

POLICY

Spencerport Central School District

1999

8231
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Instruction

SUBJECT: SWIMMING PROGRAM

The specific goals of the District's swimming program are to:

- a) Teach pupils to acquire the skills and knowledge needed to be safe swimmers.
- b) Teach the fundamentals of water safety to pupils and encourage the more able and mature swimmers to qualify for a lifesaving certificate.
- c) Use swimming and aquatic exercises to aid the individual to develop and maintain his/her physical fitness.
- d) Provide a balanced schedule of instruction and practice during extra class periods for upper elementary and secondary school pupils which offers them enriched opportunities for advanced swimming and wide participation in aquatic activities.
- e) Offer extended educational opportunities in swimming and water safety during the evening hours for youth, adult, and family groups, and in the summer, for pupils.
- f) Encourage the individual to develop the attitudes, skills, and knowledge he/she needs for safe and satisfying participation in aquatics throughout his/her life.

Though safety in and around water is recognized as a basic human survival skill, there are other values which should be promoted and protected while keeping water safety always uppermost in mind, and fundamental in training. These other values center around four main areas.

- a) Physiological development is of a very high quality in those who participate seriously in swimming activities.
- b) Swimming is one of the most popular recreational and social activities in which whole families, regardless of age, may participate.
- a) Development of many desirable personal characteristics, such as self-reliance, confidence, respect for authority, adherence to rules, understanding the rights of others and cooperation, is an important benefit.

Adopted: 6/22/99