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**Governor Mifflin  
School District**

***Aquatic  
Programs  
2011-12***

**Program Registration**

**6:30 – 8:00 p.m.**

**Intermediate School Pool Lobby**

**FALL - Wednesday, September 7, 2011**

**SPRING I - Wednesday, February 22, 2012**

**SPRING II - Wednesday, April 11, 2012**

**SUMMER I, II, III, IV - Wednesday, May 30, 2012**

*Pool Office*

610-775-5084, ext. 2

*Team Web Site:*

*[www.GovernorMifflinSD.org](http://www.GovernorMifflinSD.org)*

**E-mail: [kkahl@gmsd.k12.pa.us](mailto:kkahl@gmsd.k12.pa.us)**

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# ***The GMIS Program***

Boys and girls in the Governor Mifflin Intermediate School will receive instruction in swimming during Grades five and six. They will progress at their own pace through six levels of the American Red Cross Learn-to-Swim curriculum. In addition, instruction will be given in boating, snorkeling, water polo and other water activities.

## ***Governor Mifflin Age Group Competitive Swimming & Diving Teams***

The GM Age Group competitive program is designed for children interested in competitive swimming and diving. The GM philosophy is that swimmers and divers who are exposed to a moderate amount of training at an early age will not tire of competition and will continue competing through high school and beyond. The proper balance of skill development and conditioning to prepare for competition is a primary objective of this program. This program is run by the GM Parent Aquatic Club.

<i>Registration</i>	<b>Wednesday, October 26, 2011</b> 6:30 - 8:30 p.m. - Intermediate School cafeteria
<i>Parent Meeting</i>	<b>Wednesday, November 2, 2011</b> 6:30 - 7:30 p.m. - Intermediate School cafeteria
<i>Stroke Clinic Begins</i>	<b>Monday, November 7, 2011</b>
<i>Practice Begins</i>	<b>Friday, November 21, 2011</b>

## ***Age Group Water Polo League Grades 5-8***

### ***Fees: \$60 (Team and League Fees)***

The Pennsylvania Middle School Water Polo League is for children in Grades 5-8 interested in learning to play water polo. There are separate boys and girls' programs. Depending on the interest level, there will be different divisions based on ability. The student must become a member of American Water Polo to participate. For American Water Polo membership information, visit: [www.americanwaterpolo.org](http://www.americanwaterpolo.org). Games are played on Sundays at various schools around southeast and central Pennsylvania. Transportation to and from games is your own responsibility. For more information or to register, contact the pool office at 610-775-5084, ext. 2.

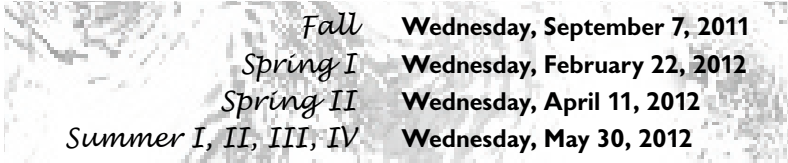
<i>Registration</i>	<b>Tuesday, August 30, 2011</b> 7:00 p.m. - Pool lobby
<i>Practice</i>	<b>September through October 2011</b> Dates and Times TBA; 2 days per week
<i>Games</i>	<b>Sundays, Locations, Dates and Times TBA</b>

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# The Community Program

## **Registration 6:30 to 8:00 p.m., GMIS pool lobby**

Registrations are open to the public, on a first come, first serve basis. If you are unable to attend the registration, send a friend or call the pool the day after; there may be some availability remaining. There is **NO** pre-registration accepted. In order to be eligible for resident fee discounts, please bring proof of Governor Mifflin School District residency to the registration. Cash or checks are accepted. Checks are to be made payable to *Governor Mifflin School District*.



<i>Fall</i>	<b>Wednesday, September 7, 2011</b>
<i>Spring I</i>	<b>Wednesday, February 22, 2012</b>
<i>Spring II</i>	<b>Wednesday, April 11, 2012</b>
<i>Summer I, II, III, IV</i>	<b>Wednesday, May 30, 2012</b>



**\* All programs are subject to change. Updated changes and schedules can be found at [www.GovernorMifflinSD.org](http://www.GovernorMifflinSD.org) or in the Governor Mifflin district newsletter.**

## **Parents & Tots**

**Fee: Resident \$35, Non-Resident \$50**

**Offered Spring II only!** This class requires the parent to go in the water with the child. Children under 48 inches tall **are** eligible. Children will progress at their own rate under the direction of a qualified instructor. The minimum age is six months. The maximum age is five years. Come to the Spring II Registration to register.

