

Orange Community Education & Recreation

... It's for a lifetime.

Programs

Classes

Activities

Services



Winter 2012 Registration Begins January 5

AQUATICS



The Aquatics Coordinator, Sandra Andrews, supervises both the indoor and outdoor Aquatics programs. Sandra's office is located in the Orange High School indoor pool and her office hours are: Mondays and Saturdays 9:00am-4:30pm; Tuesdays, Wednesdays and Thursdays 1:00-8:30pm. She can be reached at 216-831-8601 ext. 2316 or by email at sandrews@orangecsd.org.

WINTER OPEN & LAP SWIM

Orange High School Indoor Pool

Saturday Open Swim	1/14-3/17	Saturday	1:30-4:00pm
Evening Open Swim	1/5-3/22	Tuesday & Thursday	7:30-9:00pm
Morning Lap Swim (during high school swim season)	1/4-2/17 (Except 1/16 & 2/20)	Monday, Tuesday, Thursday & Friday	7:00-8:30am
		Wednesday	8:00-8:45am
Morning Lap Swim (after swim season)	2/21-3/23	Monday-Friday	7:00-8:30am
Noon Lap Swim	1/4-3/23 (Except 1/16 & 2/20)	Monday, Wednesday & Friday	11:00-1:00pm

Exact schedule may vary due to additional closings or variations in the high school swim team schedule. Please check the monthly pool schedule for updates. The swimming pool will be closed any time the Orange School District closes due to severe weather. Please call 216-831-8600 ext. 2318 for updates.

Winter Quarter Pool Passes	Resident	Non-resident	Winter Quarter Pool Passes: <ul style="list-style-type: none"> • There are no refunds on pool passes • A registration form must be completed with payment before swimming • Pool pass holders must show pool pass & check in with pool attendant • Winter Quarter Passes are valid from 1/4-3/23 Please bring exact change and sign in with a pool attendant prior to swimming. Registration Forms are required for all swimmers.
No. 12WAQ120 Adult/Student	\$89	\$99	
No. 12WAQ122 Senior	\$79	\$89	
Winter Drop-in Fees	Resident	Non-resident	
No. 12WAQ100 Adult/Student	\$5	\$6	
No. 12WAQ102 Senior	\$4	\$5	
No. 12WAQ104 Family	\$13	\$16	
No. 12WAQ105 Additional Members	\$3	\$4	
No. 12WAQ106 Under 4 Years Old	Free with paid adult		

Open & Lap Swim Information:

Schedule is subject to change. Please view our monthly pool calendar to confirm dates and times. Monthly pool calendars are posted at the pool and online at www.orangerec.com

- All swimmers must complete a registration form with emergency contact information prior to the first time swimming each quarter. Those under 18 years of age must have the form signed by a parent
- Please arrive no earlier than 10 minutes prior to the scheduled activity and exit the locker rooms/pool area no later than 15 minutes past the scheduled ending time
- Lifeguards may remove weak/non-swimmers from the pool to avoid dangerous situations
- Diving boards may be closed during open swim
- Pool temperature may vary
- Additional rules apply; please see posted rules at the facility. Lifeguards are present for your safety; please follow their instructions

Come join us for our Spring Break Open Swims on Monday, Wednesday & Friday March 26, 28 & 30 from 1:00-3:00pm.

Regular Lap Swim times will continue, but no evening hours during Spring Break.

LEARN TO SWIM

Orange's Learn to Swim program on Saturday mornings is designed for children of all ages and abilities. Groups have low student/instructor ratios so students are encouraged to move at their own pace. If you have questions about your child's level when registering, please call Sandra at 216-831-8601 ext. 2316. Instructors will move children to the appropriate level on the first day of class.

