

# Learn-to Swim Children's Swimming Lessons

**Eligibility:** Children at least 4 years of age

**Winter Session: Jan 29-Feb 24**

(Snow Dates: 2/26, 3/3, 3/5)

**Tuesdays and Sundays**

8 classes

**Cost:** \$64 per child

**Registration:** January 10,  
5:30-6:15 pm

**Spring Session: March 19-April 9**

**Tuesdays and Sundays**

7 classes

**Cost:** \$56 per child

**Registration:** March 7,  
5:30-6:15 pm

Registration will take place in the lobby of the aquatic center.

**Credit slips will be issued for any cancelled classes.**



**Levels 1 and 2**

**Course Objectives:**

Level 1—To be comfortable and safe in and around the water

Level 2—To provide success with fundamental skills and the beginning of locomotion skills

**Levels 3 and 4**

**Course Objective:**

Level 3—To build on skills of the previous level

Level 4—To develop confidence in strokes already learned and to improve other aquatic skills

**Levels 5 and 6**

**Course Objective:**

Level 5—To coordinate and refine key strokes

Level 6—To refine strokes-smoother, more efficient more powerful strokes, to improve fitness

**Competitive**

**Course Objective:** To learn the proper techniques of the four competitive swimming strokes, racing starts and turns, and advanced aquatic skills



## Parent and Child Aquatics

**Eligibility:** Children 6 months to 4 years of age with parent/guardian participation

**February 3-April 7**

(no class 3/3, 3/10, 3/17)

**Days and Times:**

**Class:** **Sundays**, 4:45-5:15

**Practice:** **Wednesdays**, 6:15-7:00

**Cost:**

\$50 per child (community)

\$40 per child (faculty/staff)

**Registration:**

January 10, 5:30-6:15

Registration will take place in the lobby of the aquatic center.

**Credit slips will be issued for any cancelled classes.**

# Healthy Swimming

## Protect Yourself and Your Family Against Recreational Water Illnesses

Practice These Six Steps to Protect Yourself and Others

- 1. Please** don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- 2. Please** don't swallow the pool water. In fact, avoid getting water in your mouth.
- 3. Please** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- 4. Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- 5. Please** change diapers in the bathroom and not at poolside. Germs can be spread in and around the pool.
- 6. Please** wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.

# Water Aerobics



**Session 1: January 7-30**  
(6 Classes for \$25 or \$5 per Class)  
(No Class 1/16 or 1/21)

**Session 2: February 4-25**  
(6 Classes for \$25 or \$5 per Class)  
(No Class 2/13 or 2/27)

**Session 3: March 4-27**  
(6 Classes for \$25 or \$5 per Class)  
(No class 3/11 or 3/13)

**Session 4: April 1-24**  
(8 Classes for \$30 or \$5 per Class)

**Mondays & Wednesdays**  
**5:20-6:05 PM**

**Zamias Aquatic Center**  
**814-269-2006**  
**Pool Schedule: 814-269-2002**  
**[www.upj.pitt.edu/Aquatics](http://www.upj.pitt.edu/Aquatics)**

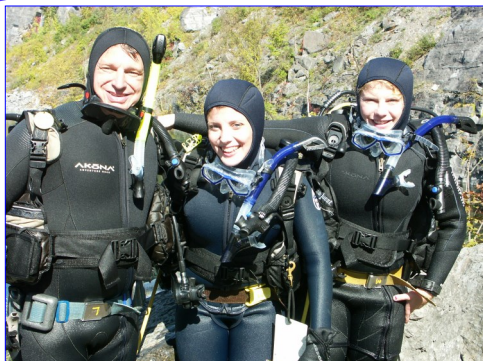


# Family/Adult Swim Pass

## RULES AND REGULATIONS

All aquatic center rules and regulations must be followed. No one under the age of 18 is allowed to swim without a parent or guardian present in the pool area. **Non-swimmers and beginners must be supervised by a parent/guardian who is in a bathing suit within arm's reach of their child.** Swimmers do not have access to the gym, weight room or track. The locker rooms close promptly when the pool closes.

**Cost:**  
\$150 per family  
\$125 per adult



## NAUI Scuba Class

Starts January 10, 2019  
Thursdays (6:30-9:00 p.m.)

