Group Swim Lessons Descriptions

WATER SAFETY INSTRUCTOR

Child Beginner I Swim Lessons: This level focuses on the fundamentals of swimming including water independence, coordinated arm and leg movements, and proper body positioning. Floating with minimal support as well as kicking with support is practiced. Basic coordinated arm and leg movements on front and back will also be a part of this class.

Child Beginner II Swim Lessons: This level is used to work on the technique of the swimmer. Focusing mostly on freestyle and backstroke, this class is meant for those who are able to swim on their own without assistance.

Child Intermediate Swim Lessons: This level is used to motivate fine tuning of stroke techniques. Basic competitive swimming concepts are also taught. Endurance and technique are further developed and challenged. Flip turns are introduced.

Adult Beginner Swim Lessons: This class is open to the fearful or first-time swimmer. Instruction provided will be based upon the specific desires of the adults taking the class. It is designed to build confidence and improve stroke skill in adults.

COURSE

Child Beginner I
Tuesdays and Thursdays
6:00 pm — 6:30 pm

Child Beginner II
Tuesdays and Thursdays
6:30 pm — 7:00 pm

Child Intermediate
Tuesdays and Thursdays
7:00 pm — 7:30 pm

Adult Beginner
Tuesdays and Thursdays
7:30 pm — 8:00 pm

DATES

Session #1   September 19th - October 5th
Session #2   October 10th - October 26th
Session #3   October 31st - November 16th
Session #4   November 21st - December 7th

General Information

FEES
UK Affiliate — $40 per each individual in each session
Non-UK Affiliate — $50 per each individual in each session

SCHEDULING
Refer to each individual class for the schedule. Class times vary with each course.

REGISTRATION
Participants can register by visiting, calling the Membership Sales desk, or online. Registration closes the Thursday prior to the start of the class. https://recwellservices.uky.edu/

CANCELLATION/REFUNDS
All group lessons require at least 2 participants to run. Cancellations made prior to the first day of class will be honored. After the first day of class, no refunds will be given. If there is an extenuating circumstance, the participant will speak with the Graduate Assistant.

MISSED CLASS
There are no make up lessons if a participant must miss class due to their own scheduling conflicts.

PAYMENT
Payment must be made at the time of registration at the Membership Sales Desk.

LOCATION
All courses take place at the Lancaster Aquatic Center.

CLASS SUPPLIES
For the Group Swim Lessons, bring a swimsuit, goggles, and a towel each day.