

Millersville University

2012 Summer Swim Clinic Program

GENERAL INFORMATION

Director: Kyle Almoney (Phone: 717-872-3872) Email: KAlmoney@millersville.edu
Kyle Almoney is the head women's swimming coach at Millersville University, and head Marauder Aquatic Club coach. He has taught infants, children, teenagers and adults how to swim for more than 10 years. He personally trains all instructors in a self-developed technique that places an emphasis on efficient drown-proofing and gradual integration of proper stroke technique.

Asst Director: Jillian Almoney- Jillian Almoney has taught and run swim lessons in the Lancaster County area for over 10 years and is well versed in teaching children of all ages. In addition, she coaches the younger Marauder Aquatic Club swimmers and is an elementary teacher. Jillian will be assisting in the operation of the lessons program on a daily basis.

ABOUT the PROGRAM

The philosophy of the Millersville Swimming Clinic program is to lovingly build confidence by helping the non-swimmer confront fear head-on. One major goal is for the non-swimmer to eventually be comfortable around and then to enjoy the water. Also, proper stroke technique is reinforced early on. Results will be the first priority. Instructors will consist of graduate and undergraduate personnel with the swimmer-to-instructor ratio an ideal 5/1. Classes will run 30-60 minutes, depending on how much progress is made each day and what the level is. No waterwings will be used.

FACILITIES

The swimming lessons and stroke clinics will be conducted at the Brooks Hall Pool, and Pucillo Natatorium located on the Millersville University Campus.

DIRECTIONS

Take Route 30 to the Millersville/Rohrerstown exit and follow the signs for Millersville by going to the right (coming from the west) or left (coming from the east).

You are now going east on Route 741. Proceed on Route 741 for about five miles.

At the traffic light at the intersection of Millersville Road and Route 999 (Manor Ave.), turn right.

Follow Manor Avenue (999 S) through two traffic lights.

At the second light, there will be a gas station on your left and John Herr's on your right.

Directly after this intersection, you will see a left-hand turning lane and traffic light.

Get in that lane and bear left onto George Street. (You will see a mini Mart on your right.)

Follow George Street for about three blocks to the Millersville University Campus. This will bring you to the center of campus.

To get to Brooks Hall you want to turn right onto E. Frederick St. at the light. You will then make your second right onto Brooks Drive (Past the library). Follow the winding road up till you get to Brooks Hall on top of the Hill. The Pool is located downstairs. Please enter through the front of the building facing the university. Parking is available in the lot below Brooks Hall next to Boyer Hall.

DATES & TIMES

ALL LESSONS ARE MONDAY WENDSDAY AND FRIDAY, FOR 30 MINUTES AND RUN FOR TWO WEEKS. CERTAIN LEVELS ARE ONLY OFFERED AT CERTAIN TIMES. COST PER SESSION IS \$80.00

Summer 1- 5/7-5/18	4:00/4:30/5:00/5:30 @ Brooks Hall
Summer 2- 5/21-6/1	4:00/4:30/5:00/5:30 @ Brooks Hall
Summer 3- 6/4- 6/15	4:00/4:30/5:00/5:30 @ Brooks Hall
Summer 4- 6/18-6/29	4:00/4:30/5:00/5:30 @ Brooks Hall
Summer 5-7/9-7/20	4:00/4:30/5:00/5:30 @ Brooks Hall

"Not affiliated with Penn Manor School District"

SKILL LEVELS

Flounder: This level is for 5 year olds and younger ONLY, who cannot at this point get themselves, unaided by adult or flotation device, across the pool (approx. 40 feet).

The goals in the Flounder level are as follows:

- to get your child to jump in the pool on their own
- surface on the back and float
- use arms to pull through the water and legs to kick
- feel relaxed in the water and swim aided at first, with the goal of unaided swimming for at least a short distance.

Pre-requisite: All beginners must be at least 2 years old (2 1/2 preferred) and potty trained; and all 2 and 3 year olds must wear water diapers under their suits. No exceptions.