*Please note that there are no make-ups for any classes, so please check dates and times carefully.
The Learn to Swim schedule is subject to change depending upon enrollment.*

Level	Description	To Exit
Pre-Level 1: Parent Play	For ages 1-4. A fun time for parents to go in the water with children! One child per parent, please. If child is not toilet trained, then swim diapers MUST be worn. This class offers water adjustment skills using toys, games and songs.	3 years old/comfortable in the water/able to enter the water without parents
Level 1: Water Exploration	Ages 3 and up. Children will practice putting faces in the water and learning how to float and swim on their own. Class is individualized so that children are encouraged to attempt new skills.	10 bobs/sit dive with face in/front & back float unassisted/swim 5 feet unassisted
Level 2: Primary Skills	Ages 4 and up. Children will increase their ability to do skills on their own, preparing them to learn strokes.	sit dive & kick glide/ beginner stroke with 5 breaths/sculling & flutter kick/swim out & change directions/jump in, recover & swim.
Level 3: Stroke Readiness	Ages 5 and up. Children swim in deep water, learning strokes.	jump into deep water & recover/front & back crawl 15 feet/elementary backstroke /dolphin kick/squat dive
Level 4: Stroke Development	Children begin swimming laps, learning and improving strokes.	front crawl, back crawl, butterfly, elementary back stroke, breaststroke 25 yds/standing dive
Level 5: Stroke Refinement	Children will begin perfecting strokes and working on endurance.	200 yards non-stop swim/front & back crawl 50 yards/butterfly, elementary back stroke, breaststroke & side stroke 25 yds/ long shallow dive
Level 6: Skill Proficiency	Children will polish strokes and learn how to put strokes together. In addition, swimmers will learn skills such as diving, fitness swimming, and personal water safety. Since each level 6 class is different, children are recommended to take level 6 more than one time until either joining swim team or taking the lifeguarding class.	500 yard swim/front & back crawl 100 yards/ butterfly, elementary back stroke, breast stroke, side stroke & inverted breaststroke 50 yards/flip turn/breast stroke pull out/ diving off board & blocks

WINTER SESSION

Saturdays: 1/14-3/4 (6 sessions) (Except 1/21 & 2/11)

**Cost for Learn to Swim:
\$49/resident \$59/non-resident**

PRE-LEVEL I : PARENT PLAY	10:45-11:15am	No. 12WAQ200
LEVEL 1, 2 OR 3	9:15-9:45am 10:00-10:30am 10:45-11:15am 11:30-12:00pm	No. 12WAQ210A No. 12WAQ210B No. 12WAQ210C No. 12WAQ210D
LEVEL 4	9:15-9:45am 10:45-11:15am	No. 12WAQ220A No. 12WAQ220B
LEVEL 5	10:00-10:30am	No. 12WAQ230
LEVEL 6	11:30-12:00pm	No. 12WAQ240

AQUATICS

Special Needs Learn to Swim

The Special Needs Learn to Swim Program is available for those children with special needs. This program is not aquatic therapy; rather it is a one-on-one recreational Learn to Swim program. This program provides one-on-one instruction in the water. Please contact the Aquatics Coordinator at 216-831-8601 ext. 2316 for more information.

No. 12WAQ290 Saturdays 1/14-3/3 (6 sessions) (Except 1/21 & 2/11) Time will vary depending on the number of participants; half-hour classes between the hours of 11:30am & 1:00pm. OHS Indoor Pool \$109/resident \$129/non-resident.

Spring Board Diving

Children must be able to dive off the side of the pool head first and swim comfortably in the diving well. Students will learn about dive safety and etiquette around the board and the pool, as well as increasing knowledge of basic skills such as posture, balance and body awareness. Skills introduced include front and back approach, basic front and back dives, introduction to tuck and pike position and upon ability, an intro to front and back flips and spins. Children are encouraged to move along at their own pace with individual attention, so this class can be taken over and over. North Coast Diving has been training divers since 1990.

No. 12WAQ610 Grades K and older Saturdays 1/14-3/3 (6 sessions) (Except 1/21 & 2/11) 10:45-11:30am OHS Indoor Pool \$64 residents \$74/non-residents



Kayak Roll Sessions

Work on your Eskimo roll in the comfort of our heated pool so you will be ready for the river this spring. Participants must bring their own boats (clean boats only, please) and gear. Helmets are required for anyone entering the pool. There will be plenty of experienced boaters on hand to give pointers. Enter the pool area through West pool deck doors starting at 3:50pm. Participants must fill out a registration form before being allowed to enter the water. Please bring exact change each day.

