**Monday-Thursday.** \*The program will not meet the week of the 13th-16th. It will resume on the 20th.

We will also not meet on June 7th due to the Kennywood School Picnic.\*

**SWIMMING**

**Plum Senior High Pool**

Instructional swimming will be taught in all age groups. Advanced swimming will be taught, as the classes require it. No cutoffs permitted. Groups will be divided into alternating days if number of participants dictate.

**GRADES TIMES DAYS**

K-1 9 am -9:50 am Monday -Thursday

2-3 10 am -10:50 am Monday -Thursday

4-5-6 11 am -11:50 am Monday -Thursday

Program objective is to teach proper weight lifting techniques, which will increase body strength and individual confidence. The purpose of the flexibility program is to ensure fluid movement of the body.

**GRADES TIMES DAYS**

5-6 11-noon Tuesday and Thursday

7-8-9 11-noon Monday and Wednesday

PLUM BOROUGH SCHOOL DISTRICT

SUMMER ACTIVITY PROGRAM

**WEIGHT TRAINING & FLEXIBILITY**

**Plum Senior High Fitness Center**

Programs may be cancelled due to lack of participation without prior notification. Advance registration, therefore, is strongly encouraged. Make check payable to *Plum Borough School District*, and mail with registration form to: **Jeff Wolfe, Coordinator of Student Services, Plum High School, 900 Elicker Rd, Plum PA 15239 412.795.4880 ext. 6310 wolfej@pbsd.k12.pa.us**

June 6th – June 30th 2016

**SPEED & AGILITY**

**Plum Senior High Gymnasium Balcony**

**BASKETBALL**

**Plum Senior High Gymnasium**

The program will stress the following: shooting, passing, dribbling, running, free throws, defense, footwork and team play. Games will be played every day. Boys & girls will participate in separate programs.

**GRADES TIMES DAYS**

4-5-6 9-10:30 am Tuesday and Thursday

7-8-9 9-10:30 am Monday and Wednesday

**TENNIS**

**Plum Senior High Tennis Courts**

The program will stress the fundamentals of tennis.

**GRADES TIMES DAYS**

4-5-6 9-10:30 am Monday and Wednesday

7-8-9 9-10:30 am Tuesday and Thursday

**VOLLEYBALL**

**Plum Senior High Gymnasium II**

The program will stress the fundamentals and rules of volleyball. Games will be played every day.

**GRADES TIMES DAYS**

4-5-6 9-10:30 am Monday and Wednesday

7-8-9 9-10:30am Tuesday and Thursday

The goal of the program is to improve the overall athleticism of the individual participant.

**GRADES TIMES DAYS**

5-6 11 am -noon Monday and Wednesday

7-8-9 11 am -noon Tuesday and Thursday

Summer activities will be available for students who were in grades K-9 during the school year **2015-2016**.

Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade\_\_\_\_\_\_ (2015-2016)Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Phone \_\_\_\_\_\_\_\_\_\_\_\_\_

Activities (choose all student will participate in): \_\_\_Swimming \_\_\_Basketball \_\_\_Speed & Agility \_\_\_\_Weight Training \_\_\_\_Tennis \_\_\_\_Volleyball

**Amount Due** (please circle) One student @$35 Two students @$60 Three students @$80 Four students or more @$90