

## SUMMER 2024 LEARN TO SWIM PROGRAM



To: Parents of Dallastown Area School District Students  
From: Gina McHenry, Aquatics Director  
RE: Instructional Swimming Program for students 5 years old to 8<sup>th</sup> grade

An instructional swimming program (American Red Cross) will be offered to district students this summer. Classes meet eight times for 45 minutes. The fee is \$45.00 for the 8 lessons. Classes are filled on a first come – first serve basis. Some classes fill quickly. There are several ways to register:

1. District residents may register in person 6 – 7 P.M. on **Thursday, May 23<sup>rd</sup>** in the Middle School lobby (gets first preference). Please complete and bring the attached form along to registration.
2. Beginning **Friday, May 24<sup>th</sup>** email [learntoswim@dallastown.net](mailto:learntoswim@dallastown.net). **Please do not send any email registrations prior to May 24<sup>th</sup>, no early registrations will be accepted.** Please email 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 instructions to return the form and payment.**
3. There will be an open registration at the pool the last day of Session 1 and Session 2.

\***Non district** residents may register beginning **Monday, June 3**. Fee for non-district students is \$55.00.

\* Questions can be directed to: [learntoswim@dallastown.net](mailto:learntoswim@dallastown.net).

**\*\*Children must be 5 years old by the date of the first class to participate.\*\***

**\*\*Proof of date of birth required for all first time registrations\*\***

\*\*for any weather related cancellations/make-up class information, please check the aquatics web site at [www.dallastown.net](http://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.

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, breaststroke 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, tuck and pike surface dives, 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 and 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.
- The fee is \$45.00 for the 8 lessons; checks should be made out to DALLASTOWN AREA SCHOOL DISTRICT. **There is an additional fee for checks returned by the bank.** We accept **exact** cash, check, or money orders.
- The last day of class will be designated as visitation day.
- **NO MAKEUP CLASSES ARE AVAILABLE.** A \$20.00 credit slip will be issued for those students missing four or more classes with a doctor excuse.

## Summer 2024

<u>Session 1:</u> 9:00 AM – 9:45 AM – Level 1, Level 2 10:00 AM – 10:45 AM – Level 1, Level 2 11:00 AM - 11:45 AM – Level 3 12:00 PM - 12:45 PM – Level 4, Level 5, Level 6	June 10 – 13, 2024 AND June 17 - 20, 2024
<u>Session 2:</u> 9:00 AM – 9:45 AM – Level 3 10:00 AM - 10:45 AM – Level 1, Level 2 11:00 AM – 11:45 AM – Level 1, Level 2 12:00 PM - 12:45 PM – Level 4, Level 5, Level 6	June 24 – 28, 2024 AND July 1 – 3, 2024
<u>Session 3:</u> 9:00 AM – 9:45 AM – Level 1, Level 2 10:00 AM – 10:45 AM – Level 1, Level 2 11:00 AM – 11:45 AM – Level 3 12:00 PM - 12:45 PM – Level 4, Level 5, Level 6	July 8 – 11, 2024 AND July 15 - 18, 2024

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

There will be an open registration at the pool the last day of Session 1 and Session 2.

\* Questions can be directed to: [learntoswim@dallastown.net](mailto:learntoswim@dallastown.net).\*

### Summer 2024 Learn to Swim Program Registration Form

**Please complete and bring to registration on May 23<sup>rd</sup> or return 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 2024 \_\_\_\_\_

Session requested: \_\_\_\_\_ Time requested: \_\_\_\_\_ 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 this information to your child\***

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Parent/Guardian Signature

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Date



# 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. Instructions for submitting your clearances can be found on the district website – [dallastown.net](http://dallastown.net) – Human Resources – Clearances – Volunteer Clearances. Questions should be directed to Human Resources.

If you choose to have your child use 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.