No. 11WAQ545 Drop-in Saturdays 11/19, 12/10, 1/21, 2/11, 2/25 & 3/3 4:00-6:00pm \$5/resident \$6/non-resident

Hydro Exercise & Fitness Class

Have some fun and exercise all at the same time! Get a great workout to music while benefiting from the water's resistance. Burn fat, build strength and endurance, increase muscle tone and cardiovascular health without the impact of land exercise. A unique experience delivering excellent results in flexibility, range of motion, strength and balance. This class will start off in deep water and move to shallow water. Participants should be comfortable in deep water, but don't need to be strong swimmers to take this class. Instructor Marian Jacobs, guarantees to motivate and deliver results within a fun, dynamic group fitness atmosphere.

No. 12WAQ380A Tuesday & Thursday 1/17-3/22 (20 sessions) 7:15-8:15pm OHS Indoor Pool \$149/Residents, \$159/Non-Residents

No. 12WAQ385 Drop in Tuesday & Thursday 1/17-3/22 (except 9/29 & 11/24) 7:15-8:15pm OHS Indoor Pool \$10/Residents, \$12/Non-Residents per class

Aqua Exercise

Come in and exercise with friends for fun and fitness! This exercise program is designed to increase flexibility, mobility and strength through an aquatic program targeting strengthening, toning and aerobics. These workouts allow participants to work at their own pace and intensity according to each individual's ability. Participants should be comfortable in chest-deep water and be in relatively good health. Participants may purchase an exercise pass or pay a drop in fee daily. Aquatic Instructor Karen Hoffman uses workouts that vary daily and believes that the support and resistance the water provides makes this the ideal exercise program.

No. 12WAQ300	Daily Drop-in	Monday, Wednesday, Friday 9:00-10:00am	1/4-3/23 (except 1/16 & 2/20)	\$5/resident \$6/non-resident
No. 12WAQ320	Winter Pass- Monday, Wednesday, Friday	Monday, Wednesday, & Friday 9:00-10:00am	1/4-3/23 (except 1/16 & 2/20)	\$109/resident; \$129/non-resident

Monthly Passes are also available: 12WAQ330 (A-January, B-February, C-March).
Please see a lifeguard for prices and to register.

**For updated pool information and schedules,
visit us online at www.orangerec.com**

Pool Parties

Invite your friends to celebrate your birthday or special event at the OHS indoor pool. Parties may be scheduled from 2:00-4:00pm on Saturdays. These parties are held in conjunction with open swim times. Table and chair set-up is provided in the hallway for refreshments. Parties must be scheduled at least two weeks in advance by calling 216-831-8601 ext. 2316. Residents may reserve date up to two months in advance, non-residents up to one month in advance. Flat rate fee is for a maximum of 20 swimmers.

No. 12WAQ190 Reserve Date/Time with Coordinator \$79/resident \$99/non-resident paid in advance

Lifeguard Training

This course is designed to certify participants in American Red Cross Lifeguarding for employment. To participate in the Lifeguard Training course, students must be at least 15 years of age by the end of the class and be able to pass a swim test given the first day of class. Course includes certification in Lifeguarding, First Aid, CPR and AED. Students are required to attend every class; missing classes will lead to failure in the course. Students should come to every class with pen, paper, swimsuit, goggles & towel. Participants must be able to open their eyes under water; those with contacts are strongly recommended to bring a contact case and glasses. Proof of age is required. No refunds after successfully completing the pre-test.

No. 12WAQ510 Tuesdays 1/17-3/20 (10 sessions) 5:00-9:00pm + testing of CPR skills scheduled outside of class. OHS Room 117 & Indoor Pool. \$199/resident \$209/non-resident

Lifeguard Instructor

Learn to train lifeguards! Participants must be 17 years old by the last class. Proof of Age must be presented. Although candidates do not need a current certification in Lifeguarding, they must have strong skills and knowledge of lifeguarding training and education to be eligible for this class. Pre-test of skills must be demonstrated by written tests, skills on mannequins and in the water to take this course.

