



Q&A

Q: Where will lessons be taught?

A: In the recreation section of the leisure pool. A lifeguard or instructor will be present to help you find the lesson location! Level 3 & Level 4 swim lessons will utilize the competition pool area.

Q: How many kids are in each class?

A: Preschool- Level 4 have a maximum of 4 students.

Q: How do I know what level to enroll my child?

A: Read 1-4 Preschool/Level's on previous page to decide at which level your child should start. Keep in mind the last time your child was able to get in the water and how frequently that was. We want the kids to be both challenged and comfortable at their level!

Q: Should I sign my child up for the next level ahead of time? I don't want to miss out on a spot.

A: We recommend signing up your child for the same level twice in a row. Kids tend to need a lot of practice to establish the basics. Then evaluate to see if registering for the next level makes sense for your child.



Follow the link below for the registration link:
[AQUATICS PROGRAMS](#)

HELPFUL TIPS

How to Prepare for Swim Lessons:

1. Review the [facility rules](#), they are implemented for your safety.
2. Come dressed in a bathing suit with hair tied back or a swim cap.
3. Please use the restroom and rinse off before entering the pool.
4. Arrive on the pool deck 5 minutes before the scheduled class time.
5. If you are afraid of a skill, say so, our instructors will help you overcome fears.
6. If your child has an illness or behavior concern(s), please contact Joseph Chubb at jjchubb@derrytownship.org. Please do not bring your child to lessons if they are sick.

What to do During Swim Lessons:

1. Please first sign in at the front desk and get ready for lots of singing, games, and fun! There may be some tears too, but hopefully, the tears turn to joy after some time.
2. Please obey all pool rules and the instructor/lifeguard guidance, they are implemented for your safety. Each day the instructor will teach a safety lesson.
3. Stay with your class, do not leave the pool area.
4. The first day of lessons is a test to assure students are in the correct levels. Changes may be made to create a safe lesson environment and accommodate participant ability levels, although are not guaranteed.
5. Please hold questions until after the class is over.
6. If a child needs to use the restroom during the lesson, the instructor will signal for the parent to assist the child.
7. Be careful walking on the pool deck upon your exit.
8. Sign out at the front desk.



Questions? parkshelpdesk@derrytownship.org

MORE Q&A?

Q: What should my child wear?

A: Swimsuit, rash guard optional, swim diaper (if not potty trained), no floaties, and no shoes in the water. Beginner lessons are taught in the warm water leisure pool.

Q: Where do I go on the first day?

A: Arrive 15-20 minutes prior to the class start time at the Derry Township Community Center (605 Cocoa Ave, Hershey) Main Entrance with the facility sign, not the pool gate entrance. Upon entering the facility, check-in at the front desk by signing the program binder and receiving a wristband. In order to utilize the facility before or after the scheduled program, please scan your membership card or pay the daily fee.

Continue to the end of the main corridor; the aquatic hallway entrance will be on your left. Have your child rinse off in the locker room showers before entering the pool. There are All Gender/Family Changing Rooms available. Instructors will meet beginner participants on the recreation side of the Leisure Pool and advanced Level 3 and 4 participants at the locker room end of the Competition Pool.

Q: Where do I go when my child is in lessons?

A: Seating is available on the pool deck, but if you know your child will be distracted with your presence, please make yourself sparse. 😊 WaterTots is a parent-child class that requires the parent to be in the water.

Q: How can I help my child's instructor know how my child is motivated?

A: Please email Joseph Chubb at jjchubb@derrytownship.org and he will communicate any important information to the instructors.

Q: What if my child is sick and they need to a miss class?

A: If we were notified 24 hours in advance before the child is sick, you can receive a credit to your account for the class. However, we do not offer a make-up for one participant.

