



CENTRAL YORK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

FALL 2014

Welcome to the Fall 2014 Central York School District Community Aquatics Program Guide. The Central York School District Community Aquatics Program offers opportunities for residents of ALL ages and abilities. The following are miscellaneous aquatics offerings available from September through November 2014.

AM Lap Swim

Open to members who want to swim for fitness and/or competition. Participants are expected to design their own workouts.

Schedule: 5:30 to 6:45 a.m., September 8 through November 14, Mondays, Wednesdays, Fridays

**** No session October 13 & November 10**

Cost: \$40/Resident; \$55/Non-Resident

PM Lap Swim

Open to members who want to swim for fitness and/or competition. Participants are expected to design their own workouts.

Schedule: 8:00 to 9:00 p.m., September 8 through November 13, Mondays, Tuesdays, Wednesdays, & Thursdays

**** No sessions September 11, 16, 23, October 13, & November 10**

Cost: \$36/Resident; \$50/Non-Resident

NEW! Combination Lap Swim Option

*For those participants who can't attend our AM or PM program on a regular basis, you now have the option to pay **ONE** price to register for **BOTH** programs, and attend when best fits your schedule!*

Open to members who want to swim for fitness and/or competition. Participants are expected to design their own workouts.

Cost: \$60/Resident; \$82/Non-Resident



Recreational Swim

Open for members to use the pool for recreational purposes. Also provides an opportunity for adults and children who are enrolled in instructional programs to develop their skills. Swimmers under 10 years of age must be accompanied by an adult who is dressed to swim.

Schedule: 12:30 to 3 p.m. Saturdays
September 13 through November 8

****No sessions September 20, October 11, & November 1**

Cost: \$2.50/Resident Per Swim (Guests of Residents \$2.50); \$5/Non-Resident Per Swim (Guests of Non-Residents \$5)

CENTRAL YORK SCHOOL DISTRICT

775 Marion Road York, PA 17406 ✕ (717) 846-6789 ✕ www.cysd.k12.pa.us

Dr. Michael S. Snell, Superintendent

CENTRAL YORK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

The Learn-to-Swim program follows American Red Cross guidelines to structure and help you and/or your child learn to swim skillfully and safely. Guidelines are available online at: www.cysd.k12.pa.us.

SWIMMING LESSONS FOR AGES 3 & UP

PANTHER CUB PRESCHOOL LESSONS:

Open to toilet-trained children between the ages of 3 and 5. Basic aquatic safety and survival skills are taught to establish children's comfort in and around the water. Parents will assist their children in the locker rooms and may observe from the pool deck bleachers. Limit of 20 students per class. Note: All Panther Cubs will follow the same schedule, but will be grouped by ability based on the descriptions below. Please review the following information about different Panther Cub Levels to ensure you are enrolling your child in the correct class for his or her abilities.

Panther Cub Level 1: *Child can leave parent willingly, is comfortable in the water & can follow directions in a small group setting. Lesson objectives: Comfort & safety in the water, elementary swim skills, adjustment to water*

Panther Cub Level 2: *Child can front float with face in the water for 3 seconds and back float with support for 3 seconds. Lesson objectives: Independent swimming skills are taught and improved upon.*

Panther Cub Level 3: *Child can fully submerge head and can swim 5 yards on back and front without support. Lesson objectives: Master the ability to jump into the water and swim 15 yards with face in the water, and swim 15 yards on back.*

Schedule: (Listed By Session)

Session A: 5:15-5:45pm, Tuesdays
September 9 through October 7
**** No class September 16 & 23**
Cost: \$9/Resident; \$15/Non-Resident

Session B: 5:15-5:45pm, Thursdays
September 18 through October 9
*** No class September 11**
Cost: \$12/Resident; \$20/Non-Resident

Session C: 5:15-5:45pm, Tuesdays
October 14 through November 11
Cost: \$15/Resident; \$25/Non-Resident

Session D: 5:15-5:45pm, Thursdays
October 16 through November 13
Cost: \$15/Resident; \$25/Non-Resident

LEARN TO SWIM LESSONS:

Learn to Swim levels are designed for ages 6 and older, with the objective of teaching children to be safe in, on and around the water. Progression through the levels will teach and require the following skills: water adjustment, buoyancy, water entry and exits, skill development, turns, personal safety and rescue techniques. Not every level includes teaching skills in all of the above categories.

