



# SWIMMING LESSONS

**Health & Physical Education Building – Main Campus**



# INFORMATION

## GROUP SWIMMING LESSONS or STROKE CLUB

**\$50 for Six 30-minute lessons or practice sessions**

**GROUP LESSONS:** Three to six students of the same age with approximately the same ability.

**STROKE CLUB:** Future Youth Swim Team can be developed with enough dedication and interest.

**Please mark your calendar for the date(s) and time(s) enrolled for.**

## GROUP LESSON/STROKE CLUB DATES:

Tuesday & Thursday (evenings)	<b>Spring Session 1:</b> February 13, 15, 20, 22, 27, & 29	<b>Spring Session 2:</b> March 12, 14, 19, 21, 26 & 28,	<b>Spring Session 3:</b> April 9, 11, 16, 18, 23 & 25
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### GROUP LESSON LEVELS:

#### Level One: Introduction to Basic Water Skills

Prerequisite: Must be comfortable in water.

Skills taught: Floating, putting face in water, begin arm strokes, rawl, Breast Stroke & Elementary Back Stroke.

Flutter kick on front and back, Whip Kick.

Age 3 .....4:00-4:30 p.m.

Age 4-6 .....4:35-5:05 p.m.

Age 7-14 .....5:10-5:40 p.m.

#### Level One A: Advanced, Repeat Student

Prerequisites: Maintain front and back float for 6 seconds and perform Elementary Backstroke.

Skills taught: Combine glide, flutter kick, and alternating arms for both Front and Back Crawl. Enhance Breaststroke and Kneeling Dive.

Age 4-6 .....5:45-6:15 p.m.

Age 7-14 .....6:20-6:50 p.m.

#### Level Two: Aquatic Fundamentals

Prerequisite: must be able to Maintain front and back float for 6 seconds and perform Elementary Backstroke.

Skills taught: Combine glide, flutter kick, and alternating arms for both Front and Back Crawl. Enhance Breaststroke and Kneeling Dive.

Age 4-6 .....5:45-6:15 p.m. or 4:35-5:05 p.m.

Age 7-14 .....5:45-6:10 p.m.

#### Level Three: Stroke Development

Prerequisites: Ability to perform Front Crawl and move through water. Rotary breathing is not required.

Skills taught: Rotary breathing, refinement of Front and Back Crawl, and Breast and Back Strokes. Introduce Butterfly kick. Jumping into deep water, Standing Dives, and Treading.

Age 4-6 ..... 4:00-4:30 p.m.

#### Stroke Club

Prerequisites: Must be able to swim length of 25 yd. pool.

Skills taught: Practice focuses on refinement of 4 competition strokes,

flip turns & swimming for fun.

Age 7 & up .... 5:10-5:40 p.m.

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**PRIVATE, SEMI-PRIVATE, AND TRI-PRIVATE** Daytime and evening hours

## PRIVATE SWIMMING LESSONS

**\$70 for Five 30-minute lessons**

## SEMI-PRIVATE LESSONS (for two people)

**\$90 for Five 30-minute lessons**

## TRI-PRIVATE LESSONS (for three people)

**\$130 for Five 30-minute lessons**

Student #1 Name: \_\_\_\_\_ Age: \_\_\_\_\_

**For viewing, please sit in the stands above the pool.  
Parents are not permitted on the pool deck during lessons.**

**Please enter the pool through the locker rooms, allowing time to use the restroom, dress to swim, and rinse in the showers before taking stairs to the pool area.**

- Goggles are optional for Level 1, needed for Levels 2 and 3 and Stroke Club.
- Arm floats or swim vests are not needed.
- If the student doesn't swim at the same level as those in the Group, you will be asked to switch him or her to another Level.
- *We recommend practicing skills during other pool visits for maximum learning experience. **No c a g e f o t e e t i e f a i l y t o u s e p o o l w i l e e n o l l e d.***
- It is not uncommon to repeat a Level several times before advancing to the next Level.
- Five minutes are scheduled between each lesson for brief discussion.
- Group Lessons that have only one student enrolled, may be offered a shifted time, a refund, or three Private Lessons.

**Make-up Lesson(s) are held during the buffer week between Sessions if a Group Lesson is canceled. They are not available for individuals who miss lessons.**

### **Waiver**

I acknowledge and accept the risks inherent in the use of the Glenville State University services and swimming pool, including participation in any swimming lesson or Stroke Club. The undersigned assumes the sole risk of