

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.

Where should I place my child?

Follow these guidelines when registering for swim lessons

ENROLL IN:	IF PARTICIPANT CAN:	COURSE OBJECTIVE:
PARENT-CHILD LESSONS: AGES 6 MONTHS-3 YEARS		
These classes are NOT designed to teach children to become good swimmers. The goal is to orient children with the water and to educate parents or guardians about safe water activities		
Parent-Child	This is a parent-child class, no previous swimming ability required for the child. Child must be accompanied in the water by <u>one</u> adult.	Comfort, water acclimation skills and water safety skills
PANTHER CUB PRESCHOOL LESSONS: AGES 3-5		
Preschool- Level 1	One adult is required to be in the water with the child. Child can follow directions in a small group setting.	Comfort & safety in the water; elementary swim skills, adjustment to water
Preschool - Level 2	front float with face in the water for 3 seconds and back float with support for 3 seconds.	Independent swimming skills are taught and improved upon.
Preschool- Level 3	fully submerge head and can swim 5 yards on back and front without support.	Master the ability to jump into the water and swim 15 yards with face in the water; and swim 15 yards on back.
SCHOOL AGE SWIM LESSONS: AGES 6 & UP		
Elementary Beginner (NEW)	This is a parent-child class, no previous swimming ability required for the child. Child must be accompanied in the water by one <u>adult</u> .	Comfort, water acclimation skills & water safety skills. Develop skills needed to safely participate in a group setting.
Level 1	leave parent willingly; is comfortable in the water & can follow directions in a small group setting.	Beginner swimming skills are introduced; comfort and safety in the water; elementary swim skills; respect for and adjustment to water.
Level 2	front float with face in the water for 3 seconds and back float with support for 3 seconds.	Learn rotary breathing, front & back floating without support, and comfort with alternating leg and arm motions.
Level 3	swim 5 yards on back and front without support and is able to use alternating leg and arm motions. Demonstrates rotary breathing	Refine strokes, diving from the side of the pool, treading water and deep water safety skills.
Level 4	swim freestyle and backstroke one full length of the pool.	Development of swimming endurance; learn a variety of strokes, kicks and feet first surface dives.
Level 5	swim multiple lengths of freestyle, backstroke and breaststroke with proper breathing technique and can swim sidestroke & butterfly.	Coordination and refinement of learned strokes; Introduce & develop flip turns and pike and tuck surface dives
Level 6	swim multiple lengths of all strokes and can perform flip turns and surface dives.	Increase of swimming endurance and efficiency of all strokes, turns and diving techniques