2020 SWIM LESSON SCHEDULE

OPEN REGISTRATION DATES

Session 1 – Nov. 7 – Jan. 11
Session 2 – Feb. 13 – Mar. 21
Session 3 – April 2 – June 13
**Summer** – April 2 – July 13
Session 4 – July 16 – Sept. 12

COST

*UFC MEMBERS: $50 per session
NON MEMBERS: $80 per session
*must qualify for membership rate

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 social media pages for 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)

BEST OF AQUATICS
WEEKEND YOUTH
2020 SWIM LESSON SCHEDULE

**SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>8:15 am – 9:00 am</td>
<td>Itty Bitty Bubbles</td>
</tr>
<tr>
<td>9:00 am – 9:45 am</td>
<td>Sea Turtles</td>
</tr>
<tr>
<td>10:00 am – 10:50 am</td>
<td>Mighty Minnows</td>
</tr>
<tr>
<td>10:00 am – 10:55 am</td>
<td>Dolphins</td>
</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td>Sharks</td>
</tr>
<tr>
<td>11:00 am – 12:00 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>12:00 pm – 1:00 pm</td>
<td>Super Swimmers</td>
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**SUNDAY**

<table>
<thead>
<tr>
<th>Time</th>
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</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 – 3:10 pm</td>
<td>Dolphins</td>
</tr>
<tr>
<td>2:15 pm – 3:15 pm</td>
<td>Sharks</td>
</tr>
<tr>
<td>3:15 pm – 4:15 pm</td>
<td>Stroke Work</td>
</tr>
<tr>
<td>3:15 pm – 4:15 pm</td>
<td>Super Swimmers</td>
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**Session 1: January 11th thru March 1st**

(make-up weekend: March 7th and March 8th)

**Session 2: March 14th thru May 10th**

(*no classes April 11th – April 12th; **adjusted hours on April 25th. Add’l info. will be announced later.)

(make-up weekend: May 16th and May 17th; swim trials: May 2nd)

**Session 3: June 13th thru August 9th**

(*no classes July 4th-July 5th; make-up weekend: Aug. 15th and Aug. 16th)

**Session 4: Sept. 12th thru Nov. 1st**

(make-up weekend: Nov. 7th and Nov. 8th)

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), & website (www.uah.edu/university-recreation) for updates.
SUMMER 2020
WEEKDAY YOUTH
SWIM LESSON SCHEDULE
MONDAYS - THURSDAYS

**Session 1:** June 8th thru June 18th*
**Session 2:** June 22nd thru July 2nd*
**Session 3:** July 13th thru July 23rd*

*make-up classes will be held on the Friday at the end of each session (June 19th, July 3rd, and July 24th)

**MORNING**

<table>
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<tr>
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<tbody>
<tr>
<td>8:00 am – 8:45 am</td>
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**AFTERNOON**

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<tbody>
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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.
**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>
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| **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  |
| *It is required for parents to be in the water with their child in this class* | 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.)  |
| **Sea Turtles (up to 5yrs old)** | 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  |
| *Child will be in Tot-Dock* | 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  |
| **Mighty Minnows** | No fear of deep water  
Can swim 25 yards freestyle unassisted with side breathing  
Can swim 15 yards back stroke unassisted  |
| *It is advised, but not required, for child to be 3 ft. tall.* | 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  |
| **Dolphins** | No fear of deep water  
Can swim 50 yards freestyle unassisted with side breathing  
Can swim 25 yards breast stroke assisted or unassisted  |
| **Sharks** | No fear of deep water  
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  |
| **Stroke Work** | 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.