1

PRESCHOOL LEVEL 1 (Ages 3-5) & LEVEL 1 (Ages 6-12)

Orients children to the aquatic environment and helps them gain basic survival skills

- Enter the water using ladders, steps, or side
- Glide to instructor, eyes down
- Hum with submerged mouth, nose, and eyes for 3 seconds

- Bob on the wall practicing breath control
- Front float with eyes down
- Front glide to the wall with eyes down
- Kicking with instructor, eyes down then up to breathe
- Assisted to unassisted back float progression
- Roll from front to back and back to front
- Crawl along the wall to the deep end
- Elevator (submerged vertical), then up to a back float

- Jump to the instructor, roll to back, progress from shallow to the deep end
- Glide to instructor's face down, rotate to back float, progress from shallow to the deep end
- Exit water using a ladder, steps, or side

Exit Skills Assessment

- Float unassisted
- Glide to the wall with eyes down
- Jump into deep water, float on back, then make way to the wall (w/ clothing as an optional safety skill)
- Successfully completed Preschool Level 1 Exit skills.

2

PRESCHOOL LEVEL 2 (Ages 3-5) & LEVEL 2 (Ages 6-12)

Helps children gain basic coordination and develop propulsive skills to be comfortable in and around water

- Successfully completed Preschool Level 2 Exit Skills

- Jump into deep water, swim freestyle 25 yards, eyes down, breathing to the side
- Swim with kickboard 25 yards (flutter or breaststroke)
- Breaststroke kick on back with kickboard 50 yards
- Breaststroke arms on front with noodle 50 yards
- Breaststroke with noodle 50 yards
- Kick streamline on back 25 yards
- Practice eyes down, breathing out slowly, taking a breath to the side on the wall.
- Flutter kick on front with kickboard 25 yards
- Kick and breath to the side with kickboard 25 yards (straight arms)

- Elementary backstroke kick with kickboard 25 yards
- Elementary backstroke arms 25 yards
- Elementary backstroke 25 yards
- Backstroke 15 yards

Exit Skills Assessment

- Jump into deep water, swim freestyle 15 yards
- Elementary backstroke 25 yards
- Kick and breathe to the side with kickboard 25 yards (straight arms)
- Backstroke 15 yards

3

PRESCHOOL LEVEL 3 (Ages 3-5) & LEVEL 3 (Ages 6-12)

Helps children start to improve stroke development

- Jump into deep water, float on back, then make way to the wall (w/ clothing as an optional safety skill)

- Front glide to instructor, roll to back, roll to front, freestyle to the wall 15 yards
- Jump into deep water, swim freestyle, roll to back, then front, continue to shallow end
- Breaststroke 25 yards
- Practice breath control while swimming breaststroke
- Kick with kickboard breathing to the side (align 1 arm along body)
- Freestyle without equipment 50 yards
- Diving Progression
- Dive in, then freestyle or backstroke 25 yards

- Kick with kickboard breathing to the side (align 1 arm along body)
- Freestyle without equipment 50 yards
- Diving Progression
- Dive in, then freestyle or backstroke 25 yards

Exit Skills Assessment

- Jump into deep water, swim freestyle 25 yards, eyes down, breathing to the side
- Backstroke 25 yards
- Breaststroke 50 yards with equipment
- Dive in, swim 25 yards

4

PRESCHOOL LEVEL 4 (Ages 3-5) & LEVEL 4 (Ages 6-12)

Helps children refine strokes and improve endurance

- Successfully completed Preschool Level 3 Exit Skills
- Dive into deep water from a standing position

- Freestyle 50 yards
- Elementary backstroke 50 yards
- Breaststroke 25 yards
- Butterfly progression
- Butterfly 25 yards
- Tuck surface dive progression in shallow
- Tuck surface dive and retrieve submerged object

Exit Skills Assessment

- Dive into deep water from a standing position, swim freestyle 25 yards, change direction/position as necessary, swim backstroke 25 yards
- Swim breaststroke for 25 yards, change direction/position as necessary, swim elementary backstroke 25 yards
- Swim butterfly 25 yards