



CENTRAL YORK SCHOOL DISTRICT COMMUNITY AQUATICS PROGRAM

SPRING 2024

Our spring session will run April 1 through May 24. 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.

Due to renovations, there will be no community programs offered over the summer, programs will resume in the fall of 2024.

AM Lap Swim: 5:30 to 6:45 a.m., April 3-
May 24, Mondays, Wednesdays, Fridays
Cost: \$55/Resident; \$75/Non-Resident

PM Lap Swim: April 2-May 23
Mon, Tues, & Thurs: 8-9pm
Wednesdays: 7-8pm
Cost: \$55/Resident; \$75/Non-Resident

Combination Lap Swim Option
Cost: \$75/Resident; \$85/Non-Resident

Water Aerobics
Session A: 7:40 to 8:40 p.m., Mondays Only
April 8-May 20
Cost: \$20 Resident; \$30/Non-Resident

Session B: 7:40 to 8:40 p.m. Tuesdays &
Thursdays, April 2-May 23
Cost: \$40/Resident; \$60/Non-Resident

Session C: 12-1:00pm Sundays, April 7-May 19
Cost: \$20 Resident; \$30/Non-Resident

Recreational Swim: 12:00-5:00pm, SUNDAYS
April 7-May 19

Cost: \$5.00/Resident Per Swim (& Guests of Residents); \$10.00/Non-Resident Per Swim (& Guests of Non-Residents)

Spring Pass: \$20 per Resident, \$30 per Non-Resident

Lifeguard Training:

This course will certify participants in American Red Cross Lifeguarding, First Aid, CPR/AED. *See attached flyer for more information.*

Spring A: April 16, 18-21
Spring B: May 7, 9-12

Cost: \$225/Resident, \$275 Non-Residents

Review courses also available—email clane@cysd.k12.pa.us to schedule.

GENERAL INFORMATION

Aquatics Program Contact Information
For additional questions or concerns, please contact Miss 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. **Membership is valid September 1, 2023 through August 31, 2024.** Fees are not refundable. Each household must pay a for a membership.

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; \$50/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

STROKE DEVELOPMENT

Small group lessons for middle and high school age intermediate or beginner swimmers.

6-Lesson Session: \$60/Resident; \$70/Non-Resident

ADAPTIVE LESSONS

4-Lesson Session: \$50/Resident, \$75/Non-Resident

6-Lesson Session: \$75/Resident, \$100/Non-Resident

Email to schedule: clane@cysd.k12.pa.us

INTRO TO WATER POLO

Cost: \$100/Resident; \$125 Non-Resident

Participants must be at least a Level 4 or above to register.

Course will provide an overview of the basic skills, techniques, and rules of the game.

ADULT LESSONS

Cost W1: \$45 Resident/ \$65 Non-Resident

Cost W2: \$60 Resident/ \$80 Non-Resident

Before enrolling for lessons, please review the guidelines on the placement chart to determine which Level is suitable for your child. The placement chart can be found on our Aquatics Website at the bottom of the page

SCHEDULES ON NEXT PAGE

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SWIM LESSON SCHEDULES:

The letters on the schedule correlate with the registration online. For example, the Level 3 lessons offered Monday & Wednesday, April 22-May 1 will be listed as Levels 3 & 4-MW 2 (SP 24)

Monday & Wednesday

MW1	April 8, 10, 15, 17
MW2	April 22, 24, 29, May 1
MW3	May 6, 8, 13, 15

Tuesday & Thursdays

TR1	April 9, 11, 16, 18
TR2	April 23, 25, 30, May 2
TR3	May 7, 9, 14, 16

Monday & Wednesdays

4:45-5:15pm	Preschool, Parent/Child (MW2 & MW3 Only)
5:20-5:50pm	Level 1 & 2
6:00-6:30pm	Level 3 & 4
6:35-7:05pm	Level 5 & 6

Tuesday & Thursday

4:45-5:15pm	Preschool, Parent/Child (MW 2 & MW3 Only)
5:20-5:50pm	Level 1 & 2
6:00-6:30pm	Level 3 & 4
6:35-7:05pm	Adaptive

Fridays

F1: April 12, 26, May 3, 10, 17, 24	
5:00-5:30pm	Stroke Development
5:30-6:15pm	Water Polo
6:25-6:55pm	Adaptive

Adults

Wednesdays: 7:15-8:00pm	
W1	April 10, 17, 24
W2	May 1, 8, 15, 22

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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.

LESSON REGISTRATION DEADLINE:

MW1 & TR1: April 5

MW2 & TR2: April 12

MW3 & TR3: April 26

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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.

Registration Deadlines:
Spring A: April 13— Spring B: May 5

SPRING A:

Pre-test by appointment

Tuesday, April 16: 3-5pm
Thursday, April 18: 3-5pm
Friday, April 19: 12-7pm
Saturday, April 20: 9am-6pm
Sunday, April 21: 9am-6pm

SPRING B:

Pre-test by appointment

Tuesday, May 7: 3-5pm
Thursday, May 9: 3-5pm
Friday, May 10: 12-7pm
Saturday, May 11: 9am-6pm
Sunday, May 12: 9am-6pm

Cost:

\$225 Resident; \$275 Non-Resident

PRE-TEST:

1. Swim, tread, swim sequence: Swim 150 yards, immediately tread for 2 minutes without using hands, then swim 50 yards. Must demonstrate breath control swimming either front crawl or breaststroke.
2. Brick test: swim 20 yards, retrieve a 10lb brick from 9 feet, and swim 20 yards with the brick and exit the water in under 1 min & 40 seconds.

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