

Hauppauge Public Schools

2023-24 Winter Swim Program

The Hauppauge School District extends an invitation to residents and nonresidents to participate in the Hauppauge School District Swim Program

Children's Classes Begin *Saturday, December 2, 2023*
NYS Check or Money Order only. No Refunds After First Class!

Residents only, *Monday, November 27th*, 6-8 p.m.

Residents and Non-residents can also register on *Tuesday, November 28th* 6-8 pm

Registration is in person. Held in the HS outside of the Auditorium

Swim Class Fees: \$ 80.00 Residents and \$ 95.00 Non Residents

All payment is due at registration. Check or Money Order *only*, payable to Hauppauge Swim.

Proof of residency is required. Enrollment is limited.

Appropriate bathing attire is required. If you have any questions please ask an instructor.

Refund Policy – No refunds after first class. *Pink* receipt is required for refund.

ALL PROGRAMS AND CLASSES ARE SUBJECT TO CHANGE

Classes Meet on the Following Saturdays:

Dec 2nd, 16th & 23rd Jan. 6, 20, 27, Feb 3, 10, 24

All Children must be toilet trained-*No Swim Diapers Allowed*

Makeup classes will be held ONLY if the Swim Program cancels for a total of two classes

9:00 am	10:00 am	11:00 am	11:30-12:15	12pm	1:00 pm	2:00 pm
Level 3	Level 2	Level 1	<i>*Adult/Senior H2O Fitness</i>	Level 3	Level 2	Level 5
Level 4	Level 5	<i>*H2O Fitness does not require early registration. Classes will be on 1/6 1/20, 1/27, 2/3 & 2/10*</i>			Level 4	Level 6 Fitness

The American Red Cross (ARC) has revised its swimming lessons to reflect the new trends, procedures, and philosophies in ARC swimming. Various safety and rescue skills, springboard diving, and competitive swim strokes and turns will now be incorporated into each course. The following pretests have been developed for each level:

Level I Equivalent to Pre-beginner

Level II Water adjustment skills

Level III Swim 12 yards, beginner crawl stroke, combined stroke on back, and back crawl

Level IV Swim length of pool (25 yards) crawl stroke, backstroke, and 1/2-pool whip kick on back

Level V 25-yard crawl, back crawl, elementary backstroke, 1/2-lap whip kick, and scissor kick

Level VI 25-yard breaststroke, sidestroke, elementary backstroke, dolphin kick, 50-yard crawl, and back crawl.

Level VI is divided into different courses. The order of the courses depends on student performance. We are offering fitness, lifeguard readiness, and personal water safety.

Note: The main objective of all swimming classes is to teach students to swim effectively and efficiently. Instructors and aides utilize the ARC teaching progressions to achieve that desired result. ARC certificates are issued only if the student has satisfactorily mastered all required skills at his/her level of swimming. Repetition of various courses is not uncommon and is often encouraged in order for the student to develop confidence and endurance before going on to the next level. Keep in mind that the standard for satisfactory performance of any particular skill is set by the ARC.

Plan Ahead ...SPRING REGISTRATION DATES

RESIDENTS ONLY –*Monday, Feb 26th*, 6-8PM

RESIDENTS AND NON RESIDENTS – *Tuesday Feb 27th*, 6-8PM

• **DANIEL BUTLER:** *Director of Physical Education, Athletics, Health, Home and Careers, and Recreation*

• **CAMILLE CONO:** *Head Swim Instructor/ Ass't Program Coordinator*

JOSEPH ETTARI: *Assistant Head Swim Instructor*

conoc@hauppauge.k12.ny.us , 631 761-8290

Hauppauge Public Schools Children's Winter Swim Program

Children's Classes Begin **Saturday, December 2nd, 2023**

REGISTRATION will be held on the 2nd floor of the HS, by the Auditorium

Children's Swim (Residents only): Monday, November 27th, 6-8 p.m.

Residents and Nonresidents:..... Tuesday, November 28th, 6-8 p.m.

Family Swim (Register at pool): Friday Evenings starting December 15th, 2023

Proof of residency required. Enrollment is limited. NO MULTIPLE FAMILY REGISTRATIONS

EVENING SWIM PROGRAM FEES

The Evening Swim Program begins Friday December 15th. All evening course registrations take place at the pool on the **first evening of swimming**. Refunds will not be made after the first class.

\$25 Family Swim - Registration (good for 10 entrances) or **\$15.00** good for 5 entrances per person, per session.

We will no longer be accepting individual session payment for Family Swim.

NYS check/ money order payable to *Hauppauge Swim Program*.

ADDITIONAL PROGRAMS

- **Family Swim:** No registration required. Children under eight years of age must be accompanied in the water by a parent unless given prior permission by an instructor.
- Children 12 and under must have a parent or responsible adult in the stands at all times.
- **Groups of more than eight must be scheduled in advance** by contacting the pool office at **631 761-8290**, Saturdays 9 a.m.-11 a.m. and 1 p.m. - 3 p.m. A \$10 check is required to secure a date and time.
- **There are no exceptions to these rule**
- ****Adult/ Senior H2O Fitness classes** will be held on Saturday's. Registration will be at the beginning of the 1st class. Cost is \$25.00, There are 5 scheduled classes, beginning on Jan. 6th @ 11:30am.*
- **Lifeguard Training** will take place on Thursday evenings 7-9:30, schedule TBD. Students must be 15 years old by March 10th. Students must be able to swim 300 yards (crawl stroke, breaststroke, and sidestroke)
- All programs and times are subject to change.

SCHEDULE

Monday	Thursday	Friday
7-8 pm Adapted Aquatics . Only for previously enrolled students.	Lifeguard Training (LGT) (Registration and First Night of Swim 12/7 for LGT) Thursday evenings TBD 7-9:30 pm, 12/7-2/29 As well as a few Saturdays, for CPR	7:00 - 8:15pm Family Swim I 8:30 - 9:45 pm Family Swim II Begins December 15, 2023