

FALL 2019 LEARN TO SWIM PROGRAM



To: Dallastown Area School District Residents
From: Gina McHenry, Aquatics Director
RE: Instructional Swimming Program from Preschool (4 yr. old) to 8th grade – Fall 2019

An instructional swimming program (American Red Cross) will be offered to district students this fall. Classes meet eight times for 45 minutes (30 minutes for preschool). The fee is \$41.00 for the 8 lessons. Classes are filled on a first come – first serve basis. Some classes fill quickly. There are two ways to register:

1. Register in person 6 – 7 pm on **Tuesday, August 20th** in the Middle School cafeteria (gets first preference). Please bring the attached form along to registration.
2. Beginning **Wednesday, August 22nd**, email LearnToSwim@dallastown.net. **Please do not send any email registrations prior to August 22nd, no exceptions will be made.** If using method 2 please provide the following information: student's name, 1st and 2nd choice of class time, whether the student is a returning student or new to the program, and class level (if known). You will receive email verification to confirm class and directions to mail the registration form and payment.

*Non district residents may register beginning Friday, August 23rd Fee for non-district students is \$49.00.

* Questions can be directed to: learntoswim@dallastown.net.

**for any weather related cancellations/make-up class information, please check the aquatics web site at www.dallastown.net or sign up for text notifications at <https://remind.com/join/2bd2g>. In the event a class is cancelled due to circumstances beyond our control, we will attempt to make up the class but cannot guarantee availability.

TIMES

DATES

Monday afternoons

4:30 – 5:15	Level 3	September 9, 2019 through
5:15 – 6:00	Level 1, Level 2	October 28, 2019

Tuesday afternoons

4:30 – 5:00	Preschool class for 4/5 year olds	September 3, 2019 through
5:15 – 5:45	Preschool class for 4/5 year olds	October 22, 2019

Preschool class is **the only class we offer for 4 year olds and 5 year olds** who are not attending Kindergarten. Class is adjusted to younger children in a smaller class setting. Younger students often get chilled and/or lose attention after 30 minutes. Special arrangements will be made for locker rooms for this class only.

Proof of date of birth required with registration.

Wednesday afternoons

4:30 – 5:15	Level 1, Level 2	September 4, 2019 through
5:15 – 6:00	Level 3	October 25, 2019

Thursday afternoons

4:30 – 5:15	Level 1, Level 2	September 5, 2019 through
5:15 – 6:00	Levels 4, 5 and 6	October 31, 2019

Classes WILL NOT be held on Oct. 17

Saturday

9:00 – 9:45	Level 1, Level 2	
10:00 – 10:45	Level 1, Level 2	September 7, 2019 through
11:00 – 11:45	Level 3	October 26, 2019
12:00 – 12:45	Level 4, 5 and 6	

Please do not arrive at the pool more than 10 minutes prior to the start of your child's class

Fall 2019 Learn to Swim Program Registration Form

Please complete and bring to registration on August 21st or mail with payment after receiving email confirmation.

Name of Student: _____ Birthdate _____ Gender: (please circle) M F

Phone: cell _____ home _____ work _____

Address: _____

Name of Parent/Guardian: _____ School attending Fall 2019 _____

Class day requested: _____ Time: _____ Last recommended level _____

It is not in your child's best interest to skip levels. Typically, the most progress is achieved when they are in the level most recently recommended for them.

Does your child have any conditions we need to know about? _____

Please be prompt in picking up your child. In concern for your child's safety, if you are not there to meet your child after they leave lessons, please instruct them to return to the pool deck and tell their teacher or lifeguard. They will be kept with pool staff until picked up.

***Please sign and date that you read the above and relayed the information to your child:**

Parent/Guardian Signature _____ Date _____

Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress. A partial list of water skills taught is included below.

Level 1: Introduction to Water Skills – Help students feel comfortable in the water. Some skills taught: Submerge mouth, nose and eyes; float on front and back; open eyes underwater to pick up object; exhale underwater; tread water; combined arm and leg action on front and back.

Level 2: Fundamental Aquatic Skills – Gives students success with fundamental skills. Some skills taught: jump from side; tread water; swim on front and back using combined strokes, jellyfish float, bobbing in water; roll from front to back and back to front.

Level 3: Stroke Development – Some skills: perform front crawl; elementary backstroke; flutter, dolphin and scissors kick and body motion; survival float; headfirst entries from sitting and kneeling positions.

Level 4: Stroke Improvement – Swim under water, feet first surface dive; survival swimming; front crawl and backstroke open turns; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; headfirst entries from side in compact and stride positions.

Level 5: Stroke Refinement - Continue working on all six strokes, open turns on front and back, front flip turn and backstroke flip turn.

Level 6: Swimming and Skill Proficiency – Refines the strokes so students can swim them with ease, efficiency, power and smoothness over greater distances.

- Students must provide their own suits, towels, and transportation to and from the middle school pool. Parents may wait in the pool entrance lobby during the lessons.
- Only boys may change in the boy's locker room, girls in the girl's locker room (except for preschool class).
- The fee is \$41.00 for the 8 lessons; checks should be made out to DALLASTOWN AREA SCHOOL DISTRICT. **Returned check fee is \$25.00.** We accept cash, check, or money orders. No refunds.
- No makeup days are available. A \$20 credit slip will be issued for those students missing four or more classes with a doctor excuse.
- The last day of class will be designated as visitation.



DALLASTOWN AREA SCHOOL DISTRICT

Parents/Guardians of Learn to Swim students:

As of now, only those adults that have clearances on record with Dallastown School District may be in the locker rooms.

For the preschool class, if you do not have your clearances on file with the district, please enter and exit the pool area through the side door with your child. You may utilize the restrooms in the lobby to help your child change if you wish.

For levels 1 - 6, if you choose to send your child through the locker room, we encourage you to dress your child in easy 'on/off' clothing. You may then come through the side pool door to make sure your child arrives safely on the pool deck. Or students may enter and exit the pool area through the side door.

Following is the official wording regarding locker room usage:

“Only current approved volunteers as listed on the Approved Volunteer Roster may enter the locker room. Violation of this rule may result in prosecution for trespass and/or loss of visitor privileges. For questions or concerns, please contact Human Resources, at (717) 244-4022.