No. 12WAQ520 Tuesdays 1/10-3/20 4:30-9:30pm (11 sessions) OHS Room 119 & Indoor Pool \$219/residents \$229/non-residents

Water Safety Instructor

This class provides instruction and certification in teaching skills and courses in the American Red Cross Learn to Swim program (Levels 1-6), Parent and Child Aquatics, Basic Water Safety, and Longfellow's Whale Tales. Students must be at least 16 years of age by the last day of class and successfully complete a swim test given on the 1st day of class. **Participants do NOT need to have lifeguard certification to take this class.**

No. 12WAQ530 Thursdays 3/8-5/3 (except 3/29 & 4/5) 5:00-9:00pm and Saturday 4/17-5/12 9:00am-12:00pm (11 sessions) OHS Room 117/Indoor Pool \$209/resident \$229/non-resident

Orange Sea Lions (USC Intermediate)

Orange Sea Lions Swim Team members are a part of University Swim Club, a year-round United States Swimming Program with nationally ranked swimmers. In addition to completing a registration form for Orange, parents must complete an on-line registration for University Swim Club by visiting their web site at www.universityswimclub.com. USC registration includes USA swimming membership, a yearly fee of \$53, and a registration fee of \$20. Swimmers will also be required to pay meet entry for any USA swim meet they register for. *Coach Pete Finefrock strives to instill a life-long love of swimming in his athletes.*

No. 12WAQ411 Monday-Friday 1/4-3/23 (some exception dates, please see pool calendar for details including 1/7, 1/13, 1/16, 1/27 & 2/20) 6:00-7:30pm OHS Indoor Pool \$259/resident + fees listed above

Orange Sea Cubs (USC Introduction)

Orange Sea Cubs is a program designed for children to get an introduction to swim team. Swimmers should be able to easily swim multiple laps with recognizable strokes to join this program. Sea Cub Swimmers will be encouraged to swim in USA swim meets. To do so, Sea Cubs must become members of University Swim Club through the on-line registration for University Swim Club by visiting their web site at www.universityswimclub.com. USC registration includes USA swimming membership, a yearly fee of \$53, and a registration fee of \$20. Swimmers will also be required to pay meet entry for any USA swim meet they register for. *Coach Lisa Sostakowski helps young swimmers learn and love the sport of swimming.*

No. 12WAQ421 Monday-Friday 1/4-3/23 (some exception dates, please see pool calendar for details including 1/7, 1/13, 1/16, 1/27 & 2/20) 5:00-6:00pm \$189/resident \$219/non-resident

Summer will return, and with it the opening of Orange's Outdoor Leisure Pool on June 7th! Pool passes go on sale starting on March 10th!

Masters' Swimming

For adults who were competitive swimmers, training for triathlons, or just want to work out with friends, Masters Swimming is for you! Masters has varying levels of workouts with a coach on deck to help with strokes. Masters swimmers must register with USA swimming. Drop in or monthly fees available. Contact David Rockwell at david.rockwell@kellogg.com or 440-349-2666 for more information. Practice is Monday & Wednesday 7:30-9:00pm and Saturday 7:30-9:00am. See the monthly pool schedule for exceptions.

Registration is Easy!

WINTER ACTIVITY REGISTRATION FAIR

Thursday, January 5 from 6:00-7:30pm

Orange Community Education & Recreation will begin accepting registrations for all winter programs at the Winter Activity Registration Fair on Thursday, January 5 from 6pm-7:30pm at the Pepper Pike Learning Center. This is the first opportunity for Orange School District residents to register for fall programs and activities.



In-Person

The Winter Activity Registration Fair on Thursday, January 5 between 6:00pm and 7:30pm is the first opportunity to register.

