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.

BEST OF AQUATICS

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:15 am – 9:00 am</td>
<td>Itty Bitty Bubbles</td>
</tr>
<tr>
<td>9:15 am – 10:00 am</td>
<td>Sea Turtles</td>
</tr>
<tr>
<td>10:10 am – 11:00 am</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>10:15 am – 11:15 am</td>
<td>Dolphins</td>
</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>11:30 am – 12:30 pm</td>
<td>Sharks</td>
</tr>
<tr>
<td>12:45 pm – 1:45 pm</td>
<td>Super Swimmers</td>
</tr>
</tbody>
</table>

### SUNDAY

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:10 pm – 2:00 pm</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>1:15 pm – 2:00 pm</td>
<td>Sea Turtles</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>Sharks</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>Dolphins</td>
</tr>
<tr>
<td>3:15 pm – 4:15 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>3:30 pm – 4:30 pm</td>
<td>Super Swimmers</td>
</tr>
</tbody>
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**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)

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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)

**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.
**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.

<table>
<thead>
<tr>
<th>Class</th>
<th>Requirements</th>
</tr>
</thead>
</table>
| Itty Bitty Bubbles (6mos – 4yrs) | 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) | 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         | 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         | 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.