****No Classes November 10, 2014**

Learn to Swim Level 1

Child should be able to leave parent willingly, is comfortable in the water & can follow directions in a small group setting. Lesson objectives: comfort and safety in the water; elementary swim skills; respect for and adjustment to water. 12 students per class. Parents will observe from the natatorium gallery.

Schedule: (Listed By Session)

Session A: 6:00-6:45pm, Mondays & Wednesdays
September 8 through October 8

Session B: 5:45-6:30pm, Tuesdays & Thursdays
September 9 through October 9

**** No class September 11, 16, & 23**

Session C: 6:00-6:45pm, Mondays & Wednesdays
October 15 through November 12

Session D: 5:45-6:30pm, Tuesdays & Thursdays
October 14 through November 13

Cost for Sessions A, C & D: \$25/Resident; \$50/Non-Resident; **Cost for Session B:** \$18.25/Resident; \$36.50/Non-Resident

Learn to Swim Level 2

Child should be able to front float with face in the water for 3 seconds and back float with support for 3 seconds. Lesson objectives: Beginner swimming skills are introduced; front & back floating without support, and comfort with alternating leg and arm motions. Parents will observe from the natatorium gallery. Limit 12 students per class.

Schedule: (Listed By Session)

Session A: 6:00-6:45pm, Mondays & Wednesdays
September 8 through October 8

Session B: 5:45-6:30pm, Tuesdays & Thursdays
September 9 through October 9

**** No class September 11, 16, & 23**

Session C: 6:00-6:45pm, Mondays & Wednesdays
October 15 through November 12

Session D: 5:45-6:30pm, Tuesdays & Thursdays
October 14 through November 13

Cost for Sessions A, C & D: \$25/Resident; \$50/Non-Resident; **Cost for Session B:** \$18.25/Resident; \$36.50/Non-Resident

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SWIMMING LESSONS FOR AGES 6 & UP

Learn to Swim Level 3

Child should be able to swim 5 yards on back and front without support and is able to use alternating leg and arm motions. Lesson objective: Learn rotary breathing, diving from the side of the pool, treading water and deep water safety skills. Parents will observe from natatorium gallery. Limit 12 students per class.

Schedule: (Listed By Session)

Session A: 6:45-7:30pm, Mondays & Wednesdays, September 8 through October 8

Session B: 6:30-7:15pm, Tuesdays & Thursdays, September 9 through October 9

**** No class September 11, 16, & 23**

Session C: 6:45-7:30pm, Mondays & Wednesdays, October 15 through November 12

Session D: 6:30-7:15pm, Tuesdays & Thursdays, October 14 through November 13

Cost for Sessions A, C & D: \$25/Resident; \$50/Non-Resident; **Cost for Session B:** \$18.25/Resident; \$36.50/Non-Resident

Learn to Swim Level 4

Child should be able to swim freestyle and backstroke one full length of the pool. Lesson objective: development of swimming endurance; learn a variety of strokes, kicks and feet first surface dives. Parents will observe from natatorium gallery. Limit 12 students per class.

Schedule: (Listed By Session)

Session A: 6:45-7:30pm, Mondays & Wednesdays, September 8 through October 8

Session B: 6:30-7:15pm, Tuesdays & Thursdays, September 9 through October 9

**** No class September 11, 16, & 23**

Session C: 6:45-7:30pm, Mondays & Wednesdays, October 15 through November 12

Session D: 6:30-7:15pm, Tuesdays & Thursdays, October 14 through November 13

Cost for Sessions A, C & D: \$25/Resident; \$50/Non-Resident; **Cost for Session B:** \$18.25/Resident; \$36.50/Non-Resident



Learn to Swim Level 5

Child should be able to swim multiple lengths of freestyle, backstroke and breaststroke with proper breathing technique and can swim sidestroke & butterfly. Lesson objective: Coordination and refinement of learned strokes; Introduce & develop flip turns and pike and tuck surface dives. 15 students per class. Parents may observe from the natatorium gallery.

