



# 2019 Pioneer Learn To Swim Lessons

Saturdays, March 9, 16, 23, 30, & April 6 & 13



Pioneer High School Pool  
Students K-8 in the Pioneer School District

**\*Please register your children for the class appropriate to their ability based on the swim level and criteria below:**

**Level 1: Introduction to Water Skills, 9:50-10:20 or 11:10-11:40**

Skills Required:

- Must be able to Stand **ALONE** in water (3'6" deep)
- Comfortable swimming with a lifeguard and group of kids, without parent on deck

**Level 2: Swimming Fundamentals, 10:30-11:00 or 11:50-12:20**

Skills Required:

- Exhale under water (full face in water); Float front to back
- Use arm and leg motion

**Level 3: Stroke Development, 8:10-8:50 or 9:00-9:40**

Skills Required:

- Tread water; swim front and back without assistance
- Jump into deep water from the side of the pool without assistance

**Level 4: Advanced swimming – (Instruction is given from deck), 8:10- 8:50**

Skills Required:

- Extremely comfortable in deep water and willing to dive in deep water
- Front and back crawl the length of the pool unassisted (25 yards)
- This class will work on refining strokes (freestyle, backstroke, breaststroke, butterfly)

**Toddler Swim - Intro to Water 12:30-1:15 (No registration needed)**

- Ages 6 months – 5 years
- **Parent Must Accompany Child in Water!!!**
- Not instructed, you can enter and leave at any time, no sign up needed.

**\*Parents/Guardians:**

Please have your swimmer ready and seated on the pool bench 5 minutes prior to the start of their lesson.

Please watch the lesson from the pool's balcony. This will help the instructors get your swimmers full attention.

THANK-YOU

Return completed registration by **February 25, 2019**:

Pioneer High School, Athletic Department  
PO Box 579  
Yorkshire, NY 14173

OR

Email Registration information to:  
[pioneerlearntoswim@gmail.com](mailto:pioneerlearntoswim@gmail.com)

(If you return to child's class please put in envelope with address above)

**\*Children must have a parent or guardian present during lessons and can watch from designated areas.**

Student Name: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Circle One: Level 1: 9:50 - 10:20 OR 11:10 - 11:40

Level 2: 10:30 - 11:00 OR 11:50 - 12:20

Level 3: 8:10 - 8:50 OR 9:00 - 9:40

Level 4: 8:10 - 8:50

Level 1-3: In the event your child's class time is filled are you able to attend the other time listed:

YES OR NO

Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

\*You will not receive any further verification of selected class time unless you are called to bring your child at a different lesson time due to over enrollment in a particular class. Please have your child present at the first class based on your registration.

Questions: Call/Text Deb Harrington (716) 560-9185; Joellen Morey (716) 492-9301 or email [pioneerlearntoswim@gmail.com](mailto:pioneerlearntoswim@gmail.com)  
The **Learn to Swim Program** is a complimentary program offered to Pioneer School District residents