Session 1: June 6-15
(Wednesday-Friday and Monday-Friday)
Eight, AM Classes
Cost: $76 per student
REGISTRATION DATE:
for swimming classes is:
May 24: 5:30-6:30

Session 2: July 18-27
(Wednesday-Friday and Monday-Friday)
Eight, AM Classes
Cost: $76 per student
REGISTRATION DATE:
for swimming classes is:
July 5: 5:30-6:30

Registration will take place at the aquatic center. Class size is limited. First come, first served.

The primary focus of these lessons is the teaching and practice of aquatic skills. Brief discussions of safety topics will begin each lesson.

Session 3: Aug 6-10
(Monday-Friday)
Five, AM Classes
Cost: $45 per student
REGISTRATION DATE:
for swimming classes is:
July 31: 5:30-6:30

Credit slips will be issued for any canceled classes.

Spring/Summer
Mondays & Wednesdays

Session 1: May 7-30, $30
(No Class May 28th)

Session 2: June 11-27, $25
July and August to be announced

Times:
5:20-6:05 PM

Call 814-269-2006 for information.

814-269-2006
www.upj.pitt.edu/Aquatics
Healthy Swimming

Protect Yourself and Your Family Against Recreational Water Illnesses
Practice These Six Steps to Protect Yourself and Others:

- Please don’t swim when you have diarrhea. You can spread germs in the water and make other people sick.
- Please don’t swallow the pool water. In fact, avoid getting water in your mouth.
- 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.
- 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.
- Please change diapers in the bathroom and not at poolside. Germs can be spread in and around the pool.
- 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.

May is National Water Safety Month

www.upj.pitt.edu/Aquatics
Dear Parents:

Welcome to the University of Pittsburgh at Johnstown’s 2018 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,

Alexandra Popovich

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:

- **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.
- **Please** don’t swallow the pool water. In fact, avoid getting water in your mouth.
- **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.
- **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.
- **Please** change diapers in the bathroom and not at poolside. Germs can be spread in and around the pool.
- **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.