Aquatics

Note: Occasionally the pool must be closed for emergencies or mandatory repairs. We regret that we are not able to reschedule cancelled sessions.

*Please note: The Senior Citizen Policy does not apply to the classes listed below.

Aqua-Fit Workout – Mini Session
*Note: The Senior Citizen Policy does not apply to these classes.

Come start your day in the heated pool with an invigorating head to toe workout to music. This class includes aerobics, “ab” work, weight training and much more. Low impact on joints. There is no swimming during these classes. Pool shoes recommended. To register, participants must choose and pay for the number of sessions (three, two) they will attend each week.

NCSWM-CS012-01 = $58 (tuition $18, administrative fee $8, pool fees $32)
NCSWM-CS012-02 = $30 (tuition $9, administrative fee $6, pool fees $15)
NCSWM-CS012-01 May 9-June 10*
3 x week M, W, F 8:05-9:05am
NCSWM-CS012-02 May 9-June 10*
2 x week M, W or F 10-10:50am

Aqua-Power Workout – Mini Session
*Note: The Senior Citizen Policy does not apply to these classes.

This is a challenging aerobic workout in the heated pool to music. This class includes weight training and much more. Very low stress on weight bearing joints. Muscular skeletal strengthening improves posture, balance and endurance. There is no swimming during these classes. To register, participants must choose and pay for the number of sessions (three, two) they will attend each week.

NCSWM-CS013-01 = $58 (tuition $18, administrative fee $8, pool fees $32)
NCSWM-CS013-02 = $30 (tuition $9, administrative fee $6, pool fees $15)
NCSWM-CS013-01 May 9-June 10*
3 x week M, W, F 9-9:50am
NCSWM-CS013-02 May 9-June 10*
2 x week M, W or F 9-9:50am

E-Z Aqua Exercise – Mini Session
*Note: The Senior Citizen Policy does not apply to these classes.

Begin your fitness lifestyle with a moderate workout in the heated pool to music. This class targets endurance, muscular strength, range of motion and balance. Low impact on joints. There is no swimming during these classes. Pool shoes are recommended. To register, participants must choose and pay for the number of sessions (three, two) they will attend each week.

NCSWM-CS014-01 = $58 (tuition $18, administrative fee $8, pool fees $32)
NCSWM-CS014-02 = $30 (tuition $9, administrative fee $6, pool fees $15)
NCSWM-CS014-01 May 9-June 10*
3 x week M, W, F 10-10:50am
NCSWM-CS014-02 May 9-June 10*
2 x week M, W or F 10-10:50am

All Aqua classes have the following:
*Class will not meet May 30.
Lorrie Hammell, USWFA certified

H²O Fitness – Mini Session
*Note: The Senior Citizen Policy does not apply to these classes.

This class is held in the college’s heated pool. You’ll be working out in shallow and deep water to music. The goal of this class is to build strength, flexibility, cardio endurance, balance and overall well-being. There is no swimming during these classes. Pool shoes are strongly recommended. To register, participants must choose and pay for the number of sessions (three or two) they will attend each week.

NCSWM-CS015-03 = $58 (tuition $18, administrative fee $8, pool fees $32)
NCSWM-CS015-04 = $30 (tuition $9, administrative fee $6, pool fees $15)
NCSWM-CS016-01 May 9-June 10*
3 x week M, W, F 7-7:10pm
NCSWM-CS016-02 May 9-June 10*
2 x week M, W or F 7-7:10pm
NCSWM-CS016-03 July 11-Aug 12
3 x week M, W, F 7-7:10pm
NCSWM-CS016-04 July 11-Aug 12
2 x week M, W or F 7-7:10pm
*Class will not meet May 27, 30.

Adult Beginners Swim
*Note: The Senior Citizen Policy does not apply to these classes.

