

# Pitt's Kids

## Sunday Fall Program

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### **Program Description:**

Pitt's Kids is the oldest community outreach program at the University of Pittsburgh. The program is sponsored by the School of Education at the University. The program is held at Trees Hall which serves as a perfect vehicle for the program.

The facility offers a 50-meter pool, 25-yard pool, rock wall, dance studio, 3 large basketball courts, racquetball courts, and a multipurpose room. This is perfect for the diverse activities that we offer at our program. We believe that every child should be exposed to as many activities as possible (some new, some old) to expand their interests.

Pitt's Kids' program provides instruction in aquatics, games, and sports instruction to children ages 3—13 years old. *Pitt's Kids* is comprised of two parts: 50 min. of physical activity and 50 min. of aquatic instruction. Games and Sports Instruction in the gym and Aquatic Instruction in the pool.

Pitt's Kids' 3–4-year-old group will have three, 30-minute periods. They will be broken into three groups of 30-minute activities. The three activities areas will introduce locomotion fun, obstacle courses, dance, wacky and wild games, and water safety.

## **Pitt's Kids Age Groups:**

3 – 4-year-old age group: Broken into three groups of 30-minute activity periods. With focus on motor development, fun games, and water safety.

5 – 6-year-old age group: Broken into two groups of 50-minute activity periods. Focuses on wacky and wild games, motor development, social development, and learn to swim.

7 – 9-year-old age group: Broken into two groups of 50-minute activity periods. Focuses on fun games, team sports, social development, and swimming lessons.

10 – 13-year-old age group: Broken into two groups of 50-minute activity periods. Focuses on team building, team sports, fun games, social development, swimming skills, and more!

## **Pitt's Kids Swimming Levels:**

**Pre-level** (Adapting to Aquatic Environment): Begin exploring aquatic environment. Flotation devices. This level is for 3- and 4-year old's only.

**Level I** (Water Exploration): For beginning swimmer with little or no experience who is comfortable holding onto the wall and using flotation devices independently.

**Level II** (Primary Skills): Able to submerge underwater and feel comfortable in the pool environment. Learning to swim and float short distances independently on back and belly, and longer distances with support from a flotation device.

**Level III** (Stroke Readiness): Able to retrieve objects underwater with eyes open, jump from the side of the pool into deep water and return to the side of the pool independently.

**Level IV** (Stroke Development): Able to swim 25 yards of freestyle and backstroke, dive from the side of the pool, and tread water for 2 minutes.

**Level V** (Stroke Refinement): Able to dive from a diving board, swim freestyle and backstroke uninterrupted for 50 yards, and breaststroke for 25yards.

**Level VI** (Skill Proficiency): Proficient with all the major strokes and can swim 100 yards of freestyle and backstroke, 50 yards of breaststroke, and 25 yards of butterfly.

## **Sunday Pitt's Kids Program Updates:**

Parents will not be allowed in the building during the program. Drop off and pick up will be coordinated with our staff and families. Families will also notice that the numbers of kids will be lower than normal as well.

We ask that participants bring a water bottle with them during the program.

# Program Information

## **Dates & Times of Sunday Program:**

First Weekend – September 21<sup>st</sup> – Last Weekend November 16<sup>th</sup>.

- No program on October 12<sup>th</sup> due to Fall break
- Weather Make-up date: November 23<sup>rd</sup> (families will be informed via email for any program date cancelations and make-up sessions).

Drop-off starts at 9:45am – 9:55am program will start at 10am

Pick-up starts at 12pm – 12:15pm.

## **Cost of Sunday Program:**

**Session Rates:** Cost is \$225 per child. For each additional child cost is \$200.

**\*If a family qualifies for our income guidelines and lives in 15219 or 15213 zip codes the session rate is \$25 per child. If you live outside the 15219 or 15213 zip codes but still qualify for our income guidelines the session rate is \$75 per child.**

## **How to Register:**

Parents and or Guardians will register online on our new online registration portal. All registrations and payments will go through our online portal. We will be using a new registration program called Ryzer to help with our program registration.

### **Contact Information:**

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