



CENTRAL YORK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

WINTER 2023 - 2024

Welcome to the Winter 2023 Central York School District Community Aquatics Program Guide. Schedules and prices are listed for all offerings. Program descriptions & registration are available in our Web Store online. Refer to page 4 for more details on accessing the Web Store.

AM Lap Swim: 5:30 to 6:45 a.m., Mondays,

Wednesdays, Fridays, November 29-March 15

**** No session December 25, 27, 29, January 1, 15**

February 9, & 19

Cost: \$55/Resident; \$75/Non-Resident

PM Lap Swim: 8:00-9pm Monday, Tuesday,

Thursday; 7:00-8:00pm Wednesdays

December 4-March 14

**** No session December 12, Dec 25-Jan 2,**

January 11, 15, 18, 25, February 1, 8, 19

Cost: \$55/Resident; \$75/Non-Resident

Combination Lap Swim Option

Cost: \$75/Resident; \$85/Non-Resident

Recreational Swim:

Sundays, 12:00-5:00 pm, December 3-March 10

****No session December 24, 31, January 14, February 18**

Please note, a portion of the shallow pool will be reserved for programs until 1pm

Cost: \$5.00/Resident Per Swim (& Guests);

\$10.00/Non-Resident (& Guests)

Seasonal REC Swim Pass:

December 3-March 10

Cost: \$30 Resident, \$40/Non-Resident

Water Aerobics

Session A: Mondays, 7:40-8:40pm

December 4-March 11

****No session December 25, January 1, 15, February 19**

Cost: \$20/Resident; \$30/Non-Resident

Session B: Tuesdays & Thursdays, 7:40-8:40pm

December 5-March 14

****No session December 12, Dec 25-Jan 2,**

January 11, 18, 25, February 1, 8

Cost: \$40/Resident; \$60/Non-Resident

Session C: Sundays, 12:00-1pm

December 3-March 10

****No session December 24, 31, January 14, February 18**

Cost: \$20/Resident; \$30/Non-Resident

American Red Cross

Lifeguard Training

December 6-10

Please see attached flyer for details

Cost: \$225/Residents; \$275 Non-Residents

GENERAL INFORMATION

Aquatics Program Contact Information

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

Aquatics Website

The aquatics website can be found at www.cysd.k12.pa.us under the 'Community' tab. All program cancellations and aquatics department updates are posted online.

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. All participants are required to pay the annual fee one time during the membership period. **Membership is valid September 1, 2023 through August 31, 2024.** Fees are not refundable.

Individual: \$10/Resident; \$25/Non-Resident

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

CENTRAL YORK SCHOOL DISTRICT

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

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.

SWIM LESSON INFORMATION

PARENT-CHILD LESSONS (AGES 6 months-3 years):

Cost: \$40/Resident; \$60/Non-Resident

An adult is required to be in the water with the participant

PRESCHOOL LESSONS (AGES 3-5):

Cost : \$40/Resident; \$50/Non-Resident

An adult is required to be in the water with Preschool Level 1

LEVELS 1-6 SCHOOL AGED LESSONS (AGES 6+):

Cost: \$40/Resident; \$50/Non-Resident

INTRO TO WATER POLO

Cost: \$75/Resident; \$100 Non-Resident

Participants must be at least a Level 4 or have approval from aquatics director.
Course will provide an overview of the basic skills, techniques, and rules of the game.

ADAPTIVE LESSONS

\$50/Resident; \$75/Non-Resident

Additional lessons may be scheduled by emailing: clane@cysd.k12.pa.us

ADULT LESSONS

\$60/Resident; \$80/Non-Resident

Both intermediate and beginner lessons will be offered, Wednesdays 7:15-8pm

Before enrolling for lessons, please review the guidelines on the placement chart to determine which Level is suitable. The placement chart can be found on our [Aquatics Website](http://www.cysd.k12.pa.us) at the bottom of the page.

