Learn-to-Swim
Classes

Registration:
August 31, 5:30-6:15
(In the aquatic center lobby)
If you are not sure what class to enroll your child for, call 269-2006.
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.
Age: 4-12
Days and Times: Tuesday and Sunday 5:30-6:15

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.
Days and Times: Tuesday and Sunday 6:15-7:00

Levels 5 and 6
Course Objective: Level 5-To coordinate and refine key strokes, Level 6-To refine strokes-smother, more efficient more powerful strokes, to improve fitness.
Days and Times: Tuesday and Sunday 7:00-7:45

Competitive Swimming Class
Swimmers will be taught proper techniques of the four competitive swimming strokes, racing starts, and turns and advanced aquatic skills.

September 12 to November 12
(No classes 10/8, 10/10 & 10/15)
Tuesdays and Sundays
15 classes
Cost: $120 per student
Credit slips will be issued for any cancelled classes.

Eligibility: Children six months to four years of age with parent/guardian participation.

September 17 to November 12
(no class 10/8, 10/15)
Days and Times:
Class on Sundays, 4:45-5:15
and 4:15-4:45 (If needed)
Wednesday, 6:15-7:00 (Practice)
Cost:
$52 per student (community)
$42 per student (faculty/staff)

Check the website for Information.
www.upj.pitt.edu/Aquatics
Call 814-269-2006 for information.
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.

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Water Aerobics

Use the resistance of the water to improve the performance of your heart and lungs, tone your body, improve balance, and reduce fat. Have fun using different types of equipment for added resistance, leading to gains in muscular strength.

**Session 1:**
September 6-28
(10 Classes for $30 or $5 per Class)

**Session 2:**
October 2-30
(13 Classes for $40 or $5 per class)

**Session 3:**
November 1-30
(11 Classes for $35 or $5 per Class)
(No class 11/22, 11/23)

**Days/Time:**
Mondays/Wednesdays/Thursdays 5:20-6:05 PM

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 and $125 per adult for the Fall Term. There are a limited number of swim passes available.
Pitt-Johnstown Aquatic Offerings

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.
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 II: Fundamental Aquatic Skills
*Level III: Stroke Development
*Level IV: Stroke Improvement
*Level V: Stroke Refinement
*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,
James R. Hedrick
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.
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Pitt-Johnstown Community Aquatic Classes

Children's Swimming Lessons
Parent and Child Aquatics
Water Aerobics
NAUI Scuba
Learn to Snorkel
Adult Aquatic Conditioning
Community Family Fun Swims
Lifeguarding Classes
Water Safety Instructor Classes
Lifeguard Instructor Classes

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