*Spring II* **April 16 - May 16, 2012**  
Mondays & Wednesdays: 5:30-6 p.m., 6-6:30 p.m., 6:30-7 p.m.

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## **Preschool Swim Lessons, Levels 1, 2 and 3**

**Fee: Resident \$40, Non-Resident \$50**

The American Red Cross Learn-to-Swim curriculum is used for these classes. All classes are instructed by a certified water safety instructor. Summer classes will be located at the Shillington outdoor pool. The minimum age is four years. Come to the summer registration to register.

American Red Cross Preschool Aquatics teaches aquatic and safety skills in a logical progression. It is composed of three levels. The objective is to start teaching fundamental water safety and aquatic skills to children about four to five years of age. The Red Cross Preschool Aquatics program is designed to give participants a positive learning experience. Preschool Aquatics Level 1 orients participants to the aquatic environment and helps them to gain some basic swimming and water safety skills. At later levels, participants build on their basic skills to improve propulsive movements on both the front and back. They learn different strokes and then refine them as they progress. Personal safety and rescue skills are included to help participants meet safety goals. Upon completion of the three levels of Preschool Aquatics, children should enter Learn-to-Swim at Level 3. The following guidelines may be used to determine the appropriate preschool level:

**Preschool Aquatics Level 1:** There are no prerequisites for this course. The objective of Level 1 is to help children feel comfortable in the water and to enjoy the water safely. Level 1 teaches elementary aquatic skills which children build on as they progress through the Preschool Aquatics and Learn-to-Swim levels. At Level 1, children also start developing good attitudes and safe practices around the water.

**Preschool Aquatics Level 2:** Children entering this course must have a Preschool Aquatics Level 1 certificate or be able to demonstrate all of the completion requirements from Level 1. The objectives of Level 2 are to build upon the skills learned in Level 1 and give children success with fundamental skills. Children learn to float on the back without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on front and back to lay the foundations for future strokes. Level 2 adds to the self-help and basic rescue skills begun in Level 1.

**Preschool Aquatics Level 3:** Children entering this course must have a Preschool Aquatics Level 2 certificate or must be able to demonstrate all the completion requirements from Level 2. The objective of Level 3 is to build on the skills learned in Level 2 by providing additional guided practice. Children learn to effectively coordinate combined simultaneous arm and leg actions and alternating arm and leg actions. As in all levels, additional safety skills are learned.

**Summer I**     **June 18 - June 28, 2012** (outdoor at Shillington)  
Monday through Thursday: 8 - 11:30 a.m.

**Summer II**    **July 2 - July 12, 2012** (outdoor at Shillington)  
Monday through Thursday: 8 - 11:30 a.m.

**Summer III**   **July 16 - July 26, 2012** (outdoor at Shillington)  
Monday through Thursday: 8 - 11:30 a.m.

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# ***Beginner Swim Lessons, Levels 1, 2 and 3***

***Fee: Resident \$40, Non-Resident \$50***

Classes use the American Red Cross Learn-to-Swim curriculum. All classes are instructed by a certified water safety instructor. Beginner swimmers must be 48 inches tall for classes at GMIS. There is **NO** height requirement for summer classes at the Shillington outdoor pool. The minimum age is six years. To enroll, come to the appropriate seasonal registration.

Six levels of Learn-to-Swim instruction help swimmers of all ages and varying abilities to develop their swimming and water safety skills. Lessons are designed to give students a positive learning experience. American Red Cross Learn-to-Swim teaches aquatic and safety skills in a logical progression. The following guidelines may be used to determine the appropriate beginner level:

***Learn-to-Swim Level 1 - Introduction to Water Skills:*** There are no prerequisites for this course. The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. In Level 1, participants learn elementary aquatic skills which they build on as they progress through the six Learn-to-Swim levels. At this level, participants begin developing good attitudes about swimming and water safety, good swimming habits and safe practices in and around the water.

***Learn-to-Swim Level 2 - Fundamental Aquatic Skills:*** Participants entering this course must have a Level 1 certificate or be able to demonstrate all the completion requirements of Level 1. The objective of Level 2 is for participants to succeed in fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternative arm and leg actions on the front and back to lay the foundation for future strokes.

***Learn-to-Swim Level 3 - Stroke Development:*** Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2. The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl. Participants learn the scissors kick and dolphin kick and build on the fundamentals of treading water. Participants also learn rules for head first entries and begin to enter the water head first from the side of the pool.