Note: The letters on the schedule correlate with the registration online. For example, the Level 1 lessons offered Mondays November 27-December 18 will be listed as Levels 1 & 2-M1 (Winter 23-24)

SCHEDULES ON THE NEXT PAGE

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SWIM LESSON INFORMATION-SCHEDULES

Sessions	
Mondays	M1: November 27, December 4, 11, 18 M2: Jan 8, 22, 29, February 5
Wednesdays	W1: November 29, December 6, 13, 20 W2: January 10, 17, 24, 31 W3: February 7, 14, 21, 28
Tuesday & Thursdays	TR1: February 20, 22, 27, 29 TR2: March 5, 7, 12, 14
Fridays	F1: December 1, 8, 15, 22 F2: January 5, 12, 19, 26

Mondays	
5:15-5:45pm	Levels 5 & 6, Adaptive
5:50-6:20pm	Levels 1 & 2
6:25-6:55pm	Levels 3 & 4

Wednesdays	
5:15-5:45pm	Preschool & Parent/Child
5:50-6:20pm	Levels 1 & 2
6:25-6:55pm	Levels 3 & 4, Adaptive
7:15-8:00pm	Adults

Tuesday & Thursday	
4:45pm-5:15pm	Preschool, Parent/Child
5:20-5:50pm	Levels 1 & 2 (A)
6:00-6:30pm	Levels 1 & 2 (B)
6:35-7:05pm	Levels 3 & 4

Fridays	
5:00-5:45pm	Water Polo
5:55-6:25pm	Levels 5 & 6

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REGISTRATION **INFORMATION**

The Central York School District now provides participants with an easy and convenient way to register and pay online for our Aquatics programs!

2 WAYS TO REGISTER:

- **Online Registration:** Participants may pay with VISA, Discover or Master Card debit or credit cards. The Central York Web Store accepts online payments 24/7 through a secure site provided by RevTrak, a national credit card payment processor. You will need the following information to register: Your name, address, phone number, email address and the name & birth dates of any family member you wish to register.
You can access the Web Store link to register by visiting our Aquatics Brochure webpage at: http://www.cysd.k12.pa.us/community/aquatics_department
- **Register over the phone:** For participants without Internet access or who must pay by cash or check, please call Mrs. Jane Bauer, Aquatics Secretary at (717) 846-6789 ext. 1316. You will need the following information: Your name, address, phone number and the name & birth dates of any family member you wish to register. If there is vacancy in the desired program(s), you will be asked to mail in your payment to: Aquatics Secretary, 601 Mundis Mill Rd, York, PA 17406. Checks made payable to "CYSD".

Registrations for **swim lessons** will close after the deadline.
All other programs will accept registrations until filled.

M1/W1/F1: November 24

M2/W2/F2: December 20

W3: January 24

TR1: February 7

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AMERICAN RED CROSS **LIFEGUARD TRAINING**

This course will provide candidates with the skills and knowledge to prevent, recognize, and respond to emergencies and to provide care for injuries and sudden illnesses. Participants will receive a certification in Lifeguarding, First Aid, & CPR/AED valid for 2 years.

- Participants must be **15 years old** on or before the final class session.
- Candidates will be required to pass a swim test prior to the first day of class. Course participation is contingent upon passing this pre-test.
- Internet access to complete blended learning course materials
- Attendance is mandatory at **ALL** sessions.

COURSE SCHEDULE

Times may be Adjusted

Pre-test by appointment

Wednesday, December 6: 3-5pm

Thursday, December 7: 3-6pm

Friday, December 8: 12:30-6pm

Saturday, December 9: 9am-6pm

Sunday, December 10: 9am-6pm

Cost:

\$225 Resident; \$275 Non-Resident

No cost for approved applicants CYSD

PRE-TEST:

1. 300 yard swim (goggles optional, face must be in the water)
2. 2 minutes treading water without use of the arms
3. Timed 20 yard swim with brick retrieval at 9 feet, without goggles, in under 1:40.

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