

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

8:15 am – 9:00 am Itty Bitty Bubbles Sea Turtles 9:15 am - 10:00 am 10:10 am - 11:00 am Mighty Minnows

10:15 am - 11:15 am Dolphins

11:00 am - 12:00 pm Stroke Work Sharks 11:30 am – 12:30 pm

12:45 pm – 1:45 pm **Super Swimmers**

SUNDAY

1:10 pm – 2:00 pm Mighty Minnows 1:15 pm - 2:00 pm Sea Turtles 2:15 pm - 3:15 pm Sharks

2:15 pm - 3:15 pm **Dolphins**

3:15 pm – 4:15 pm Stroke Work

Super Swimmers 3:30 pm - 4:30 pm

Session 1: January 12th thru March 10th

(make-up weekend: March 16th and March 17th)

Session 2: March 23rd thru May 19^{th*}

(make-up weekend: June 1st and June 2nd)

Session 3: June 8th thru August 11^{th*}

(*no classes July 6th-July 7th; make-up weekend: Aug. 17th and Aug. 18th) Session 4: Sept. 7th thru Oct. 27th

(make-up weekend: Nov. 2nd and Nov. 3rd)







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.

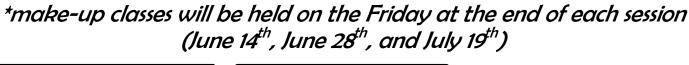
SUMMER 2019

WEEKDAY YOUTH SWIM LESSON SCHEDULE

MONDAYS - THURSDAYS

Session 1: June 3rd thru June 13^{th*}

Session 2: June 17th thru June 27^{th*} Session 3: July 8th thru July 18^{th*}









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

Mighty Minnows 1:00 pm – 1:50 pm

2:00 pm – 2:55 pm Dolphins

3:00 pm - 4:00 pm Stroke Work

4:00 pm - 5:00 pm Super Swimmers

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.

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

No fear of water
Can float on front and back unassisted
Dolphins
Can retrieve object off bottom of pool
No fear of jumping into deep water
Can swim 15 yards freestyle unassisted with

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

No fear of deep water
Can swim 50 yards freestyle unassisted with side breathing
Stroke Work
Can swim 25 yards back stroke unassisted
Can swim 15 yards breast stroke assisted or 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 <u>DOES NOT</u> 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.