Piranha: If your child cannot swim freestyle, breathing to the side for a distance of 40 feet or more, this is the level for you. We will evaluate all Piranhas the first day to divide them into one of three categories (but you just choose Piranhas at this point):

1) 5 and under--who are graduates out of our Flounder program, and swimming successfully on their backs.

These children will have:

- their back swimming skills reinforced--this is their safety position
- gradually teaching them to roll over onto their front and take freestyle arm strokes. This way a natural rolling motion, rather than the head out style encouraged by dog paddle and flotation devices, will be used for them to breathe. And they'll always have their back swimming skills for self rescue.

2) Novice--who are 6 and older but are absolute beginners. By starting a little later than is ideal, there will be more resistance and fear at this level than in any other group.

Children will be taught:

- Same Skills as Flounder
- As they progress will learn High End Skills

3)High End--Kids of any age who can demonstrate some semblance of the arm-over-arm freestyle motion,

Children will be taught:

- Breathing to their side
- Kicking while swimming
- Not stopping their arms to breathe

Barracuda: These are graduates of our Piranha group:

- Here proper breathing will be reinforced, while slowly building endurance.
- More swimming in small groups, rather than strictly 1-1 turns with the instructor as in lower skill levels, will aid in this repetition to gain the endurance to swim 25 yards of freestyle,
- 25 yards of backstroke
- Proper treading water--the skills necessary to move on to Mini Marauder
- Diving will also be introduced at this level if adequate progress is being made on the skills above.

Registration

Name _____ Age _____

Home Address _____ DOB _____

City _____ State _____ Zip _____

Phone _____ Email _____

Emergency Contact _____ Relationship _____

Contact Number _____

Please mark which group and session your child is in:

<input type="checkbox"/>	Flounder	<input type="checkbox"/>	Summer 1- 5/7-5/18	<input type="checkbox"/>	4:00/	<input type="checkbox"/>	4:30/	<input type="checkbox"/>	5:00/	<input type="checkbox"/>	5:30
<input type="checkbox"/>	Pirahna	<input type="checkbox"/>	Summer 2- 5/21-6/1	<input type="checkbox"/>	4:00/	<input type="checkbox"/>	4:30/	<input type="checkbox"/>	5:00/	<input type="checkbox"/>	5:30
<input type="checkbox"/>	Barracuda	<input type="checkbox"/>	Summer 3- 6/4- 6/15	<input type="checkbox"/>	4:00/	<input type="checkbox"/>	4:30/	<input type="checkbox"/>	5:00/	<input type="checkbox"/>	5:30
		<input type="checkbox"/>	Summer 4- 6/18-6/29	<input type="checkbox"/>	4:00/	<input type="checkbox"/>	4:30/	<input type="checkbox"/>	5:00/	<input type="checkbox"/>	5:30
		<input type="checkbox"/>	Summer 5-7/9-7/20	<input type="checkbox"/>	4:00/	<input type="checkbox"/>	4:30/	<input type="checkbox"/>	5:00/	<input type="checkbox"/>	5:30

Cost: \$ 80.00 (Per Swimmer)

Total Amount _____

Checks made payable to Women's Swimming SSI

Registration can be sent to:

Kyle Almony
Jefferson Hall
164 West Cottage Ave.
Millersville, PA 17551

Medical Information: Medical Treatment authorization: I, being the legal guardians of the above applicant authorize the Swim Lesson Program and its staff permission to request medical treatment as necessary to insure the well being of the applicant.

(Signature of Parent/Guardian and date)

Insurance: Coverage for accidental injury is required by all participants. Please complete the health care information below:

Health Insurance Carrier: _____

Policy #: _____

I approve of my child's attendance at the Swim Clinic Program and certify that he or she is in good health and able to participate in the program's activities. I (am/am not) attaching a statement explaining special limitations and required medications. Please indicate if your child suffers from allergies, asthma, diabetes, restricted activities, etc. In further consideration of the Swim Clinic Program accepting this application, I hereby agree to save and indemnify and keep harmless the Swim Clinic Program, its coaches and staff against all liability, claims, judgments or demands arising as a result of injuries sustained by the applicant during or as a result of any course given the applicant of the Swim Clinic Program.

Signature _____ Date _____