

SPRING SWIM PROGRAM

To: Parents of Dallastown Area School District Students
From: Rich Howley, Aquatics Director
RE: Instructional Swimming Program from Preschool (4 years old) to 8th grade– Spring 2017

An instructional swimming program (American Red Cross) will be offered to district students this spring. Classes meet once a week for 45 minutes. Classes are filled on a first come – first serve basis. Some classes fill quickly. There are two ways to register:

1. Register in person on **Tuesday, February 21st** (snow date **Wednesday, February 22nd**) in the Middle School cafeteria from 6-7pm (**gets first preference**).
2. Email LearnToSwim@dallastown.net starting **February 22nd** or **February 23rd** if snow date is used for original registration date. **Please do not send any email registrations prior to February 22nd (23rd).**

No early registrations will be accepted, 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 and directions to mail the form and payment.

- Non-district residents may take classes, if there are openings, beginning **Feb. 27th**. The cost will be \$49.00.

**for any weather related cancellations/make-up class information, please check the aquatics web site at <http://www.dallastown.net/domain/15>

TIMES

DATES

Monday afternoons

4:30 – 5:15	Level 1, Level 2	March 13, 2017 through
5:15 - 6:00	Level 3	May 1, 2017

(Class **WILL** be held on April 17th)

Tuesday afternoons

4:30 – 5:00	Preschool class for 4/5 year olds	March 14, 2017 through
5:15 – 6:00	Preschool class for 4/5 year olds	May 2, 2017

** Each class will be 30 minutes and have a maximum of 5 students per instructor. Proof of DOB required with registration. Special arrangements will be made for locker rooms for this class only. All other classes, the students must be 5 years and in kindergarten or older and use gender appropriate locker room.

Wednesday afternoons

4:30 – 5:15	Level 1, Level 2	March 15, 2017 through
5:15 – 6:00	Level 3	May 3, 2017

Thursday afternoons

4:30 – 5:15	Level 1, Level 2	March 16, 2017 through
5:15 – 6:00	Levels 4, 5 and 6	May 4, 2017

Saturday

9:00 – 9:30	Level 1, Level 2	
10:00 – 10:45	Level 1, Level 2	March 11, 2017 through
11:00 – 11:45	Level 3	May 6, 2017
12:00 – 12:45	Level 4, 5 and 6	(NO class April 15 th)

Spring 2017 Learn to Swim Program Registration Form
Please complete and bring to registration on Tuesday, February 21, 2017
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: _____ Class day requested: _____ Time: _____

School attending Spring 2017 _____

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

Please discuss proper locker room behavior with your child. Also, 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 gain basic aquatic skills. Some skills taught: Submerge mouth, nose and eyes; float on front and back; open eyes underwater to pick up object; 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, breast stroke and scissors kicks; 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; arm and leg action of all six strokes.

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 and turns 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 or side hallway during the lessons.
- Boys will need to change in 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.
- The last day of class will be designated as visitation day.
- No makeup classes are available. A credit slip will be issued for those students missing four or more classes with a doctor excuse.



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, please discuss proper locker room behavior with your child. 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 regarding clearances, please contact Human Resources, at (717) 244-4021.