



2019 SWIM LESSON SCHEDULE



OPEN REGISTRATION DATES

- Session 1 - Nov. 8 - Jan. 12**
- Session 2 - Feb. 14 - Mar. 23**
- Session 3 - April 4 - June 8**
- Summer - April 4 - July 8**
- Session 4 - July 16 - Sept. 7**

COST

UFC MEMBERS: \$50 per session
NON MEMBERS: \$80 per session

Cash, check, VISA, MC, and DISC accepted.
Payment is required at registration.

No refunds are given after second class. Classes missed due to severe weather or pool closings may be made up if schedule permits. Please check our website for closing announcements and updates.

www.uah.edu/university-recreation

All of our instructors are professionally trained with years of experience in teaching and encouraging success at all skill levels.



Questions, Comments, Suggestions?
Contact University Recreation Pool @ 256-824-5528
500 John Wright Drive
Huntsville, Alabama 35899
(Located on the UAHuntsville Campus)

WEEKEND YOUTH 2019 SWIM LESSON SCHEDULE

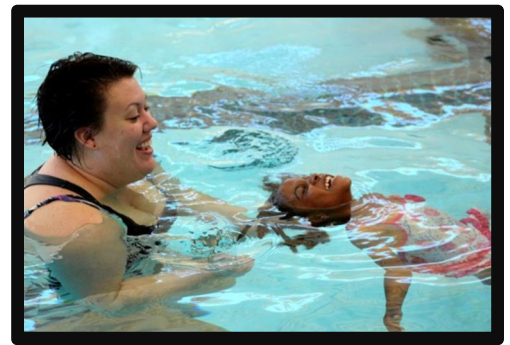
SATURDAY		SUNDAY	
8:15 am – 9:00 am	Itty Bitty Bubbles	1:10 pm – 2:00 pm	Mighty Minnows
9:15 am – 10:00 am	Sea Turtles	1:15 pm – 2:00 pm	Sea Turtles
10:10 am – 11:00 am	Mighty Minnows	2:15 pm – 3:15 pm	Sharks
10:15 am – 11:15 am	Dolphins	2:15 pm – 3:15 pm	Dolphins
11:00 am – 12:00 pm	Stroke Work	3:15 pm – 4:15 pm	Stroke Work
11:30 am – 12:30 pm	Sharks	3:30 pm – 4:30 pm	Super Swimmers
12:45 pm – 1:45 pm	Super Swimmers		

Session 1: January 12th thru March 10th
(make-up weekend: March 16th and March 17th)

Session 2: March 23rd thru May 19th*
(make-up weekend: June 1st and June 2nd)

Session 3: June 8th thru August 11th*
(*no classes July 6th-July 7th; make-up weekend: Aug. 17th and Aug. 18th)

Session 4: Sept. 7th thru Nov. 3rd
(make-up weekend: Nov. 9th and Nov. 10th)



Refer to back page for guidelines for choosing a class for your child.

*No refunds are given after second class. There are make-up days only for severe weather and pool closure class cancellations.

*Please check our Facebook, Instagram (@universityfitnesscenter), and website (www.uah.edu/university-recreation) for updates.

SUMMER 2019

WEEKDAY YOUTH SWIM LESSON SCHEDULE MONDAYS - THURSDAYS

Session 1: June 3rd thru June 13th*

Session 2: June 17th thru June 27th*

Session 3: July 8th thru July 18th*

**make-up classes will be held on the Friday at the end of each session
(June 14th, June 28th, and July 19th)*



MORNING

8:00 am – 8:45 am Itty Bitty Bubbles

**session 1 only*

10:00 am – 10:45 am Sea Turtles

10:00 am – 10:50 am Mighty Minnows

11:00 am – 11:55 pm Dolphins

11:00 am – 11:55pm Sharks

AFTERNOON

12:00 pm – 1:00 pm Stroke Work

1:00 pm – 1:50 pm Mighty Minnows

2:00 pm – 2:55 pm Dolphins

3:00 pm – 4:00 pm Stroke Work

4:00 pm – 5:00 pm Super Swimmers

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GUIDELINES FOR CHOOSING A CLASS

Below are the minimum skill level requirements for every class.

Please note that ages specified are only a guideline.

Please discuss with our Aquatic Staff which class is most appropriate for your child.

Itty Bitty Bubbles (6mos – 4yrs)

*It is required for parents to be in the water with their child in this class

No experience necessary

Parents are taught techniques to help child

Get child comfortable with water

Child is afraid of the water or afraid of being away from parent

Will not get face submerged

Safety is emphasized

Sea Turtles (up to 5yrs old)

*Child will be in Tot-Dock

First time for swim lessons

Unable to float or fearful of floating unassisted

Fearful of being in water or slight fear

Cannot swim without assistance (Floaties, Water Wings, etc.)

Mighty Minnows

*It is advised, but not required, for child to be 3 ft. tall.

No fear of getting face wet or ears submerged

Child can blow bubbles in the water

Little to no fear of floating

Can retrieve object off bottom of pool up to 4' in depth

Dolphins

No fear of water

Can float on front and back unassisted

Can retrieve object off bottom of pool

No fear of jumping into deep water

Can swim 15 yards freestyle unassisted with side breathing

Sharks

No fear of deep water

Can swim 25 yards freestyle unassisted with side breathing

Can swim 15 yards back stroke unassisted

Stroke Work

No fear of deep water

Can swim 50 yards freestyle unassisted with side breathing

Can swim 25 yards back stroke unassisted

Can swim 15 yards breast stroke assisted or unassisted

Super Swimmers

*students will swim approximately 1,000 yards per class in preparation to master swimming

Can swim 100 yards freestyle with side breathing w/no stopping

Can swim 50 yards back stroke unassisted

Can swim 50 yards breast stroke assisted or unassisted

Can swim 50 yards butterfly assisted or unassisted

Knows basic diving skills

Preparation for swim competition

NOTE: Completion of course DOES NOT guarantee a child is ready for the next level. Please discuss class placement of your child with their instructors to ensure your child is placed in a class that best meets their needs.