2021 SWIM LESSON SCHEDULE

OPEN REGISTRATION DATES

Child Fall Session
Ages 6 month – 12 years
- July 19 – Sept. 10

Adult Fall Session
Ages 13+
- July 19 – Sept. 13

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

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.*

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

BEST OF AQUATICS

256-824-5528
500 John Wright Drive
Huntsville, Alabama 35899
(Located on the UAH Campus)
www.uah.edu/recreation
Fall Weekend Children 2021 SWIM LESSON SCHEDULE

SATURDAY

8:15 am – 9:00 am  Itty Bitty Bubbles
9:15 am – 10:00 am  Sea Turtles
9:15 am – 10:15 am  Dolphins
10:30 am – 11:20 am  Mighty Minnows
10:30 am – 11:30 am  Sharks
11:45 am – 12:30 pm  Sea Turtles
11:45 am – 12:40 pm  Mighty Minnows
12:45 pm – 1:45 pm  Stroke Work
12:45 pm – 1:45 pm  Super Swimmers

SUNDAY

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

*Each Class has a 10 Student Maximum with the exception of Sea Turtles and Mighty Minnows that has an 8 Student capacity. Students only eligible for one class per session.

Fall Session: Sept. 11th thru Oct. 31st
(make-up weekend: Nov. 6th and Nov. 7th)

Registrations:
- For Itty Bitty Bubbles and Sea Turtles, Registration will be online at rec.uah.edu.
- For All other Children Swim Lesson Classes, A Swim Test will need to be administered. Once the Child has been through a swim test, the parent will be able to register their child in person at the UFC Monday – Friday 10am-2pm.

Swim Test:
- Swim tests will be administered at the University Fitness Center Pool Monday through Friday 10am- 2pm. No appointment necessary, just let the front desk know you are here for a swim test and they will navigate you to a swim instructor to administer the test.
- Swim tests are to ensure your child is in the most accurate swim level to ensure the most effective learning experience throughout lessons.
- A course completion card issued from an instructor at the UFC, or an official Red Cross certification card, can be used as verification in place of a swim test.
- For more information call the UFC Aquatics Department at: 256-824-5528.

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 (@uahrec), & website (www.uah.edu/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>
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<tr>
<th>Class</th>
<th>Requirements</th>
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| **Itty Bitty Bubbles (6mos – 3yrs)** | *It is advised, but not required, for child to be 3 ft. tall.*  
  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 (3yrs to 5yrs old)** | *Child must be tall enough to stand on Tot-Dock without assistance.*  
  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.
2021 FALL ADULT BEGINNER SWIM LESSONS

ADULT SWIM LESSON SCHEDULE:

Session 1:
Tuesdays & Thursdays, 5:45pm – 6:45pm:
Sept. 14th – Oct. 7th
(*make-up on Oct. 12th)

Session 2:
Tuesdays and Thursdays, 7:00pm – 8:00pm:
Sept. 14th – Oct. 7th
(*make-up on Oct. 12th)
** 5 Student capacity per session.

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

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/recreation

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

To register for Adult Swim Lessons, visit rec.uah.edu and register online.
For more information call the UFC Aquatics Department at: 256-824-5528.

For updates and announcements, please visit our website,
www.univeristyfitnesscenter.com, and also our Facebook and Instagram pages.

Contact UFC Pool @ 256-824-5528
500 John Wright Drive
Huntsville, Alabama 35805
www.universityfitnesscenter.com
(Located on UAH Campus)