

# **Del Com Adult Fitness Program Offering Tutoring**

**This year the Adult Fitness program is being expanded to offer tutoring for Del Com students in grades 3-8 as well as peer tutoring for HS students; computer and internet access for students as well as patrons; and circulation of library materials to patrons.**

**The tutoring program is being offered in conjunction with the Adult Fitness program to further utilize the facilities at Delta High School. Parents and students are encouraged to attend the tutoring sessions as well as the fitness opportunities available each evening.**

**A parent or guardian must be present in the building in order for the student to receive tutoring. This is not a drop off program.**

**Patrons who require tutoring will proceed upstairs to the library after signing in at the table in the foyer. Patrons using the library will be required to sign-in at the circulation desk. Parents will be required to sign-out their student from tutoring (parents may exercise or use the library while students are being tutored).**

**Parents are encouraged to contact Amy Lewman if they are planning on attending a tutoring session to ensure there are enough tutors available. Parents may call 288-5597 (Ext. 1007) or email [alewman@delcomschools.org](mailto:alewman@delcomschools.org). As the program grows, there may be a limit to the number of spots available each evening.**

**Feel free to contact Chuck DeNeal [cdeneal@delcomschools.org](mailto:cdeneal@delcomschools.org) or Amy Lewman [alewman@delcomschools.org](mailto:alewman@delcomschools.org) at Delta High School (288-5597) with any questions...**

**A list of tutoring dates is included on the back side of this information sheet. Please note that we will not have Adult Fitness if school is cancelled for inclement weather.**

## DEL COM ADULT FITNESS/RECREATION PROGRAM

A program offering fitness and recreation experiences for Delaware Community School residents, employees, and their children.

**This year our program is being expanded to offer tutoring for Del Com students in grades 3-8 as well as peer tutoring for HS students; computer and internet access for students as well as patrons; and circulation of library materials to patrons.**

Who: Any Del Com school patron or employee (School age children also are encouraged to attend with adult parent/guardian)

Where: Delta High School

When: **Tuesdays & Thursdays from 6:30 p.m. – 8:30 p.m.**

September	14, 16, 21, 23, 28, 30
October	5, 7, 12, 14, 19, 26, 28
November	2, 4, 9, 11, 16, 18
January	4, 6, 13, 18, 20, 25, 27
February	1, 3, 8, 15, 17, 22, 24
March	1, 3, 8, 10, 15, 29, 31
April	5, 7, 12, 14, 19, 21, 26, 28

What: (Activities will vary by gym availability)

Swimming/Aquatics	Weight Lifting/Conditioning
Exercise Ball Workouts	Indoor/Outdoor Jogging & Walking
Volleyball	Basketball
Badminton	Table Tennis
Shuffleboard	Tennis (Weather permitting)

Tutoring for grades 3-8 plus peer tutoring for HS students

Computer/internet access for students and parents

Circulating of library materials to Del Com patrons

Cost: **FREE**

Patrons wishing to participate should enter through the auxiliary gymnasium doors located in the east parking lot. Patrons will be expected to sign in and complete a waiver of liability before participating. Children are encouraged to attend with their parents.

Patrons who require tutoring will proceed upstairs to the library after signing in at the table in the foyer. Patrons using the library will be required to sign-in at the circulation desk. Parents will be required to sign-out their student from tutoring (parents may exercise or use the library while students are being tutored).

**STUDENTS UNDER THE AGE OF 18 MUST HAVE A PARENT/GUARDIAN PRESENT IN THE BUILDING IN ORDER TO PARTICIPATE IN THE PROGRAM.**

Feel free to contact Chuck DeNeal [cdeneal@delcomschools.org](mailto:cdeneal@delcomschools.org) or Amy Lewman [alewman@delcomschools.org](mailto:alewman@delcomschools.org) at Delta High School with any questions...