**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, classes are 45 minutes long and start at 5:30, 6:15, or 7:00 PM

**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, classes are 45 minutes long and start at 5:30, 6:15, or 7:00 PM

**Levels 5, 6 and Competitive**

**Course Objective:** Level 5-To coordinate and refine key strokes, Level 6-To refine strokes-smoother, more efficient more powerful strokes, to improve fitness.  
**Days and Times:** Tuesday and Sunday 7:00-7:45 (Competitive 7:00-7:45)  
*Class times will be assigned after registration.*

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**Parent and Child Class**  
**Eligibility:** Children six months to four years of age with parent or guardian participation.  
**Winter/Spring Session:**  
January 21, 28, February 4, 11, 18, March 18, 25, April 8  
Sundays, 4:45-5:15 (8 classes)  
(Register 1/10)  
$60 per student (community)  
$50 per student (faculty/staff)

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**Family/Adult Swim Pass**  
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: $140 per family and $115 per adult for the Spring Term. There are a limited number of swim passes available.
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.

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

Water Aerobics

New Years Resolution Water Aerobics
January 8-29, $25 for 8 classes
(No class 1/17, 1/24, 1/31)
February 1-28, $35 for 11 classes
(No class 2/14)
Days/Times:
Mondays/Wednesdays/Thursdays
5:20-6:05 PM
*****$5 drop-in class fee

Red Cross Lifeguard Instructor Course

The purpose of the course is to train instructor candidates to teach courses and presentations in the Red Cross Lifeguarding program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants’ progress.

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.
Course purpose: To teach lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. Students must pass the prerequisites to be eligible to take the class. Attendance is mandatory at all sessions to be eligible for certification.

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.
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:

<table>
<thead>
<tr>
<th>Level</th>
<th>Course Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Introduction to Water Skills</td>
</tr>
<tr>
<td>II</td>
<td>Fundamental Aquatic Skills</td>
</tr>
<tr>
<td>III</td>
<td>Stroke Development</td>
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<tr>
<td>IV</td>
<td>Stroke Improvement</td>
</tr>
<tr>
<td>V</td>
<td>Stroke Refinement</td>
</tr>
<tr>
<td>VI</td>
<td>Fitness Swimmer</td>
</tr>
</tbody>
</table>

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 swimming 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

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**SIX “PLEA$s” for All Swimmers**—Centers for Disease Control and Prevention

Practice these six “PLEA$s” 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.
Aquatic Classes

Winter 2018

Check the website for information.

www.upj.pitt.edu/Aquatics

Aquatic Classes

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

Return Service Requested

Johnstown, PA 15904-2990
450 Schoolhouse Rd.
Johnstown
University of Pittsburgh
Athletic Department
Learn To Swim