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 Group Swim Lesson**
- Tuesdays and Thursdays
- 5:00 pm – 5:30 pm

**Child Beginner II Group Swim Lesson**
- Tuesdays and Thursdays
- 5:30 pm – 6:00 pm

**Child Intermediate Group Swim Lesson**
- Tuesdays and Thursdays
- 6:00 pm – 6:30 pm

**Adult Beginner Group Swim Lesson**
- Tuesdays and Thursdays
- 6:30 pm – 7:00 pm

### DATES

- **Session #1**
  - May 16th to June 1st
  - June 6th to June 22nd
  - June 27th to July 13th

### 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 must register for lessons at the Membership Sales desk in the Lancaster Aquatics Center. Registration closes the Sunday prior to the start of the class.

**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.

**MISSING 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.