*Fall*

**September 19 - October 19, 2011**

Mondays & Wednesdays: Times TBA, p.m.

*Spring I*

**March 5 - March 28, 2012**

Mondays & Wednesdays: 5:30-6 p.m., 6-6:30 p.m., 6:30-7 p.m.

*Summer I*

**June 18 - June 29, 2012** (indoor at GMIS and outdoor at Shillington)

Monday through Friday: Times TBA, a.m.

*Summer II*

**July 2 - July 12, 2012** (indoor at GMIS and outdoor at Shillington)

Monday through Friday: Times TBA, a.m.

*Summer III*

**July 14 - July 26, 2012** (indoor at GMIS and outdoor at Shillington)

Monday through Friday: Times TBA, a.m.

*Summer IV*

**June 19 - July 19, 2012** (indoor at GMIS)

Tuesdays & Thursdays: Times TBA, p.m.

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## ***Advanced Swim Lessons, Levels 4, 5 and 6***

***Fee: Resident \$40, Non-Resident \$50***

These classes are a continuation in the American Red Cross Learn-to-Swim curriculum. All classes are instructed by a certified water safety instructor. Students will learn advanced skills and strokes such as sidestroke, breaststroke and butterfly. To enroll in an advanced course, the student must have successfully passed the previous course. At the time of registration, participants should present their American Red Cross cards showing that the previous course was successfully completed. To enroll, come to the appropriate seasonal registration.

***Learn-to-Swim Level 4 - Stroke Improvement:*** Must have passed Level 3

***Learn-to-Swim Level 5 - Stroke Refinement:*** Must have passed Level 4

***Learn-to-Swim Level 6 - Fitness Swimmer:*** Must have passed Level 5

***Fundamentals of Diving:*** Must have passed Level 5

*Fall*

**September 19 - October 19, 2011**

Mondays & Wednesdays: Times TBA, p.m.

*Spring II*

**April 16 - May 16, 2012**

Mondays & Wednesdays: Times TBA, p.m.

*Summer I*

**June 18 - June 29, 2012** (indoor at GMIS)

Monday through Friday: Times TBA, a.m.

*Summer II*

**July 2 - July 12, 2012** (indoor at GMIS)

Monday through Friday: Times TBA, a.m.

*Summer III*

**July 14 - July 26, 2012** (indoor at GMIS)

Monday through Friday: Times TBA, a.m.

## ***Adult Learn to Swim Classes***

***Fee: Resident \$50, Non-Resident \$60***

These classes are for adults interested in learning how to swim. The beginner class will work on fundamental aquatic skills. The intermediate class will work on stroke development. Both classes are instructed by a certified water safety instructor. To enroll, come to the appropriate seasonal registration.

*Fall*

**Beginner:** September 19 - October 19, 2011

Mondays & Wednesdays: Times TBA, p.m.

**Intermediate:** September 19 - October 19, 2011

Mondays & Wednesdays: Times TBA, p.m.

*Spring I*

**Beginner:** March 5 - March 28, 2012

Mondays & Wednesdays: Time TBA, p.m.

*Spring II*

**Intermediate:** April 16 - May 16, 2012

Mondays & Wednesdays: Time TBA, p.m.

*Summer IV*

**Beginner/Intermediate:** June 19 - July 19, 2012

Tuesdays & Thursdays: Time TBA, p.m.

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## **Recreation Swims**

- Fees:** **Adult/Senior Citizen (65+) Registration Card: \$10**  
*(Can also be used for Lap Swimming and Aqua Walking/Jogging.)*  
**Student Registration Card: \$5**
- Daily Fees:** **Adult: \$2 (with registration card)**  
**Student: \$1.50 (with registration card)**  
**Families: \$4 (3 to 5 people with registration card)**  
**Adult Guest: \$5 (without registration card)**  
**Student Guest: \$5 (without registration card)**  
**Senior Citizen/Preschool: Free (with registration card)**

Provided for community members of all ages. The pool will be open for free swimming, water basketball, use of diving boards, parents with small children, adult lap swimming and adult aqua walking/jogging. Cancellations due to school functions will be posted in advance. To enroll, come to a scheduled registration or any Recreation Swim. Registration is good for fall, spring and summer sessions.

- Fall* **September 20 - November 3, 2011**  
Tuesdays & Thursdays: 6:30 - 8:00 p.m.
- Spring* **March 6 - May 24, 2012**  
Tuesdays & Thursdays: 6:30 - 8:00 p.m.
- Summer* **June 18 - July 26, 2012**  
Monday through Thursday: 1:00 - 3:00 p.m.

