

PLUM BOROUGH SCHOOL DISTRICT

SUMMER ACTIVITY PROGRAM

June 15th – July 2nd 2015

Monday-Thursday. All equipment will be provided by the school district except where noted. Participants must provide their own gym shoes, tennis racquets, swimming suits, and towels.

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 -9:45 am	Monday -Thursday
2-3	10 am -10:45 am	Monday -Thursday
4-5-6	11 am -11:45 am	Monday -Thursday

WEIGHT TRAINING & FLEXIBILITY

Plum Senior High Fitness Center

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

SPEED & AGILITY

Plum Senior High Gymnasium Balcony

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

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

For student safety, no exceptions to grade age qualification will be

Summer activities will be available for students who were in grades K-9 during the school year **2014-2015**.

Student _____ Grade _____ (2014-2015) 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

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**