### Water Skills Dates

January 10, 31  
February 21  
March 21  
April 4, 25

### Open-water Training Dive Dates

May 18-19 at Gilboa Quarry (Gilboa, OH), or  
June 15-16 at Blue Hole (Williamsburg, PA)

**Student: two credits + \$290.00+**  
**Community: \$360.00+**

## Scout Swims

Test scouts for camp, merit badges or just have fun. All aquatic center rules and regulations must be followed. Non-swimmers and beginners must be supervised by a parent/guardian who is in a bathing suit. Swimmers do not have access to the gym, weight room or track.

**Cost: \$3.00 per swimmer**

An application and release form must be filled-out prior to swimming.

### American Red Cross Scientific Advisory Council General Definition of Water Competency

1. **Entry-with total submersion**
2. **Recovery to the surface and remain there for at least one minute (floating or treading)**
3. **Orientation-position to be able to turn 360 degrees and orient to the exit**
4. **Propulsion-level off and move on front/and or back for at least 25 yards**
5. **Exit from the water**

Water competency is possessing the basic, minimum skills needed for water safety and survival. Providing participants with the skills they need to achieve water competency should be an objective of every swim instruction program. More than just knowing "how to swim," water competency includes the ability to perform the skills above. The ability to demonstrate the skills that constitute water competency in one aquatic environment may not translate to another. For example, a person who is water competent in a pool may not be water competent in a lake, river or ocean because of different environmental conditions, such as cooler water temperatures or currents. Therefore, the definition of water competency should specify the environmental context. A definition of water competency allows swim instruction programs to establish specific goals that lead to water competency, and provides participants with the knowledge that after completing a certain level of the swim instruction program, they should possess the minimal skills needed for water competency in that environment.



### Health Benefits of Water-Based Exercise

(From CDC Web Page)

Swimming is the second most popular sports activity in the United States and a good way to get regular aerobic physical activity. Just two and a half hours per week of aerobic physical activity, such as swimming, bicycling, or running can decrease the risk of chronic illnesses. This can also lead to improved health for people with diabetes and heart disease. Swimmers have about half the risk of death compared with inactive people. People report enjoying water-based exercise more than exercising on land. They can also exercise longer in water than on land without increased effort or joint or muscle pain.



# Pitt-Johnstown Aquatic Offerings

Winter/Spring 2019

Dear Parents:

Welcome to the University of Pittsburgh at Johnstown's Learn-to-Swim program. The objective of the program is to teach children to swim and to be safe in, on, and around the water. The aquatic and safety skills are taught in a logical progression within the six courses:

- |  |                               |
|--|-------------------------------|
| *Level I: Introduction to Water Skills | *Level IV: Stroke Improvement |
| *Level II: Fundamental Aquatic Skills  | *Level V: Stroke Refinement   |
| *Level III: Stroke Development         | *Level VI: Fitness Swimmer    |

The course is designed to give the students a positive learning experience. In Level I, the students are oriented to the aquatic environment and gain some basic aquatic and safety skills. In higher levels, students build on their basic skills and learn propulsive movements on their front and back. They learn different strokes at various levels and refine them at later levels. Each session includes personal safety or rescue skills which help students meet safety goals for the program.

*If you have a child in the Level I class who is having a difficult time adjusting to the swim classes or submerging their faces in the water, call me. We can arrange a time for you to practice with your child.*

**Please remain in the Aquatic Center lobby during classes. Children six years of age and older are not allowed in the locker rooms of the opposite sex.**

You are invited into the pool area to watch the swimming classes on the last day of classes. If you have any questions about the program or your child, please contact me.

Sincerely,  
Alexandra Popovich  
**814-269-2006**

## **SIX "PLEAs" for All Swimmers -Centers for Disease Control and Prevention**

Practice these six "PLEAs" to stop germs from causing illness at the pool:

1. **Please** don't swim when you have diarrhea. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.
2. **Please** don't swallow the pool water. In fact, avoid getting water in your mouth.
3. **Please** practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
4. **Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
5. **Please** change diapers in the bathroom and not at poolside. Germs can be spread in and around the pool.
6. **Please** wash your children thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.