Beginning Friday, January 6 at 9am, registration continues throughout the season. Register using check, money order or credit card (Visa or Mastercard) at the Pepper Pike Learning Center



By Mail

Beginning Friday, January 6 at 9am. Complete registration form (see page 45 or download form at www.orangerec.com) and mail with payment (check, money order, Visa or Mastercard) to:
Orange Community Education & Recreation,
32000 Chagrin Blvd.,
Pepper Pike, OH 44124.



By Phone

Beginning Friday, January 6 at 9am. Call 216-831-8601 and have your credit card (Visa, Mastercard) and program information ready. You cannot register for Youth or Teen classes by phone as we need a signed, dated Release & Medical Consent form with payment.



By Fax

Beginning Friday, January 6 at 9am. Complete the ADULT registration form on page 45 or download and complete the YOUTH registration form at www.orangerec.com and FAX it with credit card information to: 216-831-4209

- Registration continues throughout the season unless specific deadlines are noted
- Checks and money orders must be made payable to: Orange Board of Education
- Payment in full is due at time of registration
- Youth and Teen registrations must be done in-person as we need a signed, dated Release & Medical Consent form and require medical and emergency contact information (doctor's and dentist's name/name of insurance company and emergency contact name and phone number) for each child
- A \$25 cash fee will be charged for all checks returned to us by the bank
- Unless otherwise noted, class fees do not include materials or books, if required
- Orange Drop-in activities are payable at the door (pre-registration is not required)
- Registration is required for all classes, including free classes

PHOTOGRAPHS

- Orange Community Education & Recreation may take pictures of participants in our programs. We may use these photos in our brochure or for media publicity. By your registration, you grant us permission to use these photos for publicity purposes only.

REGISTRATION DEADLINE

- In order to avoid cancelling programs, we need the cooperation of participants to sign up by deadlines. OCE&R has instituted a deadline of 3 business days prior to the start of all activities and classes, unless otherwise specified. Please note that OCE&R reserves the right to deny registrations after the deadline due to limited enrollment, planning, etc.

REFUND POLICY

- Refunds are available for classes and activities (unless otherwise specified) provided we are notified 3 business days prior to the start of class or activity
- If the class or activity you registered for is filled or closed due to low enrollment, you will be notified promptly and given the opportunity to change to another class, to obtain a letter of credit for use within the same activity area or obtain a refund or a charge credit
- A \$5 processing fee will be charged for all refunds initiated by the customer
- If a refund is \$10 or less, only a letter of credit will be issued for use within the same activity area
- Charge refunds are credited promptly. Allow 4-6 weeks for refund checks as they are issued by the Treasurer's office

SUMMER CAMP REFUND POLICY

- **Summer camp fees are non-refundable.** A medical refund may be considered, minus a \$25 processing fee, only upon receipt of a written report from your child's primary care physician. No exceptions, please

PEPPER PIKE LEARNING CENTER OFFICE HOURS

Daytime: Monday – Friday 9am-5pm

Evening: Monday-Thursday 5pm-8pm

Weekend: Saturdays 9am-1pm

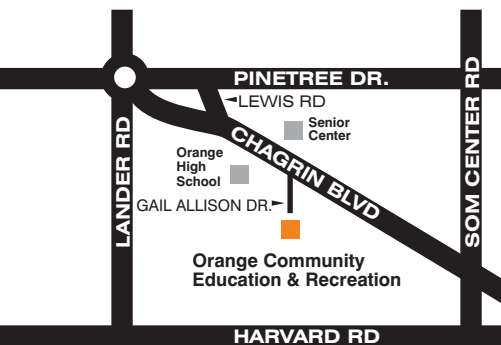
Summer Office Hours (June 10-August 28)
Monday-Friday 9am-5pm

Offices are closed December 23-26, December 31-January 3, 16 and February 20. All offices close at 5pm December 21-30 when in session.

For pool schedules, visit orangerec.com or call 216-831-8601 ext. 2316. For Orange Senior Center schedule call 216-831-8601 ext. 5700

Orange Community
Education & Recreation
Orange School District
32000 Chagrin Blvd.
Pepper Pike, OH 44124

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