

Swimming Programs

New 2018 Fall Swimming Schedule for McDowell Intermediate

Mail-in/Drop off registrations will be accepted immediately. Online registration is also now available on the Parks and Recreation page at millcreektownship.com. Consider your application accepted unless otherwise notified. **Please respect our age requirements.** Any age requirements are based according to your child's age on the first day of class.

RESIDENT FEE: \$40 • NON-RESIDENT FEE: \$80 **Registrations forms can be found in Parks office or online.

MONDAY

October 29 - December 17

7:00 – 7:30 p.m.....	Preschool A	3, 4 & 5
7:00 – 7:50 p.m.....	Advanced Level 2	6 & up
7:30 – 8:00 p.m.....	Preschool B	3, 4 & 5
8:00 – 8:50 p.m.....	Level 3	6 & up

TUESDAY

October 30 - December 18

7:00 – 7:30 p.m.....	Preschool B	3, 4 & 5
7:00 – 7:50 p.m.....	Level 2	6 & up
7:30 – 8:00 p.m.....	Preschool A	3, 4 & 5
8:00 – 8:50 p.m.....	Level 5	6 & up

THURSDAY

October 25 - December 20 (no class 11/22)

7:00 – 7:30 p.m.....	Preschool C	3, 4 & 5
7:00 – 7:50 p.m.....	Advanced Level 2	6 & up
7:30 – 8:00 p.m.....	Preschool B	3, 4 & 5
8:00 – 8:50 p.m.....	Level 4	6 & up

SATURDAY

October 27 - December 22 (no class 11/24)

11:00 – 11:30 a.m	Preschool B	3, 4 & 5
11:00 – 11:50 a.m	Level 3	6 & up
11:00 – 11:50 a.m	Level 4	6 & up
11:30 – 12:00 a.m	Preschool A	3, 4 & 5
12:00 – 12:30 p.m	Level 1A	4 & 5
12:00 – 12:50 p.m.....	Advanced Level 2	6 & up
12:00 – 12:50 p.m.....	Level 6A	6 & up
12:30 – 1:00 p.m	Preschool C	3, 4 & 5
1:00 – 1:30 p.m.....	Infants	6 - 18 mos.
1:00 – 1:30 p.m.....	Level 1B	6 & up
1:00 – 1:50 p.m.....	Level 2	6 & up
1:30 – 2:00 p.m	Toddlers	18 mos. - 2 years
1:30 – 2:00 p.m.....	Preschool A	3, 4 & 5
2:00 – 2:30 p.m.....	Adapted Aquatics	6 & up

Recreational Swimming

Admission: \$2 (per person)

Pool Closed 11/22, 11/23, 11/24

Long hair must be tied back. Bathing caps are not required.

Groups of 15 or more planning to use the pool should call the Recreation Office at 814.835.4122.

Children under 12 must be accompanied by a parent. Children 12 and above must be able to swim one length of the pool to be unattended.

ADULT SWIM (Adults only, 18 years +):

Saturdays	10/27 - 12/15	2:00 - 3:00 p.m.
Monday	10/29-12/17	7:00 - 8:00 p.m.

Week day lap swim pool space is shared with swimming lessons and McDowell Diving team.

OPEN SWIM: Saturdays 10/27 - 12/15 3:00 - 5:00 p.m.

WATER EXERCISE: Resident Fee: \$40 Non Resident: \$60

MIHS Pool Tues/Thurs 10/30 - 12/20 7:00-8:00 p.m.

Swimming Prerequisites:

Bring Red Cross cards when registering for classes above Level 2.

INFANTS & TODDLERS: 6-18 mos. and 18 mos.-2 yrs.

If still in diapers, cloth diapers and rubber pants or little swimmer diapers are necessary. Students must be accompanied during lessons by an adult, 18 or older, at all times.

PRE-SCHOOL LESSONS: Ages 3-5 without parental assistance.

Preschool A Non-floaters. 30 min. lesson.

Preschool B Floats without support (front and back). Front glide without support. 30 min. lesson.

Preschool C (4 and 5 years old) Combined stroke front and back, deep water orientation. 30 min. lesson.

To enroll in the following skill levels you must be able to accomplish the following skills:

LEVEL 1A: Completed Preschool C but are not yet 6 years old. 30 min. lesson.

LEVEL 1B: For students age 6 years and up who are apprehensive toward the water.

LEVEL 2: 6 years old and up. Beginner lesson. No fear of the water.

* **ADVANCED LEVEL 2:** 6 years old and up who have passed Preschool C or have attended one Level 2 class.

LEVEL 3: Orientation to deep water. Combined stroke front with kick and arm stroke 25 yards.

LEVEL 4: Submerge and retrieve object. Survival float 1 minute in deep water, dive in deep water, surface and swim front crawl stroke 25 yards and back crawl stroke 25 yards, elementary back stroke 25 yards.

LEVEL 5: Swim 25 yards of breast stroke. Swim 50 yards back crawl. Dive into deep water and swim 50 yards front crawl. Tread water for 1 minute and back float for 1 minute.

LEVEL 6A: Swim 25 yards breast stroke. (Swimming & diving) 75 yards back crawl. Perform shallow dive and 75 yards front crawl. 50 yards elementary back stroke.

To complete LEVEL 6A – 500 yards of continuous swim using the following strokes: 100 yards front crawl, 100 yards back crawl, 50 yards breast and elementary back stroke, side stroke, butterfly 100 yards of your choice. Jump into deep water – survival float 5 minutes and back float 5 minutes.

LEVEL 6B: Lifeguard readiness for students 10 and up.

LIFEGUARD TRAINING: Must be 15 years or older and be able to swim 500 yards, surface dive to nine feet, swim underwater and tread water for two minutes.

ADAPTED AQUATICS: Includes learning disability, trainable or educable special needs and visual/hearing impaired. Limited to three students per instructor. Students must be accompanied by an adult on deck as well as in the locker room.