This course is open to adult non-swimmers. Participants learn the crawl, back crawl, elementary back stroke, and rhythmic breathing. Elementary docking and treading water will be introduced. Cost: $115 (tuition $38, administrative fee $12, pool fees: $65)

NCSWM-CS005-01 May 14-Aug 6*
10 sessions Sa 12-1pm
NCSWM-CS005-02 May 16-Aug 6*
10 sessions M 8:05-9:05pm
NCSWM-CS005-03 May 31-Aug 2
10 sessions Tu 7-7:13pm
*Class will not meet May 28, 30, July 2, 4, 23

Adult Intermediate Swim
This course is for those that already know swim strokes and want to learn more swimming and diving skills. The class will focus on swimming endurance, swim technics, and turns. We will do swimming drills to improve your strokes as well as starts. We will teach different dives from the side of the pool, blocks, and board.

Cost: $115 (tuition $38, administrative fee $12, pool fees $65)

NCSWM-CS015-01 May 20-Aug 5*
10 sessions F 8:05-9:05pm
Class will not meet May 27, Jul 1.

Adult Advanced Swim
*Note: The Senior Citizen Policy does not apply to these classes.

This swim course is geared to adults who can swim 5-10 yards on their front and back and who want to continue their progress in swimming. Review and improve on swim strokes (mainly freestyle, elementary backstroke and backcrawl) with practice and drills. Treading water, rhythmic breathing, entering deep water and elementary diving will be included.

Cost: $115 (tuition $38, administrative fee $12, pool fees: $65)

NCSWM-CS006-01 May 31-Aug 2
10 sessions Tu 8:05-9:05pm
NCSWM-CS006-02 June 1-Aug 3
10 sessions W 8:05-9:05pm
Lori Gordon, W.S.I. Coordinator
Aquatics

Red Cross Mommy and Me Swim Class (Ages 6 months-2 years)
Now parents, grandparents, or any adults can accompany their child with their first experiences in the water. A fun interactive experience for both baby and adult to become familiar with water and wet faces. Each class is 45 mins and registrations are limited.
Cost: $125 for parent and baby (tuition $47, administrative fee $13, pool fees $65). Swim diapers are mandatory, no exceptions.
NCSWM-CS017-01 June 11-Aug 13
9 sessions Sa 9:10am
No class July 2

Red Cross Pre-School Swim Program (Ages 3-5)
Teaches pre-schoolers the swimming skills that could save their lives, and then focuses on improving those skills to make competent swimmers. Each class meets for 45 minutes per week. Enrollment is limited. Pre-schoolers in this program learn to swim with their faces submerged. Parents are advised to observe the program prior to enrolling to make sure it is appropriate for their children. No refunds after the course begins.
Cost: $125 (tuition $47, administrative fee $13, pool fees $65)
NCSWM-CS007-01 June 11-Aug 13
9 sessions Sa 9:10am
No class July 2
NCSWM-CS007-02 June 13-Aug 15
9 sessions M 7-8pm
No class July 4
NCSWM-CS007-03 June 15-Aug 10
9 sessions W 7-8pm

Red Cross Swim Program
Saturday morning swim instruction for children ages 5-12 and teens 13-16 is offered throughout the year. Enrollment is limited. Registered students must attend an in-water screening session for assignment to the appropriate class level in the American Red Cross Progressive Swimming Sequence. Registration must be completed prior to the screening session. Parents are notified by e-mail of class assignments (time and class level) before the first swim class. Classes meet for 50 minutes on nine Saturdays between 8am-12pm. Please ensure your child is available between those hours. The instructor assigns class times based on skill level screening, therefore, we cannot accommodate specific time slot requests.
Cost: $120 (tuition $43, administrative fee $12, pool fees $65)
Kids Swim Program- Ages 5-12:
NCSWM-CS008-01 Jun 11 - Aug 13
9 sessions Sa
No class Jul 2

Teen Swim Program - Ages from 13-16
NCSWM-CS018-01 Jun 15 – Aug 10
9 sessions W 8-9pm
All abilities levels
NCSWM-CS018-02 Jun 11 – Aug 13
9 sessions Sa 12-1pm
No class Jul 2