Schedule: (Listed By Session)

Session A: 5:15-6:00pm, Mondays & Wednesdays, September 8 through October 8

Session B: 5:15-6:00pm, Mondays & Wednesdays, October 15 through November 12

Cost: \$25/Resident; \$50/Non-Resident

Learn to Swim Level 6

Child should be able to swim multiple lengths of all strokes and can perform flip turns and surface dives. Lesson objective: Increase of swimming endurance and efficiency of all strokes, turns and diving techniques. Parents may observe from the natatorium gallery. Limit 15 students per class.

Schedule: (Listed By Session)

Session A: 5:15-6:00pm, Mondays & Wednesdays, September 8 through October 8

Session B: 5:15-6:00pm, Mondays & Wednesdays, October 15 through November 12

Cost: \$25/Resident; \$50/Non-Resident

CENTRAL YORK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

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COMPETITIVE SWIMMING

Central York Aquatics Competitive Swim Team

Central York Aquatics is a year-round club available to individuals of all ages and residences. Team members compete at USA Swimming sanctioned meets as well as local league dual meets. Registration and information for the can be found online at: www.swimcya.org

WATER EXERCISE CLASS OFFERINGS

Water Aerobics

Multiple aspects of water fitness are implemented to improve the cardiovascular system, increase flexibility, and improve posture and alignment. The water's natural buoyancy & gentle resistance makes this a great workout for any age group. Open to adult program members. 30 participants per class.

Schedule:

Session A: 7:30 to 8:30 p.m., Mondays & Wednesdays, September 8 through November 5

**** Cancelled October 13**

Cost: \$30/Resident; \$50/Non-Resident

Session B: 7:30 to 8:30 p.m. Tuesdays & Thursdays, September 9 through November 13

****Cancelled September 11, 16, & 23**

Cost: \$26.25/Resident; \$50/Non-Resident

Deep Water Aerobics

This is an intense workout without the stress on joints. Good for people with knee, hip, or back problems. Multiple aspects of water fitness are implemented. Participants wear flotation belts and must be comfortable in deep water to participate. Flotation belts will be provided. 30 adults per class.

Schedule: 6:30 to 7:30 p.m.

Fridays, September 12 through November 14

**** Cancelled September 19 & October 17**

Cost: \$27/Resident; \$45.50/Non-Resident

GENERAL INFORMATION

Aquatics Program Contact Information

For additional questions or concerns, please contact Mrs. Cathleen Kindred, Aquatics Director, at (717) 846-6789 ext. 1375 or ckindred@cysd.k12.pa.us or Mrs. Jane Bauer, Athletics Department Secretary, at (717) 846-6789, ext. 1316 or jbauer@cysd.k12.pa.us.

Membership Fees

Membership in the Community Aquatics Program is required for participation in ALL programs, including Recreational Swims. Fees are charged to cover costs associated with pool maintenance and session staffing. Membership is valid September 1, 2014 through August 31, 2015. Fees are not refundable.

Individual: \$5/Resident; \$20/Non-Resident

Family: \$10/Resident; \$35/Non-Resident

Registration

Registration in all sessions is offered on a first-come, first-served basis, with priority given to Central York School District residents.

Confirmation

Mailing a registration form and payment does not guarantee registration in a session or class. You will be asked to indicate your preference for registration confirmation - letter or email - on the enclosed registration form. If the class is filled when we receive your registration form and payment, we will return both to you as promptly as possible. If you are registered successfully, you will receive confirmation one week prior to the start of your session.

FALL 2014 REGISTRATION FORM

This form must be completed and returned, with payment, in order for registration to be processed. Send checks or money orders payable to "CYSD" to: Aquatics Secretary, 601 Mundis Mill Road, York, PA 17406. Membership fees are paid once annually. Your membership is valid September 1, 2014 through August 31, 2015. **Registration Deadlines: AUGUST 25th, 2014 for all programs beginning in September; SEPTEMBER 30th, 2014 for all programs beginning in October.**

Name

Mailing Address:

Phone No.

Email Address

Membership

YES or NO (If no, please pay membership fee)

New Members: *Please list ALL family members.*

Family - Resident

Family - Non-Resident

Individual - Resident

Individual - Non Resident

Course Registration Section: List each course & participant separately on the lines below. Please indicate Level and Session for our Learn to Swim program. Please indicate a first or second choice using a 1 or 2 for Swim School sessions in case your first choice is filled.

Course Name

Course Participant Name & Age

Membership Fee Total:

Course Fee Total:

Total Amount Enclosed:

Confirmation Preference (Circle)

Email

Letter