University of Pittsburgh | Community Leisure Learn
School of Education

University of Pittsburgh's

Pitt's Kids

Parent Handbook

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What Is Pitt's Kids:

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, 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. To participate in this program, children must be fully potty trained.

Best,

Pitt's Kids Staff
cllprog@pitt.edu, 412-648-8278
140 Trees Hall, Allequippa & Darragh Streets,
Pittsburgh, PA, 15261

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Contact Information and Scheduled Dates:

Community Leisure Learn Program
cllprog@pitt.edu
412-648-8278
140 Trees Hall, Allequippa & Darragh Street Pittsburgh,
PA, 15261
Website: www.education.pitt.edu/cll

Dates:

9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15

-No program on October 11th due to Fall break

-Weather Make-up date: November 22nd (families will be informed via email for any program date cancelations and make-up sessions).

Times:

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

Pick-up starts at 12pm – 12:15pm.

Communication with Parents:

We communicate with parents via email and our website. In the application please list an email that you or your family will check for updates in regards to the program. Below is a list of resources on the Internet.

Website: www.education.pitt.edu/cll

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Refund Policy:

Families have until one week prior to the start of the Sunday program to request a refund partial refund. If the refund request prior to 1/23/26 that family will receive full amount minus the registration fee of $25 per child.

Pitt's Kids DOESN'T offer refunds and or pro-rated rates during the start of the program. If your child misses a day or there is a scheduling conflict we will not offer a refund or pro-rated amount. If the University were to cancel programs due to a pandemic we would offer full refunds for those families enrolled. If Pitt's Kids has to close for a weekend we will try to offer a make up (04/05/26) day but it is not guaranteed. Weather cancellations will be made one hour before the program is scheduled to begin that day.

What to Bring to Camp:

Each Sunday campers will want to bring/pack the following items to ensure they have a safe & fun time at our PK Program.

Gym/Activity Attire:

Participants must wear closed toe sneakers or running shoes for the gym activities.
NO Flip flops, sandals, or open-faced shoes and or heels
Active Wear (shorts, t-shirts, socks)
Bring a water bottle.
Change of clothes (preferably another set of activity clothing.)

Swimming Attire:

A bathing suit and towel (water diapers are not permitted)
Flip Flops for the pool deck are recommended but not required.
Googles and swim cap are recommended but no required.
A change in clothing preferably active wear.

*We ask that you don't send your child with toys or any other games for the program unless directed otherwise. If you have further questions about what to bring to camp each day please direct your questions to the program director at this time.

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Behavioral Policy:

Our top priority is to provide a safe and enriching experience for all children. To do this, we must work together to develop the best plan for each individual child. In order to ensure this positive environment, we may hot be able to serve children who repeatedly display disruptive behavior. Disruptive behavior is defined as verbal, physical or sexual misconduct which requires constant attention from the staff including, but not limited to: hitting, kicking, spitting, and attempting to leave the program space, hostile verbal behavior, and other behaviors which may hurt another child, themselves, or staff member.

Program Expectations:

Respect others, the environment, and yourself
Use put ups, not put downs
Honesty
Be responsible for yourself
Treat others as they would like to be treated

In Response to Misbehavior:

Be consistent in enforcing rules
Using positive language
Give clear choices
Redirect your child
Respect your child
Work with parents to create and implement effect plans.

*Our goal is to work together with the child and family to address and modify any behavior concerns; however, if a child cannot display appropriate behavior, then he/she may be removed from the program.

Swimming Level Descriptions:

Pre- Level (Adapting to Aquatic Environment):

Begin exploring the aquatic environment. Flotation devices. This level will work on the child's comfort in the water and learning basic swimming and safety skills such as floating, kicking and dunking their head in the water. This level incorporates a lot of games to increase the child's comfort in the water.

Level I (Water Exploration):

For the beginner swimmer with little or no experience, who is comfortable holding onto the wall and using flotation devices independently. This level will work on the child's independent entry and exit from the water, jumping into the water, swimming underwater, and proper kicking technique for the beginning of crawl strokes and breaststroke using flotation devices and learning arm motions for the strokes.

Level II (Primary Skills):

In this level the child should be able to submerge underwater and feel comfortable in the pool environment. This level will work on learning to swim and float short distances independently on their back and belly, and longer distances without support of a flotation device. The child will have more instruction to the swim strokes in this level and will learn to use arms and legs at the same time during these strokes. Treading will be introduced as well.

Level III (Stroke Readiness):

The child should be 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. This level the child will work on diving, refinement of stroke skills and swimming longer distances on his/her front and back.

Level IV (Stroke Development):

The child should be able to swim 25 yards of freestyle and backstroke, dive from the side of the pool, and tread water for 2 minutes. This level will work on front crawl with rotary breathing, learning the dolphin kick and side stroke, along with refinement of other strokes and increasing swimming endurance. The child will also work on retrieving objects from deeper water.

Level V (Stroke Refinement):

The child should be able to dive from a diving board, swim freestyle and backstroke uninterrupted for 50 yards, and breaststroke for 25yards. This level will work on refining the four strokes; in particular the butterfly and breast strokes and begin swimming longer distances. The child will also begin to work on flip turns.