*Saturday, June 4 /10a-12p and Tuesday June 7 / 7-9pm, is screening for new students for the Kids Swim Program
Cost: $120 (tuition $43, administrative fee $12, pool fees $65)
*Correspondence regarding the Swim program or an alternate screening time should be directed to the coordinator, at this email address: lori.mccc@gmail.com.
*Open Enrollment Date: Those enrolled in the current program have priority for registration. If there is space available, Open Enrollment will be held on May 24th. Please call 609.570.3311 on those dates to register.
*Note: Occasionally the pool must be closed for emergencies or mandatory repairs. We regret that we are not able to reschedule cancelled sessions.
Lori Gordon, W.S.I. Coordinator and Instructor
Lifeguard Training Update/Renewal
(Ages 15+)
Is your certification about to expire or do you need the Lifeguard Today update? Then join us for this refresher course and renew your certification. Course will include a CPR challenge. Student must attend all classes. (Please bring a lunch — cafeteria closed.)
Cost: $215 (tuition $91, administrative fee $21, pool fees: $64, books $39)
NCSWM-CS010-01 May 14-15
Sa 9am-5pm
Su 12-9pm
Mat Giachetti, American Red Cross LGT Instructor

Red Cross Water Safety Instructor Recertification
Students that already obtain a Red Cross WSI Safety Instructor certification and need to renew your certification with the Red Cross. Proof of certification is required on first day of class.
Cost: $140 (tuition $90, administrative fee $50)
NCSWM-CS020-01 Jun 5 - Jun 12
2 sessions
Su 8am-12pm
Lori Gordon, W.S.I. Coordinator and Instructor

Red Cross Water Safety Instructor Recertification
Students that already obtain a Red Cross WSI Safety Instructor certification and need to renew your certification with the Red Cross. Proof of certification is required on first day of class.
Cost: $140 (tuition $90, administrative fee $50)
NCSWM-CS020-01 Jun 5 - Jun 12
2 sessions
Su 8am-12pm
Lori Gordon, W.S.I. Coordinator and Instructor

All student behavior should support and encourage – not hinder or disrupt – the learning process.
The following expectations are examples of appropriate student conduct:
• Students must follow all directions from instructors and CCS staff, and be respectful and courteous in all communications and interactions.
• Students should arrive to class and return from break on time.
• Cell phones should be off or on silent mode; no texting or Instant Messaging during classroom time.
• Students who need to leave a class in session should do so quietly. The Instructor should be advised in advance of situations requiring known departures from the room.
• Classroom instruction time is for all participants:
  - All conversations should be relevant to the course content.
  - Students should refrain from distracting behaviors such as walking around or having conversations with other students.
  - Students should be respectful and attentive during discussions or presentations.
  - Students who are exempt from the MCCCS Student Code of Conduct, (available on line at http://www.mccc.edu/pdf/handbook.pdf on page 68 of the PDF).

Disciplinary Process for Center for Continuing Studies

Students who do not comply with CCS Conduct Expectations: The Instructor will give a verbal warning to the student. Instructor will document the incident in writing and leave the documentation at the Registration Desk for the Operations Coordinator.

Students who continue non-compliance with CCS Conduct Expectations: The Instructor will notify student that she/he must schedule a meeting with CCS Operations Coordinator prior to the next class meeting date. Instructor will document the incident in writing at the conclusion of the class and leave the documentation at the Registration Desk for the Operations Coordinator.

After discussion and counseling, if student agrees to respect all expectations, CCS Operations Coordinator will allow return to the course and will notify in writing both the CCS Director and the course Instructor.

If student is unwilling to comply with the expectations, CCS Operations Coordinator will notify CCS Director and Instructor. The student will be dismissed from the course with no refund. CCS Director will determine if there is to be a restriction on future registrations. CCS Operations Coordinator will send formal documentation to:
  a. Student
  b. Sponsoring agency, if appropriate
  c. Director of Continuing Studies
  d. Dean, ODCP

Violations of the MCCCS Student Code of Conduct will be reported to MCCCS Security. Confirmed violations will result in dismissal from the course without refund.

Appeal Process:
• Violation of CCS Student Code of Conduct – Student may file a written appeal with the Director of the Center for Continuing Studies. The Director will review and has option to hold a meeting with all parties prior to rendering a decision. Decision will be made within 5 business days of the appeal.
• Violation of the MCCCS Student Code of Conduct/Threat to Safety - Student may file a written appeal with the Dean, ODCP. The Dean will review and has option to hold a meeting with all parties prior to rendering a decision. Decision will be made within 5 business days of the appeal.

Make a Choice: Find Your Path!
www.mccc.edu/ccs