

7510C - COMMUNITY RECREATION

This is a special program for ONLY Middlebury Community School residents and should not be confused with community rental guidelines!

1. Morning Recreation – Northridge Middle School
 - a. Monday, Wednesday, Friday - 5:45-7:15am
 - b. Racquetball and Walking
 - c. Racquetball courts and Hallways
 - d. \$1 per person (*Exception – Walking Hallways)
 - e. Supervisor always on duty.

2. Morning Recreation – Northridge High School
 - a. Monday, Wednesday, Friday – 5:45-7:15am
 - b. Lap Swim
 - c. Northridge High School Pool
 - d. \$1 per person
 - e. Lifeguard/Supervisor always on duty.

3. Evening Recreation – Northridge Middle School
 - a. Tuesday and Thursday – 6:15-7:30pm
 - b. Lap Swim
 - c. Northridge Middle School Pool
 - d. \$2 per person
 - e. Lifeguard/Supervisor always on duty.

4. Water Aerobics – Northridge Middle School
 - a. Tuesday and Thursday 7:30-8:30pm
 - b. September-July
 - c. Instructor led program.
 - d. Lifeguard always on duty.
 - e. \$2 per class or pay by the session and receive 2 classes free.

5. Open Gym and Swim –Northridge Middle/High School
 - a. Sunday 1:30-4:30pm at NMS – NHS Pool 2-3:45
 - b. November - May 1st
 - c. Swim (Lap lanes available), Three Basketball Courts, Volleyball, Walk-Run-Fitness and Racquetball.

- d. \$4/person or individual 10-visit punch card for \$30, family of four 10-visit card for \$100 and \$20 for each additional family member.
 - f. May use both facilities but MUST receive a hand stamp to get into 2nd facility each day to avoid additional fee charge.
 - g. Lifeguards and Supervisors(both facilities) always on duty.
6. Open Gym and Swim – Northridge High School
- a. Sunday 1:30-4:30pm (Pool 2-3:45)
 - b. May - August 1st
 - c. Swim (Lap lanes available), Two Basketball Courts, Volleyball and Walk-Run-Fitness.
 - d. \$4/person or individual 10-visit punch card for \$30, family of four 10-visit card for \$100 and \$20 for each additional family member.
 - e. Lifeguards and Supervisor always on duty.

We also incorporate an outdoor recreation program. Facilities available include the Tennis Courts, Track (southwest side of Northridge Middle School), Infield Area of the Track and the Sand Volleyball Courts. There is NO cost to use these facilities. Facilities are available unless they are being used for school or scheduled community events (ex. MYFL) and NO additional allowances will be made for usage (ex. Tennis Court lights). Finally, we encourage usage of the Middlebury Community Schools facilities and hope you enjoy these opportunities.

MORNING LAP SWIM SCHEDULE

1. Available on Monday, Wednesday and Friday AM's at the NMS/NHS Pool!
2. Lap Swim is available at 5:45-7:15am with doors being unlocked by 5:30am.
3. Cost is \$1 per person each time attending.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed when entering and leaving the building.
5. Locker room facilities are for your use – these will be shared, at times, with High School swimmers.
6. Lifeguard will always be on duty.
7. Activities will include swimming laps, walking in shallow area, treading water in deep end or whatever other exercises one chooses to incorporate into a workout session.
8. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Lap Swim will be available during the month of August:

*NOTE: The NHS Pool will be closed from Monday, August 2nd up until Monday, August 23rd for maintenance! Therefore, Lap Swim will occur at the NMS Pool during this timeframe.

Monday, August 2nd at NMS Pool until Monday, August 23rd.

Wednesday, August 4th

Friday, August 6th

Monday, August 9th

Wednesday, August 11th

Friday, August 13th

Monday, August 16th

Wednesday, August 18th

Friday, August 20th

Monday, August 23rd – Resume Lap Swim at NHS Pool.

Wednesday, August 25th

Friday, August 27th

Monday, August 30th

Questions? Ask Coach Keller! Can call at 822-5216 or e-mail at kellerj@mcsin-k12.org!

