

Dear Gateway Heights Learn to Swim Families and Perspective Families,

After a great season in 2022, we are excited to bring Coach Glenn and Coach Morgan back for our Learn to Swim program. Both Glenn and Morgan have been coaching for a combined total of about 40 years. Each has experience coaching high school teams, AMS club teams, and summer swim club teams. Glenn and Morgan are committed to helping swimmers at all levels improve and achieve their swimming goals.

Please join us on May 30th at 6:00 pm at the pool for our parent meeting to meet the coaches, learn about the program, and submit forms and checks if you haven't mailed them. *Remember, due to insurance reasons, we cannot allow your child(ren) to participate without a signed registration form.*

Also, there will be time trials for the swim team those days. If your child is interested in joining the team but isn't sure they are ready, feel free to bring them to do a time trial session and our coaches can help you decide.

The Learn to Swim lessons will be held on Mondays, Tuesdays, and Thursdays from 10:45 a.m. to 11:15 a.m. and will start the week of June 12, 2023, and run through July 28, 2023. There will not be any lessons from July 3 through July 7. Swimmers are also invited to attend the team Fun Day which will be on Fridays this year. Emails regarding Fun Day will be sent out each week, as well as posted on the bulletin board next to the concession stand. The Fun Day is a chance for the students to meet and have fun with their assigned big buddy.

Lessons will be canceled in the event of thunderstorms and heavy rains but will take place in light rain. It is recommended for the students to wear goggles and have an aqua shirt for the cold mornings. This will help the student feel more comfortable which is the biggest goal of the learn to swim program.

This year we are structuring the program to include both beginners and swimmers who have a strong grasp of swimming basics but feel they are not ready for or do not wish to participate on the swim team. All groupings will be determined by the coaches and based on the number of participants in the program. Swimmers will be evaluated regularly and may be moved into an advanced group. Also, any swimmer who advances and feels ready to participate in a swim meet will be invited to do so.

The program is designed for children who are 4 years old and up who can stand in the shallow end. Exceptions to this are at the discretion of the coaches and also will be dependent on the number of volunteers available. Our volunteers are members of the swim team ages 11 and up.

Attached to this letter is a list of the basic skills goals for our beginner swimmers and the application form. In order to help with the initial groupings, please indicate if your swimmer is a returning member of the Learn to Swim program.

Finally, Learn to Swim participants are invited to the Gateway Height swim program banquet that will be held on August 7 at the pool.

We are looking forward to a great summer swim season and hope to see you on May 30th.

All my Best,

Ashlee Geesaman  
Swim Program Coordinator  
724-679-4214 (Call or Text)  
teamcoordinator@gatewayheights.org

## **Learn to Swim Beginner Swim Goals**

- Blowing bubbles on top of the water, and blowing bubbles while submerging the head
- Kicking a flutter kick on a kickboard with help and without help
- Kicking on a kickboard and blowing bubbles, across the pool in the shallow end, and then from shallow end to deep end and back with help and without help
- Floating on their back with help and without help
- Floating on their belly with help and without help
- Doggy paddle with help and without help
- Doggy paddle while blowing bubbles with help and without help
- Kicking on their back with help and without help
- Backstroke with help and without help
- Jump into shallow end and swim back to the side with help and without help
- Jump into the deep end and swimming to the side with help and without help
- Jump off the diving board and swimming to the side with help and without help
- Swimming by themselves from the deep end to the shallow with help and without help
- learning the beginnings of freestyle with help and without help

# 2023 Gateway Heights Learn to Swim Registration

\*Learn to Swim is open to Gateway Heights Swim Club Members Only\*

## Parent/Guardian Info

First name(s):	Last Name(s):
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Address:
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Phone(s):	email(s):
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Emergency Contact Name:	Phone:
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## Swimmer Info (age as of 6-1-2023)

Name	DOB	Sex	Age	Shirt/Pants Size	Returning

\*Check the returning box if the swimmer is a returning participant

**Fee Schedule:** 1 child - \$50, 2 children - \$95, 3 children - \$140, 4 or more - \$160

I hereby consent for my child(ren), named above, to participate in the activities of the Gateway Heights Swim Team. I also release the Gateway Heights Club Inc, its officers and coaches from any and all liability for any injury or damages resulting from such participation and, in my absence, authorize any reasonable and necessary medical treatment and/or hospitalization for these participants.

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Checks should be made out to: Gateway Heights Swim Team  
Please send applications and checks to: Ashlee Geesaman, 1240 Old Concord Rd, Monroeville, PA 15146, turn them in at the parent meeting or email them to [teamcoordinator@gatewayheights.org](mailto:teamcoordinator@gatewayheights.org) and venmo @Ashlee-Geesaman (include name of child(ren) in notes). Due to insurance reasons, forms must be submitted before your child(ren) can participate.