Level VI (Skill Proficiency):

The child will be proficient with all the major strokes and can swim 100 yards of freestyle and backstroke, 50 yards of breaststroke, and 25 yards of butterfly. The child should also be able to perform a flip turn or touch turn. This level will mainly continue the stroke refinement that began at the prior level, with a focus on increasing endurance.

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Gym Description and Groupings:

3 & 4 years old:

Learn and develop fundamental motor patterns through game play. Including locomotor (i.e. running, skipping, galloping, jumping) and object control concepts (handling, gripping, kicking, throwing, striking). In addition, children in this age group will learn creative movement skills such as dance, creative acting, and language and relationship development.

5 & 6 years old:

Develop and refine fundamental motor patterns through game play. Including locomotor (i.e. running, skipping, galloping, jumping) and object control concepts (kicking, throwing, catching. striking). In addition, children in this age group will learn creative movement skills such as dance, creative acting, language, and academic development. For this age group there will be feature activities in cooperative learning to support relationship development.

7 – 9 years old:

Develop and advance activity and sport concepts through game play. An emphasis will be placed on learning tactical strategies for offensive and defensive games, sportsmanship, communicating and listening, health benefits, and cooperation. Activity categories include (invasion, catching and throwing, fielding, and striking, and aerobic tag games). In addition, fundamental skills for rock wall climbing and high energy dance will be taught.

10 to 13 years old:

Develop and refine activity and sport concepts through game play. An emphasis will be placed on learning new and innovative games and sports. This includes games like catchhit (paddleball and lacrosse), boccerball (basketball & soccer) and angleball (target and conditioning game). In addition, an emphasis will be placed on reinforcing sportsmanship, communication, and relationship development. Children in this age group will have been taught how to safely and effectively use to muscle fitness equipment.

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Kids 3-13 years old drop off and pick up information:

We follow a strict arrival and dismissal system to ensure your child's safety! So please read the procedures carefully. This process is for all campers, ages 3-13.

Arrival time- is between **9:45AM - 9:55AM** - with children's program starting right at **10am.**

Dismissal Time- is between **12PM - 12:15PM.**

Parents will drop their child off in the vestibule area located at the main entrance of Trees Hall. Pitt's Kids staff will check the child in and transport them to the appropriate location. No parent is allowed past the main entrance.

As you arrive to pick-up your child, parents will check out with a staff in the vestibule area located in the main entrance of Trees Hall. Pitt's Kids staff will then bring your child to the front for pick-up.

Please arrive and depart on time. If you are late arriving, parents must check-in with the guard at the front desk. The guard will then notify staff to pick up and transport the child to the appropriate area.

The week leading up to the program Parents will be notified whether your child is swimming first or will be in the gym first. We ask that parents have their child ready for the program area. Please be aware that if your child swims in the second part of our program they will be ready for pick up starting at 12:05pm.

Please see the drop off and pick up map on page 10.

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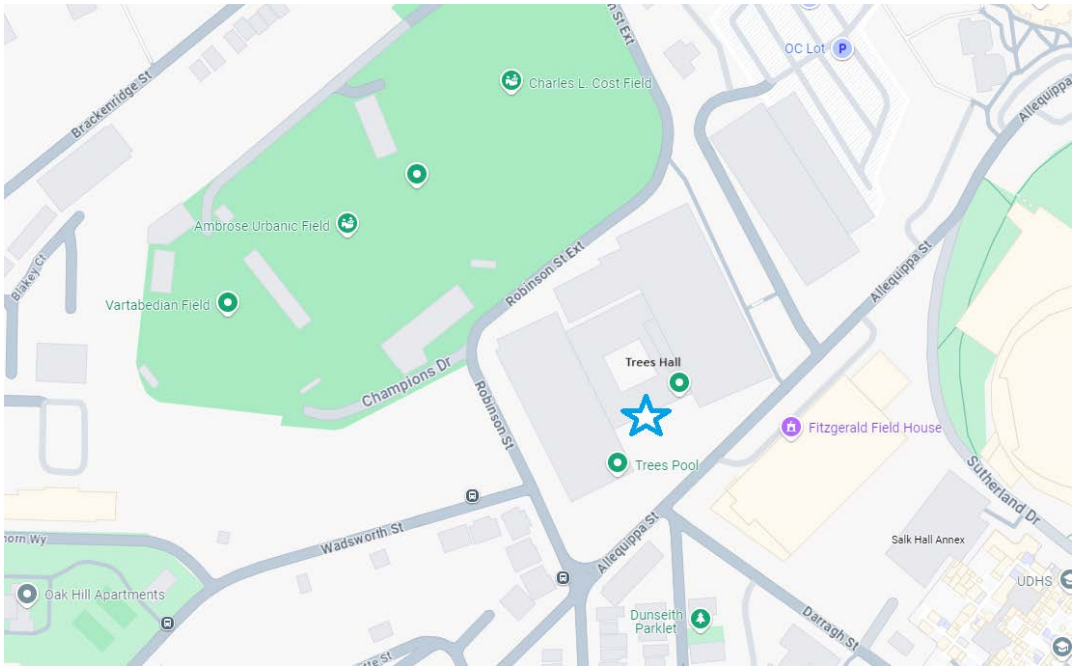

Blue Star – 3-13-year-old drop off and pick up location and is the building main entrance.

3-13 year old drop off and pick up location. This is the main entrance of Trees Hall located across from the Field house on Allequippa Street. See the blue star on the map above.