EVENING LAP SWIM SCHEDULE

1. Available on Tuesday and Thursday PM's at the NMS Pool!
2. Lap Swim is available at 6:15-7:30pm with doors being unlocked by 6pm.
3. Cost is \$2 per person each time attending.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed when entering and leaving the building.
5. Locker room facilities are for your use – these will be shared, at times, with other community recreation programs.
6. Lifeguard will always be on duty.
7. Activities will include swimming laps, walking in shallow area, treading water in deep end or whatever other exercises one chooses to incorporate into a workout session.
8. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Lap Swim will be available during the month of August:

Tuesday, August 3rd

Thursday, August 5th

*NO Lap Swim on Tuesday, August 10th!

Thursday, August 12th

Tuesday, August 17th

Thursday, August 19th

Tuesday, August 24th

Thursday, August 26th

*NO Lap Swim on Tuesday, August 31st!

Questions? Ask Coach Grace! Can call at 822-5368 or e-mail at gracec@mcsin-k12.org!

RACQUETBALL SCHEDULE

1. Racquetball will be available on Monday, Wednesday and Friday AM's at NMS.
2. Available at 5:45-7:15am with doors being unlocked at 5:30am.
3. Cost is \$1 per person each time attending.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed when entering and leaving the building.
5. Middle School PE Locker room facilities are available – these will be shared with other morning programs.
6. Must sign-in and pay upon arrival.
7. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Racquetball will be available during the month of August:

Monday, August 2nd
Wednesday, August 4th
Friday, August 6th
Monday, August 9th
Wednesday, August 11th
Friday, August 13th
Monday, August 16th
Wednesday, August 18th
Friday, August 20th
Monday, August 23rd
Wednesday, August 25th
Friday, August 27th
Monday, August 30th

Questions? Ask Coach Keller! Can call at 822-5216 or e-mail at kellerj@mcsin-k12.org!

WALKING SCHEDULE

1. Walking will be available on Monday, Wednesday and Friday AM's at NMS.
2. Available at 5:45-7:15am with doors being unlocked at 5:30am.
3. There is NO cost for this program.
4. Due to school security, everyone attending will be issued a lanyard and ID that must be displayed while walking in the building.
5. Middle School PE Locker room facilities are available – these will be shared with other morning programs.
6. Must sign-in upon arrival.
7. The walking “route” will include halls around the gym, by the fieldhouse and pool, and up into the east wing of the building when open.
8. NO additional lighting will be allotted for this program prior to 7AM other than the emergency lights or those that the custodial staff is using.
9. Can request to be added to cancellation list for inclement weather, etc. A phone call or e-mail will occur if a change is made to the original schedule.

The following dates are those in which Walking will be available during the month of August:

Monday, August 2nd
Wednesday, August 4th
Friday, August 6th
Monday, August 9th
Wednesday, August 11th
Friday, August 13th
Monday, August 16th
Wednesday, August 18th
Friday, August 20th
Monday, August 23rd
Wednesday, August 25th
Friday, August 27th
Monday, August 30th

Questions? Ask Coach Keller! Can call at 822-5216 or e-mail at kellerj@mcsin-k12.org!

OPEN GYM AND SWIM

1. Available on Sunday afternoon from May through July.
2. NHS Gym is open 1:30-4:30PM while the NHS Pool is open 2-3:45PM.
3. Cost is \$4 per person. 10-visit punch cards are available for \$30/individual or \$100/family of 4 with each additional family member costing \$20.
4. Admittance is as follows:
 - a. Adults must present their driver's license.
 - b. High School and Middle School students must present their school ID or driver's license for High School is acceptable.
 - c. Intermediate School and Elementary School students must be accompanied by an adult who can provide proof of residence with driver's license.
5. Basketball, Volleyball, and Walking/Jogging/Fitness are the only activities available during Gym usage time.
6. Lap swim lanes will be available for fitness swimming during open swim time.
7. Schedule and cancellation postings will be placed on entrance doors and MCS website in advance as soon as possible.
8. Schedule is subject to change if there is a conflict with a school event or due to inclement weather.
9. Supervisor and lifeguards(pool) will always be on duty during open gym and swim.

Operating dates are as follows:

June	6/13
July	11/18/25
August	1

*In addition, the Gym will be available for Community Rental from 4:30-5:30PM following each Gym and Swim. Rental is \$20 per court and reservations must be made at least 48 hours in advance by contacting Community Recreation Director, Joe Keller at 822-5216 or by e-mail at kellerj@mcsin-k12.org.