

General Criteria for Swimming Lessons:

Preschool Step 1	Helps participants feel comfortable in the water and begin to develop fundamental skills such as breath control.
Preschool Step 2	Builds on Level 1 and gives participants success with fundamental skills such as floating and basic locomotion.
Preschool Step 3	Builds on Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.
Level 1:	Water Exploration – Students new to water or a large pool.
Level 2:	Primary Skills – Expand on fundamental aquatic locomotion. Floating and kicking on the back. Begin rhythmic breathing.
Level 3:	Stroke Readiness – Begin combining skills to form coordinated swimming strokes. Introduction to elementary backstroke.
Level 4:	Stroke Development - Develop confidence and endurance in various strokes. Introduction to breaststroke and sidestroke.
Level 5:	Stroke Refinement – Endurance and demanding stroke coordination in freestyle, backstrokes, and breaststroke. Introduction to butterfly and surface dives.
Level 6:	Skills Proficiency – Endurance; must know all strokes, plus lifeguard skill development: Fitness Swimmer, Personal Water Safety and Fundamentals of Diving.
Diving Class	The class is designed to teach students how to dive properly using progressions.

Infants/Toddlers = 9 months – 3 years

Preschool = 3 ½ - 5 years

Levels 1 – 6 = 5 years and up

Additional information contact:

Suzanne Fries

Shaler Area Aquatics Director

412-492- 1200 Ext. 3920

ShalerAreaSwimProgram@hotmail.com

RECREATIONAL SWIMMING

ADULT LESSONS – Tuesdays (8 PM-9 PM)

January 17 – March 20

- Instruction in swimming skills, diving, and stroke mechanics following Red Cross Progressive levels.
- Cost: \$75 / 10 weeks

ADULT WATER EXERCISE – Tuesdays & Thursdays

(8 PM-9 PM) January 17 – April 12

- Exercise using water resistance to help tone and condition the body. Good workout without the strain and stress of ordinary workouts.
- Cost: \$50 for either Tuesday or Thursday. \$95 for both days. “Pay as you go” \$6.

LAP SWIM – Mondays, Wednesdays & Fridays

(9 PM – 10 PM) January 23 – May 18

Thursdays (9 PM – 10 PM) January 26 – May 17 (No Swim

Jan. 26, Feb. 9, April 5)

- Six lanes are available to use.
- Cost: Lap membership \$70. “Pay as you go” \$5.

RECREATIONAL SWIM – Mondays, Wednesdays &

Fridays (7:30 PM – 9 PM) January 23 - May 18 / Sundays

(12:30 PM – 3 PM) January 22 - May 13 (No Swim April 8)

- Swim in a congenial environment with friends and family. Scout troops, organizations and Birthday parties are welcome!
- Cost: Family membership: \$100. Individual membership: \$80. “Pay as you go” \$5.

ADAPTIVE AQUATICS- Sundays (11:15 AM- 12:15 PM)

January 22 – March 25 - **Interested participants MUST**

call Jim & Julie to register -- 412-213-3201. Cost: \$50.

The pool will be CLOSED on the following days:

Jan. 26 & 30, Feb. 9, 17 & 20, Mar. 9, 21 & 27, Apr. 3, 5, 6, 9 & 10. The pool will also be closed for all holidays, pool malfunctions and emergencies.

Shaler Area

Swim Lessons

&

Recreational Programs

Winter 2012



For Shaler Area Residents

REGISTRATION

Shaler Area Elementary School

(Front Lobby)

700 Scott Avenue

Glenshaw, PA 15116

You can choose either:

Saturday January 7, 2012

(8 AM to NOON)

Or

Monday January 9, 2012

(6:30 PM to 8:00 PM)

Class sizes are limited. First come-first served

Fees are payable at registration.

SWIMMING LESSONS

TUESDAYS – January 17 – March 20

Classes Offered: 7:00 PM - Preschool Step 1 (25 minutes)
 - Level 2 (50 minutes)
 - Level 3 (50 minutes)
 - Level 4 (50 minutes)
 7:30 PM - Preschool Step 2 (25 minutes)

THURSDAYS – January 19 – April 12 (No Swim Jan. 26, Feb. 9, April 5)

Classes Offered: 7:00 PM - Preschool Step 2 (25 minutes)
 - Level 2 (50 minutes)
 - Level 3 (50 minutes)
 - Level 5 (50 minutes)
 7:30 PM - Preschool Step 3 (25 minutes)

SATURDAYS – January 21 – March 24

Classes Offered: 9:00 AM - Infant /Toddler (Parent & Child) (25 minutes)
 - Level 1 (25 minutes)
 - Diving Class (25 minutes)
 9:30 AM - Infant/Toddler (Parent & Child) (25 minutes)
 - Preschool Step 3 (25 minutes)
 10:00 AM - Preschool Step 2 (25 minutes)
 - Level 1 (25 minutes)
 - Level 2, Level 3, Level 4 (50 minutes each)
 10:30 AM - Preschool Step 3 (25 minutes)
 - Level 1 (25 minutes)
 11:00 AM - Level 2, Level 3, Level 5 (50 minutes each)
 12:00 PM - Level 2, Level 3, Level 4 (50 minutes each)
 1:00 PM - Level 2, Level 3, Level 5, Level 6 (50 minutes)
 2:00 PM - Preschool Step 1 (25 minutes)
 - Level 2, Level 3, Level 4 (50 minutes each)
 2:30 PM - Preschool Step 2 (25 minutes)
 - Level 2, Level 3, Level 4 (50 minutes each)

**COST OF PROGRAM: \$75 for each child. Checks can be made payable to:
Shaler Area School District**

***Refunds of class fees due to participant cancellation are available
until the day before the participant's program is scheduled to begin.***

NOTE: PLEASE COMPLETE THIS PAGE AND BRING WITH YOU AT TIME OF REGISTRATION

**SHALER AREA SWIM PROGRAM
Emergency Card**

CHILD'S NAME: _____

PARENT'S NAME: _____

ADDRESS: _____

PHONE: _____

DATE OF BIRTH: _____

ALLERGY/MEDICAL CONDITIONS: _____

EMERGENCY CONTACT:

NAME: _____

RELATIONSHIP: _____

PHONE: _____

LEARN TO SWIM LEVEL: _____

DAY: _____

TIME: _____