**\*\*Schedule subject to change depending on PIAA sports**

## **Aqua Walking/Jogging**

- Fees:** **Adult/Senior Citizen (65+) Registration Card: \$10**  
*(Can also be used for Lap Swimming and Recreation Swims.)*
- Daily Fees:** **Adult: \$2 (with registration card)**  
**Adult Guest: \$5 (without registration card)**  
**Senior Citizen: Free (with registration card)**

Aqua walking/jogging is for adults only. It is great exercise with very little joint impact. The resistance of the water is strengthening to your muscles. Aqua walking/jogging is done at your own pace in shallow or deep water on your own. To enroll, come to any scheduled registration or any Aqua Walking/Jogging time.

- Mornings* **September 19, 2011 - May 24, 2012**  
Monday through Thursday: 7:45 - 8:45 a.m.  
(Follows school calendar, no school = no swimming)

## **Water Aerobics**

- Fee: Resident \$35 per session or \$3 per class**  
**Non-Resident \$45.00 per session or \$5 per class**

Water aerobics is for adults who want to exercise in the water and keep fit with little impact on the joints while using water for resistance. This class is led by an instructor. To enroll, come to the appropriate seasonal registration or any Water Aerobics class.

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<i>Fall</i>	<b>September 13 - November 3, 2011</b> Tuesdays & Thursdays, 8:00 - 9:00 p.m.
<i>Spring I</i>	<b>February 28 - April 12, 2012</b> Tuesdays & Thursdays, 8:00 - 9:00 p.m.
<i>Spring II</i>	<b>April 17 - May 31, 2012</b> Tuesdays & Thursdays, 8:00 - 9:00 p.m.
<i>Summer</i>	<b>June 12 - July 26, 2012</b> Tuesdays & Thursdays, Times TBA, p.m.

## ***Lap Swimming***

<b>Fees:</b>	<b>Adult/Senior Citizen (65+) Registration Card: \$10</b> <i>(Can also be used for Aqua Walking/Jogging and Recreation Swims.)</i>
<b>Daily Fees:</b>	<b>Adult: \$2 (with registration card)</b> <b>Adult Guest: \$5 (without registration card)</b> <b>Senior Citizen: Free (with registration card)</b>

Lap swimming is for adults only. There are slow, medium and fast-paced lanes. All lanes are circle swimming only. Kick boards and pull buoys can be provided upon request. To enroll, come to a scheduled registration or any Lap Swimming time.

<i>Mornings</i>	<b>September 19, 2011 - May 24, 2012</b> Monday through Thursday: 7:45 - 8:45 a.m. (Follows school calendar, no school = no swimming)
<i>Fall</i>	<b>September 19 - October 19, 2011</b> Mondays & Wednesdays: Time TBA <b>September 20 - November 3, 2011</b> Tuesdays & Thursdays: 6:30 - 9:00 p.m.
<i>Spring</i>	<b>March 5 - March 28, 2012</b> Mondays & Wednesdays: Time TBA <b>March 6 - March 29, 2012</b> Tuesdays & Thursdays: 6:30 - 9:00 p.m.
<i>Summer</i>	<b>June 18 - July 26, 2012</b> Monday through Thursday: 1:00 - 3:00 p.m.

## ***Competitive Swimming Classes***

**Fee: Resident \$40, Non-Resident \$50**

The Competitive Swimming class focuses on conditioning and stroke technique to help students tune up for summer swim team. The child must be a Level 4 swimmer or higher to participate. To enroll, come to the spring registration.

<i>Spring</i>	<b>May 9 - May 27, 2012</b> Monday through Thursday 3:30 - 4:30 p.m. - Ages 10 & older <b>No Class on Memorial Day (May 28, 2012)</b>
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# **American Red Cross Training**

*Call the pool office for registration information*

## **Lifeguard Training**

**Fee: TBA**

Students must be 15 years or older. This course will certify the student to lifeguard at pools. A pre-test of swimming skills will be given to determine if the student has the ability to pass the course. Standard first aid and CPR are required and will be included as part of this course.

*Spring*

**Late February to April 2012, Dates and Times TBA**

## **Lifeguard Training Renewal**

**Fee: TBA**

This course is for people currently certified in lifeguard training who need to be recertified. This course is renewable every three years. A current lifeguard training certification card must be shown to take this course.

*Spring*

**Late April/Early May 2012, Dates and Times TBA**

## **CPR/FPR Renewal**

**Fee: TBA**

This course is for people currently certified in CPR/FPR who need to be recertified. This course is renewable every year. A current CPR/FPR certification card must be shown to take this course.

