased about 500, 3 inch goldfish at the end of the pool season. We use dechlorinator to remove the chlorine from the water. Any age group at a time. We allow the kids to catch a fish.

Contact: Amy Hays; Wentzville, Missouri www.wentzvillemo.org

History of the Night Sky

Ages: 15+

Join the exciting “FIRST TIME” program to become educated about the night sky that is a mystery to most of us. We will give participants the opportunity to experience equipment more sophisticated than most of us can ever hope to own.

Week 1: Classroom presentation including basic introduction to astronomical concepts about the motion of earth and the Solar System, with details of our Solar System

Week 2: Classroom session about the constellations; the myths and native lore surrounding the constellations. The history of planetary motion and what to reasonably expect, according to Galileo. Introduction of a telescope.

Week 3: The “Coup de Grace” of this program!! A field trip to the “Universe”, via Lucy Park. Tonight you get to really see many of the things that have been addressed in the

previous two sessions. Weather & Universe cooperating, this session alone will be worth everything else combined, for the Amateur Astronomer.

Contact: *Wichita Falls Park & Recreation Center (IN)*, www.cwftx.net or (940)761-7490

Netmaking

Age: 8 and up

Learn to make cool stuff like hammocks using the techniques used by fisherman on the river for a hundred years.

Contact: *Astoria Parks & Community Services, Astoria, (OR)*

www.oregonstateparks.org/corridor.php?area=astotillor or (513)325-7275