Private Swim Lessons

Private swim lessons are a great way for anyone of any swimming ability to work in a one on one environment. Our instructors are all American Red Cross Certified Water Safety Instructors. Each lesson is 30 minutes in length. Any client who is under the age of 16 must perform their lessons during family hours and have a parent or guardian with them during the swim lessons.

Register for Private Swim Lessons in the Administration Office located in the lobby of the Student Recreation Center.

<table>
<thead>
<tr>
<th>Lessons</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Six Lessons</td>
<td>$80</td>
<td>$110</td>
</tr>
<tr>
<td>Twelve Lessons</td>
<td>$140</td>
<td>$200</td>
</tr>
<tr>
<td>Eighteen Lessons</td>
<td>$200</td>
<td>$290</td>
</tr>
</tbody>
</table>

Location: Clients have the option to perform their swim lessons at the Campus Recreation outdoor pool or HPE indoor pool. Please communicate your location preference to the swim instructor designated for your individual lessons.

Lesson Dates & Times: The lesson dates are determined by the availability of the client and the instructor. Please remember that all lessons must be performed during hours of operation at either location.

Cancellations: Private Swim Lessons may be cancelled by the Aquatics staff for proper water chemistry balance or inclement weather. If the Aquatics staff must cancel a lesson, we will host a makeup lesson at no additional charge. If the client must reschedule a lesson, we ask for 24 hours notice for all cancellations. If a participant does not give 24 hours notice of a cancellation, their lesson cost is non-refundable.
Group Swim Lessons

Group Swim Lessons are a great way for children to learn how to swim or to develop their current swimming abilities. Group Swim accommodates a variety of ages starting at six months. All lessons are taught by an American Red Cross certified Water Safety Instructor.

Swim lessons are divided into six levels: One through Five and Parent Tot. The program is designed to allow a child to develop from Parent Tot through Level 5 over time. After a child has completed all six levels, they will receive a book to take home and practice their skills.

Register for Group Swim Lessons in the Administration Office located in the lobby of the Student Recreation Center. Classes may fill quickly so please sign up early or join the waiting list for the next available slot. The fee is $45 for each level.

**Level Requirements**

**Level 1: Introduction to Water Skills (approx. 4-6 years)**
- Blow bubbles through nose and mouth
- Open eyes under water and retrieve submerged objects
- Roll from front to back and back to front
- Tread water using arm and hand actions

**Level 2: Fundamental Aquatic Skills (approx. 6-8 years)**
- Fully submerge and hold breath
- Change direction of travel while swimming on front or back
- Enter and exit water by stepping or jumping from the side
- Learn what to think about and do when exhausted or caught in a dangerous situation

**Level 3: Stroke Development (approx. 7-10 years)**
- Enter headfirst from the side in sitting and kneeling positions
- Survival and Back float
- Change from vertical to horizontal position on front and back
- Learn to recognize, prevent, and respond to cold water emergencies

**Level 4: Stroke Improvement (approx. 8-11 years)**
- Enter headfirst from the side in compact and stride positions
- Swim under water
- Front and back crawl, elementary backstroke, breast stroke, sidestroke and butterfly
- Tread water using two different kicks

**Level 5: Stroke Refinement (approx. 9-12 years)**
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breast stroke, sidestroke and butterfly