

Norwin School District Winter Recreation Program 2009-2010

Registration:	Wednesday, October 28, 2009
Location:	High School Gym - Hallway
Time:	7:00 – 8:00 p.m.
A \$10 fee will be collected for each activity (except where noted). North Huntingdon, Irwin and North Irwin residents only!	



BASKETBALL	
Dates:	November 2 – March 29 (<i>Mondays</i>)
Location:	Middle School
Time:	9:00 – 11:00 p.m.
Fee:	\$10.00
Adults Only	

RECREATION VOLLEYBALL	
Dates:	November 2 – April 29 (<i>Mondays & Thursdays</i>)
Location:	Hillcrest
Time:	9:00 – 11:00 p.m.
Fee:	\$10.00
Adults Only	

CO-ED VOLLEYBALL	
Dates:	November 2 – January 28 (<i>Thursdays</i>)
Location:	Middle School
Time:	7:00 – 9:00 p.m.
Fee:	\$10.00
Grades 9, 10, 11 and 12	



CO-ED VOLLEYBALL	
Dates:	November 2 – January 28 (<i>Thursdays</i>)
Location:	Hillcrest
Time:	6:00 – 7:00 p.m.
Fee:	\$10.00
Grades 5, 6, 7 and 8	
Students interested in the game of volleyball will practice and reinforce the skills used in the game of volleyball. Students will participate in exercises, drills activities and games using the skills taught and reviewed. All levels of play are welcomed and encouraged to participate in this recreation program.	

FUN AND FITNESS

Dates:	November 9, 16 and 23; December 7; January 4 and 11 (<i>Mondays</i>)
Location:	Hillcrest
Time:	6:00 – 7:15 p.m.
Fee:	\$10.00
Instructors:	Mary Ann Stevens Mary Ellen Ferragonio
Grades 5 and 6 students and a parent(s)/guardian(s)	
<p>This program entails an evening of fun, fitness, and family-friendly activities for the students in Grades 5 and 6 and their parent(s)/guardian(s). Each evening will include activities which intertwine fitness, wellness, movement and fun to encourage participation. A variety of games and activities will be presented in a non-threatening environment for all participates to have fun and stay fit.</p>	

WRESTLING

Dates:	November 2, 2009 (<i>Monday thru Friday</i>)
Location:	Middle School
Time:	Given on registration day
Fee:	\$45
Grades 1, 2, 3, 4, 5 and 6	

RECREATIONAL TRACK (CO-ED)

Dates:	November 3 – March 30 (<i>Mondays, Wednesdays and Fridays</i>)
Location:	High School Stadium
Time:	3:00 – 5:00 p.m.
Fee:	\$10.00
Grades 9, 10, 11 and 12	



BOYS FOOTBALL PHYSICAL FITNESS

Dates:	December 1 – June 1 (<i>Mondays, Wednesdays and Thursdays</i>)
Location:	High School Stadium
Time:	3:00 – 5:00 p.m.
Fee:	\$10.00
Grades 9, 10, 11 and 12	



FITNESS CENTER

<u>Mondays, Tuesdays, Wednesdays & Thursdays</u> 6:00 – 8:00 p.m. <u>Saturdays</u> 10:00 a.m. – 12:00 noon	
Location:	High School Fitness Center
Fee:	\$10.00 / month \$ 5.00 / month (Norwin Gold Card Members)
High School Students, Community Members, including Senior Citizens	
MEMBERS MUST HAVE A SIGNED WAIVER FORM ON FILE	



Recreation Director: J. Randall Rovesti
Norwin Senior High School
(724) 861-3006