

Levels and Objectives

Swimmers must be able to perform all skills in a level before moving to the next level

Parent and Child Aquatics—6 months to 5 years

This class is for children with little or no experience. Flotation support is used at all times. Parents must wear bathing suits and children must wear swim diapers if needed.

Objectives: Water adjustment, swimming on front and back, blowing bubbles, rolling from front to back and vice versa, personal safety (life jackets/basic rules).

Level 1: Introduction to Water Skills—At least 4 years old

Objectives: Water entry and exit, breath control (eyes open underwater), front and back float, rolling from front to back and vice versa, personal water safety rules, help a swimmer in distress.

Level 2: Fundamental Aquatic Skills

Objectives: Water entry and exit, breath control and underwater swimming (bobbing, eyes open), prone float and glide, changing direction and position, treading water, swim on front and back, swim on side (legs only), personal water safety (life jackets), help a swimmer in distress.

Level 3: Stroke Development

Objectives: Water entry and exit, submerge and retrieve objects, bobbing underwater, rotary breathing, front glide and kick, changing direction and position, treading water, front crawl, back crawl, butterfly kick, general and personal water safety (safe diving, life jackets, HELP, huddle position), reaching assist, Check-Call-Care.

Trish Lectora

*Director of Physical Education,
Health, Athletics & Health Services*

Level 4: Stroke Improvement

Objectives: Water entry and exit (dive from compact or stride position), swim underwater, feet-first surface dive, survival float, back float, open turns on front and back, treading water, front and back crawl stroke, breast stroke, butterfly, elementary back stroke, swim on side (scissors kick), rules for safe diving, compact jump for life jacket, throwing assist, care for conscience choking victim.

Level 5: Stroke Refinement

Objectives: Water entry and exit (shallow dive and stroke), swim underwater, tuck and pike surface dive, survival and back float, flip turn on front and back, treading water, front crawl stroke, back crawl stroke, breast stroke, butterfly, elementary back-stroke, sidestroke, survival swim, rescue breathing.

- *Reminder—Swimmers must be able to accomplish all tasks at a certain level in order to proceed to the next level.*
- *Nadadores deben poder lograr todas los objetivos en su nivel para proceder al proximo nivel.*

Contact Ms. Trish Lectora with any questions:

TLECTORA@CENTRALISLIP.K12.NY.US

OR

631-348-5000

Ext. # 1057 weekdays



LEARN TO SWIM PROGRAM

At the Central Islip High School Winter Session 2023

**12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27,
2/3, 2/10, 2/17**

Please check website/Remind on the morning of your session in case of pool closing

https://www.centralislip.k12.ny.us/departments/athletics/learn_to_swim_program

**Mail Registration to:
Ms. Trish Lectora**

85 Wheeler Rd.

Central Islip, NY 11722

Registration by mail due no later than December 1st for the Winter Session (spots are held based on availability when received)

Fees

Central Islip Residents—\$75

Non-residents—\$85

Make all checks payable to:

Central Islip School District (CISD)

SWIM ATTIRE

****Please wear proper bathing attire. Cut-offs and tee-shirts are not permitted.**

CLASS SCHEDULE

LEVEL 5: 9:00AM to 9:45AM

LEVELS 3 & 4: 10:00AM to 10:45AM

LEVELS 1 & 2: 11:00AM to 11:45AM

LEVELS 3 & 4: 12:00PM to 12:45PM

LEVELS 1 & 2: 1:00PM to 1:45PM

PARENT/CHILD: 2:00PM to 2:45PM

**ADULT AQUATICS (LEARN TO SWIM & LAPS):
3:00PM to 3:45PM**

**Registration by mail due no later than
December 1st for the Winter Session
(spots are held based on availability
when received)**

PLEASE NOTE

Classes are subject to cancellation due to insufficient enrollment.

- Registration is on a first come basis.
- Class sizes are limited to 50 students.
- **Tamaños de las clases están limitados a 50 estudiantes.**
- Once we receive your registration you are enrolled. You will not receive a call unless a session is cancelled.
- *Cuando recibamos su inscripción es que está inscrito. Usted no recibirá una llamada a menos que se cancele una sesión.*



VESTUARIO : ****Por favor usar el traje de baño adecuado .
No se permiten pantalones cortos y camisetas.**

REGISTRATION FORM

Name _____

Date of Birth ____ / ____ / ____ Age: ____

Address _____

_____ Zip _____

Home Phone _____

Cell Phone _____

E-mail _____

Emergency Phone _____

- Please check the class & Session you are registering for.
- Use a separate form for each child.

Level 5 @ 9:00 –9:45AM _____

Level 3 & 4 @ 10:00 - 10:45AM _____

Level 1 & 2 @ 11:00 -11:45AM _____

Level 3 & 4 @ 12:00 - 12:45PM _____

Level 1 & 2 @ 1:00 - 1:45PM _____

Parent/Child @ 2:00 - 2:45PM _____

Adult Lessons/Laps @ 3:00 - 3:45 PM _____

Today's Date: _____

PAID BY:

Check ____ Check number _____

Cash (walk in only) Receipt number

Total amount \$ _____

- **THERE ARE NO REFUNDS**
- **NO HAY REEMBOLSOS**