



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)

WEEKEND YOUTH 2020 SWIM LESSON SCHEDULE

SATURDAY		SUNDAY	
8:15 am – 9:00 am	Itty Bitty Bubbles	1:10 pm – 2:00 pm	Mighty Minnows
9:00 am – 9:45 am	Sea Turtles	1:15 pm – 2:00 pm	Sea Turtles
10:00 am – 10:50 am	Mighty Minnows	2:15 pm – 3:10 pm	Dolphins
10:00 am – 10:55 am	Dolphins	2:15 pm – 3:15 pm	Sharks
11:00 am – 12:00 pm	Sharks	3:15 pm – 4:15 pm	Stroke Work
11:00 am – 12:00 pm	Stroke Work	3:15 pm – 4:15 pm	Super Swimmers
12:00 pm – 1:00 pm	Super Swimmers		

Session 1: January 11th thru March 1st

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

Session 2: March 14th thru May 10^{th**}

*(*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 9^{th*}

*(*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 3^d, and July 24th)*



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 am Dolphins

11:00 am – 11:55 am 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

3:00 pm – 4:00 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

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.