*Spring I*

**March 2012, Dates and Times TBA**

*Spring II*

**May 2012, Dates and Times TBA**

## **Pool Rentals**

**Fee: Resident \$100 flat rate for 2 hour session**

**Non-Resident \$150 flat rate for 2 hour session**

Call the pool office for reservations and an application, 610-775-5084, ext. 2.

*Saturdays*

*&*

*Sundays*

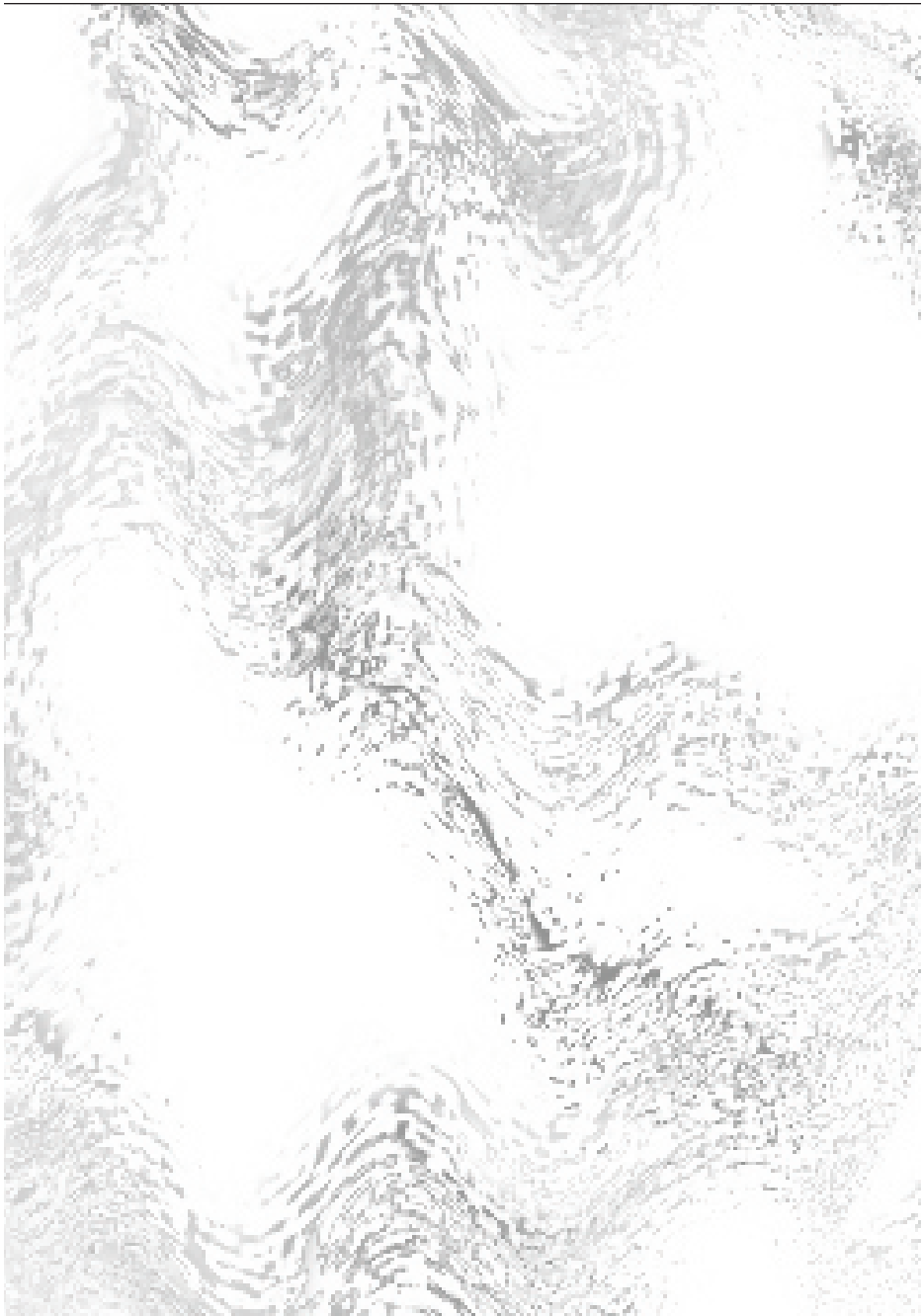
**September - May**

**(Dates are limited November through February)**

Rental #1: 1:00 - 3:00 p.m.

Rental #2: 3:00 - 5:00 p.m.





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