



CENTRAL YORK SCHOOL DISTRICT **COMMUNITY AQUATICS PROGRAM**

WINTER 2015 - 2016

Welcome to the Winter 2015-2016 Central York School District Community Aquatics Program Guide.

The Central York School District Community Aquatics Program offers opportunities for residents of ALL ages and abilities. The following are miscellaneous aquatics offerings available from December 2015 through March 2016.

AM Lap Swim

Open to members who want to swim for fitness and/or competition. Participants are expected to design their own workouts.

Schedule: 5:30 to 6:45AM, Mondays, Wednesdays, Fridays, December 2, 2015 through March 2, 2016,
**** No sessions December 25, 28, 30, January 1, 18, & February 15**

Cost: \$40/Resident; \$55/Non-Resident

Recreational Swim

Open for members to use the pool for recreational purposes. Also provides an opportunity for adults and children who are enrolled in instructional programs to develop their skills. Swimmers under 10 years of age must be accompanied by an adult who is dressed to swim.

Schedule: 1:00-3:00PM on the following Saturdays:
December 5, 12, January 9, 16, February 6, 13, & 20

Cost: \$3.00/Resident Per Swim (& Guests of Residents)

\$5.00/Non-Resident Per Swim (& Guests of Non-Residents)

**** Please avoid bringing bills larger than \$10, if possible. Thank you for your cooperation!**

Deep Water Aerobics

This is an intense workout without the stress on joints. Good for people with knee, hip, or back problems. Multiple aspects of water fitness are implemented. Participants wear flotation belts and must be comfortable in deep water to participate. Flotation belts will be provided. Open to adult program members.

Schedule: 7:00-8:00PM, Mondays & Wednesdays, December 7 through March 2
**** No class December 28, 30, January 18, February 10 & 15**

GENERAL INFORMATION

Membership Fees

Membership in the Community Aquatics Program is required for participation in ALL programs, including Recreational Swims. Fees are charged to cover costs associated with pool maintenance and session staffing. Membership is valid September 1, 2015 through August 31, 2016. Fees are not refundable.

Individual: \$5/Resident; \$20/Non-Resident
Family: \$10/Resident; \$35/Non-Resident

Aquatics Program Contact Information

For questions or concerns, please contact Mrs. Cathleen Kindred, Aquatics Director, at (717) 846-6789 ext. 1375 or ckindred@cysd.k12.pa.us or Mrs. Jane Bauer, Athletics Department Secretary, at (717) 846-6789, ext. 1316 or jbauer@cysd.k12.pa.us.

CENTRAL YORK SCHOOL DISTRICT

775 Marion Road York, PA 17406 ✕ (717) 846-6789 ✕ www.cysd.k12.pa.us
Dr. Michael S. Snell, Superintendent

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The Learn-to-Swim program follows American Red Cross guidelines to structure and help you and/or your child learn to swim skillfully and safely. Guidelines are available online at: www.cysd.k12.pa.us.

SWIMMING LESSON INFORMATION:

** Winter session only offers a small selection of our swim lesson levels, due to the limited pool availability during the High School Swimming/Diving season. Our full lesson schedule will resume in our spring session starting in March.*

Where should I place my child?

Follow these guidelines when registering for swim lessons

ENROLL IN:	IF PARTICIPANT CAN:	COURSE OBJECTIVE:
SCHOOL AGE SWIM LESSONS: AGES 6 & UP		
Level 4	Child should be able to swim freestyle and backstroke one full length of the pool.	Development of swimming endurance; learn a variety of strokes, kicks and feet first surface dives.
Level 5	Child should be able to swim multiple lengths of freestyle, backstroke and breaststroke with proper breathing technique and can swim sidestroke & butterfly.	Coordination and refinement of learned strokes; Introduce & develop flip turns and pike and tuck surface dives
Level 6	Child should be able to swim multiple lengths of all strokes and can perform flip turns and surface dives.	Increase of swimming endurance and efficiency of all strokes, turns and diving techniques

LEVEL 4

Cost: \$25/Resident; \$50/Non-Resident

Schedule: 5:30-6:15PM, Mondays & Wednesdays, December 2, 2015 through March 2

**** No class December 28, 30, January 18, February 10 & 15**

LEVEL 5

Cost: \$25/Resident; \$50/Non-Resident

Schedule: 6:15-7:00PM, Mondays & Wednesdays, December 2, 2015 through March 2

**** No class December 28, 30, January 18, February 10 & 15**

LEVEL 6

Cost: \$25/Resident; \$50/Non-Resident

Schedule: 6:15-7:00PM, Mondays & Wednesdays, December 2, 2015 through March 2

**** No class December 28, 30, January 18, February 10 & 15**

COMPETITIVE SWIMMING

Central York Aquatics Competitive Swim Team

Central York Aquatics is a year-round club available to individuals of all ages and residences.

They are a separate entity from the District Community Aquatics program. Registration and information for the team can be found online at:

www.swimcya.org

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REGISTRATION INFORMATION

The Central York School District now provides participants with an easy and convenient way to register and pay online for our Aquatics programs!

2 WAYS TO REGISTER:

→ **Register Online:** Participants may pay with VISA, Discover or Master Card debit or credit cards. The Central York Web Store accepts online payments 24/7 through a secure site provided by RevTrak, a national credit card payment processor. You will need the following information to register: Your name, address, phone number, email address and the name & birth dates of any family member you wish to register.

You can access the Web Store link to register by visiting our Aquatics webpage at: http://www.cysd.k12.pa.us/community/aquatics_department

→ **Register By Phone:** For participants without Internet access, or those must pay cash or check, please call Mrs. Jane Bauer, Aquatics Secretary at (717) 846-6789 ext. 1316. You will need the following information: Your name, address, phone number and the name & birth dates of any family member you wish to register. If there is vacancy in the desired program(s), you will be asked to mail in your payment to: Aquatics Secretary, 601 Mundis Mill Rd, York, PA 17406. Checks made payable to "CYSD."

Registrations for swim lessons will close after the deadline.
All other programs will accept registrations until filled.

**REGISTRATION
DEADLINE:**

NOVEMBER 23, 2015

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