

## Preschool Classes

All students are evaluated the first day of class and placed into learning groups based on their ability.

## Learn To Swim Levels

### Level 1

For children with no previous experience in the water. Water safety, water adjustment and basic skills are emphasized.

### Level 2

Children must have passed level 1, or wearing a floatation cube, jump into deep water and swim 25 yds—1/2 length beginner crawl (face in water is optional) and 1/2 length beginner back. Also, jump into shallow water without a cube, swim 15 yd demonstrating beginner crawl and beginner back.

### Level 3

Children must have passed level 2, or wearing a cube, jump into deep water w/out assistance, swim 25 yd beginner crawl, blowing bubbles occasionally. Also wearing a cube jump into deep water, swim 25 yd beginner back or back crawl. Also, without a cube jump into deep water, swim 1/2 length beginner crawl, blowing bubbles occasionally, roll to back and finish the length using beginner back or back crawl.

### Level 4

Children must have passed level 3 or be able to demonstrate 25 yd. each of front crawl back crawl and elementary backstroke. Also demonstrate a propulsive breaststroke kick and butterfly kick for 25 yd.

### Level 5

Children must have passed level 4 or demonstrate that they can swim continuously for 300 yd. demonstrating front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate 25 yd. of butterfly and the ability to tread and float for 2 min. Demonstrate a surface dive and retrieve a ring from the deep end.

### Level 6

Children must have passed level 5 or be able to demonstrate 50 yd. of each stroke with proper technique—front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Also swim 500 yd. continuously demonstrating 100 yd of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate the ability to survival float for 5 min. each on the front and back. Also perform a foot first surface dive, retrieve a weighted object from bottom and return to the surface and starting point.

Penn State Harrisburg  
777 W. Harrisburg Pike  
Middletown, PA 17057-4898

PENN STATE HARRISBURG

# AQUATICS CENTER

## Youth Swim Lessons



Fall 2009 and Spring 2010



Capital Union Building  
717-948-6740 • 717-948-6664

## CLASS DESCRIPTIONS

### Parent/Child Swimming

6 mos.-3 yrs. w/parent  
Sat. Noon-12:30 p.m. (*Swim Diapers are required*)

### Preschool Swimming

4 and 5 year olds w/out parent  
Sat., 11:00 a.m. - 11:45 a.m. Or  
Tues., 10:00 a.m. - 10:45 a.m.  
Tues., 11:00 a.m. - 11:45 a.m.

### Learn to Swim

Children 6 – 13 years of age  
Levels 1, 2, 3, Sat. 10:00 - 10:45 a.m.  
Levels 4, 5, 6, Sat. 9:00 - 9:45 a.m.

Skills are assessed on the first day of each session and students will be grouped by skill level.

*See back of pamphlet for further information.*

## IMPORTANT INFORMATION

1. Sessions consist of 8 lessons.
2. Low Student/Instructor ratios will be maintained, thus enrollment is limited.
3. Registrations will only be accepted with FULL PAYMENT in advance.
4. To register, complete and detach the registration form and return it with full payment to the Aquatic Center. One child/registration per form, please.
5. Refunds will only be issued if class must be cancelled due to insufficient enrollment.
6. If you wish to confirm your registration, please call the Aquatic Center.
7. A fee of \$1/day or \$20/year is charged for parking on campus. Yearly permits may be secured at the parking permit office located in the Susquehanna Building. For further information call 717-948-6006.
8. **See enclosed letter for more details.**

## SESSION DATES

### SATURDAY CLASSES

Oct. 3 – Nov. 21, 2009  
Jan. 9 – Feb. 27, 2010  
Mar. 20 – May 8, 2010

### TUESDAY PRESCHOOL CLASSES

Sept. 29 – Nov. 17, 2009  
Jan. 12 – Mar. 2, 2010  
Mar. 16 – May 4, 2010

### CLASS FEES

\$ 65.00  
8 weekly lessons



### More information contact:

Mary Lou Watkins  
Aquatics Coordinator  
717-948-6740 • muw13@psu.edu  
[www.hbg.psu.edu/visitors/Aquatics](http://www.hbg.psu.edu/visitors/Aquatics)

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## REGISTRATION FORM

Participant's name

\_\_\_ Male \_\_\_ Female

Age

Date of Birth

Parent's Name

Home Address

City

State

Zip Code

Home Phone

Alternate Phone

E-mail address

- SAT. Levels 4,5,6 9:00 – 9:45 p.m.  
 SAT, Levels 1,2,3 10:00 – 10:45 a.m.  
 SAT. Preschool 11:00 – 11:45 a.m.  
 SAT. Parent/Child Noon – 12:30 p.m.  
 TUES. Preschool 10:00 – 10:45 a.m.  
 TUES. Preschool 11:00 – 11:45 a.m.

### SESSION DATES

### IMPORTANT INFORMATION

Medical or other) our instructors should know about your child.

Enclosed is a check for \$\_\_\_\_\_, made payable to **Penn State Aquatics.**

### Send payment and registration to:

Penn State Aquatic Center  
777 West Harrisburg Pike  
Middletown, PA 17057