

Summer 2009 Learn-to-Swim

Central Michigan University - University Recreation

URec offers swimming instruction for those ages six months through adult. All swim lessons are taught by American Red Cross certified Water Safety Instructors and take place in Rose Pool.

Parent and Child Swim Lessons

Cost: Member \$40/Non-member \$55

Parent-Infant

Ages: 6-18 months

Prerequisites: Parent must be in the water with child and child must wear a swim diaper.

Objective: To help parents and children feel comfortable in the water. Emphasis on support and holding techniques, submerging, entering and exiting the water safely, and exploring buoyancy.

Parent-Tot

Ages: 19 months – 5 years

Prerequisites: Parent must be in the water with child and child must wear a swim diaper.

Objective: To help parents and children feel comfortable in the water building on skills in the Parent-Infant class. Emphasis on entering and exiting the water safely, combined stroke on front and back, changing body position in water, and choosing and using life jackets.

Youth Swim Lessons

Cost: Member \$45/Non-member \$60

Level 1 A&B Introduction to Water Skills

Ages: A – 3-5 years; B – 6-14 years

Prerequisites: None

Objective: To help participants feel comfortable in the water and enjoy it safely. Emphasis on floating with support, kicking, breath control, and basic water safety.

Level 2 Fundamental Aquatic Skills

Ages: 6-14 years

Prerequisites: Successful competition of Level 1 or demonstrate all Level 1 skill requirements.

Objective: To build on skills taught in Level 1 by giving students success with fundamental skills. Emphasis on front crawl and back crawl locomotion, floating without support, and leveling off.

Level 3 Stroke Development

Ages: 6-14 years

Prerequisites: Successful competition of Level 2 or demonstrate all Level 2 skill requirements.

Objective: To build on skills taught in Level 2 by providing additional guided practice. Emphasis on front crawl and back crawl coordination, butterfly kick, treading water, and head-first entries.

Level 4 Stroke Improvement

Ages: 6-14 years

Prerequisites: Successful competition of Level 3 or demonstrate all Level 3 skill requirements.

Objective: To build on skills taught in Level 3 by developing confidence in strokes learned thus far. Emphasis on endurance, open turns, elementary backstroke, breaststroke and sidestroke kick.

Level 5 Stroke Refinement

Ages: 6-14 years

Prerequisites: Successful competition of Level 4 or demonstrate all Level 4 skill requirements.

Objective: To build on skills taught in Level 4 by coordinating all strokes. Emphasis on refining all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke), increasing distances, and flip turns.

Level 6 Swimming and Skill Proficiency

Ages: 6-14 years

Prerequisites: Successful competition of Level 5 or demonstrate all Level 5 skill requirements.

Objective: To refine strokes so participants swim with ease, efficiency and power over greater distances.

Summer 2009 (Rose Pool)

Lesson Dates

Session 1

June 1, 2, 3, 4,
8, 9, 10, 11

Registration Deadline
May 22, 2009

Session 2

June 22, 23, 24, 25,
29, 30; July 1, 2

Registration Deadline
June 12, 2009

Session 3

July 13, 14, 15, 16,
20, 21, 22, 23

Registration Deadline
July 3, 2009

Lesson Times

Sessions 1, 2 & 3

5:00 - 5:40pm

Level 1A, Level 1B, Level 2,
Level 3

5:50 - 6:30pm

Level 1A, Level 2, Level 3,
Level 4

6:40 - 7:10pm/7:20pm*

Parent-Infant, Parent-Tot
Level 1A*, Level 2*

7:20 - 8:00pm

Level 4, Level 5, Level 6, Adult

Sessions 2 & 3

9:00 - 9:40am

Level 1A, Level 1B, Level 2,
Level 3

9:50 - 10:30am

Level 1A, Level 2, Level 3,
Level 4

10:40 - 11:20am

Level 2, Level 4, Level 5,
Level 6

11:30 - 12:00pm/12:10pm*

Parent-Infant, Parent-Tot,
Level 1A*

NEW CLASS! GUARDSTART

June 22-25, 2009

Monday-Thursday 1pm-5pm

Cost: Member \$80/Non-member \$100

Ages: 11-14 years old

Prerequisites: Swim 25 yards of front crawl breathing to front or side; tread water for one minute using arms and legs; submerge and swim a distance of 10 feet underwater

Objective: This course is geared toward participants who want to be a lifeguard but are not yet old enough to enroll in the American Red Cross Lifeguarding course. GuardStart teaches everything from lifesaving and leadership skills to fitness and professional development.

Private Lessons

Cost: **1 session-** Member \$15/Non-Member \$20
3 sessions- Member \$40/Non-member \$55

Private swim instruction is an excellent way to learn new skills or improve existing ones. This option also allows you flexibility as you are contacted directly to set up convenient lesson times. All sessions are 30 minutes in length and may be scheduled anytime the SAC has open swim hours. Lessons may take place in SAC or Rose Pool.

Adult Lessons

Cost: Member \$45/Non-member \$60
Ages: 15 years and older

This class is designed for adults of all abilities and levels. Participants will focus on becoming comfortable in the water environment, learn about the body's buoyancy in the water through floating and gliding, and learn other entry level swimming skills. The class is also for those who are comfortable in the water but want to learn proper stroke techniques.



Important Registration Information

Registration

Registration is available in person at the URec Membership Desk, or may be mailed in. Space is not guaranteed until you have received confirmation from URec. Only checks are accepted for mail-ins. **Please make checks payable to: CMU**

We accept Master Card and Visa in person only.

Mail to: University Recreation
Attn: Learn-to-Swim
200 SAC
Mount Pleasant, MI 48859

There will be a \$10 late fee per participant for all registrations received after the deadline.

Refund and Cancellation Policy

All classes cancelled by University Recreation will be refunded in full. Participants requesting a refund before the start of the program must submit a request prior to the registration deadline. Participants may receive a refund less a \$5 service fee. No refunds are available once a program has begun. Private lesson participants must contact the instructor 24 hours prior to the scheduled lesson in order to reschedule.

Waitlist Policy

Each Learn to Swim class has a maximum enrollment level in order to maintain an appropriate instructor-to-student ratio. Once a class is full, those still interested in a class can be placed on a waitlist and will be notified if space becomes available.

Make-Up Policy

URec does not offer individual make-up lessons if your child misses a class. If URec cancels a class due to unforeseen circumstances, you will be contacted regarding other arrangements.

Orientation

There is an optional orientation before the start of each session to review program rules and expectations, and to tour Rose Pool. Parents are encouraged to bring participating children. All orientations are held in the NIRSA Room in the Student Activity Center.

Session 1 Tuesday May 26, 2009 6-7pm

Session 2 Tuesday June 16, 2009, 6-7pm

Session 3 Tuesday July 7, 2009, 6-7pm

Multiple Child Discount

Sign your children up for the same session and receive a \$5 discount for each additional child.

* Registration for all children must occur at the same time.

For more information please contact us at (989) 774 - 3686 or visit our website at www.urec.cmich.edu

CMU, an AA/EO Institution, strongly and actively strives to increase diversity within its community. CMU provides individuals with disabilities reasonable accommodations to participate in university activities, programs, and services. Individuals with disabilities requiring an accommodation should call (989) 774-3686.