

Hauppauge Public Schools

2024 Spring 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, March 2, 2024***

NYS Check or Money Order only. No Refunds After First Class!

Residents only, Tuesday, February 27th, 6-8 p.m.

Residents and Non-residents, Wednesday, February 28th, 6-8 pm

Registration is in person, outside of the H.S. 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.

Photo proof of residency is required. Enrollment is limited.

Appropriate bathing attire is required. No cotton clothing. 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:

March 2nd, 9th, 16th & 23rd. April 6th & 13th, May 4th, 11th & 18th

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	<i>*Level 2* New this season</i>
Level 4	Level 5	<i>*H2O Fitness does not require early registration. Classes will be on 4/6, 4/13, 5/4, 5/11</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: **Skills students must have prior to starting class. ALL swimmers will be tested on the first day for these skills.**

Level I Equivalent to Pre-beginner **Out of diapers, must be able to hold onto the wall throughout class, 1/2hr (crying & some fear is expected at this level).**

Level II Water adjustment skills **Must stand or hold onto the wall by themselves, can put their face in the water, can be in class without crying/fear.**

Level III **Swim 12 yards(width of pool) each independently, crawl stroke with rhythmic breathing, combined stroke on back, and back crawl.**

Level IV **Can swim length of pool (25 yards) proficiently in crawl stroke, backstroke, and 1/2-pool elementary backstroke with whip kick.**

Level V **Can swim multiple laps proficiently in Crawl stroke, Back Crawl, Elementary Backstroke, Sidestroke, Breaststroke & a lap of Butterfly kick, plus deep water skills.**

Level VI **Fitness- Proficient in swimming multiple laps of all Level 5 strokes including Butterfly stroke, with a focus on endurance and competitive swim skills.**

Not offered this season-(Level VI Pre-Lifeguarding)

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 ...Summer REGISTRATION DATES

RESIDENTS ONLY –, June 11th, 6-8PM

RESIDENTS AND NON RESIDENTS – June 12th, 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 Spring Swim Program

Children's Classes Begin **Saturday, March 2nd, 2024**

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

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

Residents and Nonresidents:..... Wednesday, February 28th, 6-8 p.m.

Family Swim (Register at pool): Friday Evenings starting March 8th, 2024

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

EVENING SWIM PROGRAM FEES

The Evening Swim Program begins **Friday, March 8th**. All evening course registrations take place at the pool on the **first evening of swimming**. Refunds will not be made after the first session of swim.

\$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 4 scheduled classes, beginning on April 6th @ 11:30am.
- **Lifeguard Training** will take place on Thursday evenings 7-9:30, schedule TBD. Students must be 15 years old by June 1st, 2024. Students must be able to swim 300 yards (crawl stroke, breaststroke, and sidestroke), as well as a deep water swim.
- 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) - Begins with Registration and First Night of Swim on 3/7. Thursday evenings, 7-9:30 pm, 3/7- 5/16/2024 As well as a few Saturdays, for CPR training	7:00 - 8:15pm Family Swim I 8:30 - 9:45 pm Family Swim II Begins March 8th, 2024