

Expectations

What my teacher expects of me:

- To be on time.
- To have my hair tied back (if necessary)
- To remove all objects from my mouth (gum, paper, candy, rubber bands, etc.)
- To have a positive attitude.

What I can expect from my teacher:

- Will explain and demonstrate each skill.
- Will give everyone an opportunity for practice.
- Will give positive reinforcement and corrective feedback.
- Will use games whenever possible to facilitate learning.
- Will start and end class on time.

What my teacher expects of the parents:

- To observe class from an appropriate location.
- To observe without correction or negative feedback.
- To deliver my child on time.
- To pick-up my child on time.
- To be enthusiastic about all progress (however small)

What the parents can expect of the teacher:

- Will be on time and teach for the full class period.
- Will keep the FUN in fundamentals and give each child an opportunity to learn.
- Will give reports and answer any questions about student's progress at the appropriate time.
- Will have safety of all students as first priority.

Private Swim Lessons

These lessons are offered to interested parties who cannot fit group lessons into their busy schedules or just prefer one-on-one instruction. Times and dates of lessons will be determined between the assigned instructor and participant within the regular open Arena Pool Hours.

Registration Information

To Register for Group Lessons: Please call or visit the Office of Continuing Education at 812-237-4101

You must register prior to the first day of class.

To Register for Private Lessons: Please visit the Office of Recreational Sports

If you have any questions concerning Group Lessons or Private Lessons: Please contact Jake Eubank, Assistant Director/Aquatics 812-237-8974 or email at jeubank2@isugw.indstate.edu

Cost:

Group Lessons (Levels 1 through Adult)

\$35.00 per participant, per session

Private Lessons

4, 45-minute lessons - \$80.00

6, 45-minute lessons - \$120.00

Cash, Check, or Visa/MCard accepted

**Learn
To
Swim
Spring 2009**



**Proud Provider of American Red Cross
Health and Safety Training**

ISU Learn to Swim Spring 2009

Indiana State University offers swim lessons for all people age 4 years to adult and all skill levels from beginner to advanced swimmers.

Level Information

Level 1 - Introduction to Water Skills

Saturday 10:00am - 10:45am

Location: Arena Pool

Purpose: To help students feel comfortable in the water and enjoy the water safely.

- Enter and exit the water safely using the ladder, steps, or side of pool
- Submerge mouth, nose, and eyes
- Exhale underwater (blow bubbles) through mouth and nose (3 seconds)
- Show comfort maintaining a front/back float position, while supported
- Swim on front/back using any combination of arm and leg actions while supported (5 feet)

Level 2 - Fundamental Aquatic Skills

Saturday 11:00am - 11:45am

Location: Arena Pool

Purpose: To provide student with opportunities for success with fundamental skills.

- Enter water independently by jumping or stepping from the side
- Blow bubbles, submerging head in a rhythmic pattern (bobbing) (5 times)
- Show comfort maintaining a front/back float position with face in the water (5 seconds)
- Swim on front/back using any combination of arm and leg actions (15 feet)

Level 3 - Stroke Development

Saturday 10:00am - 10:45am

Location: Arena Pool

Purpose: To build on the skills in Level 2 by providing additional guided practice.

- Jump into deep water from the side
- Submerge and retrieve an object (independently) from chest-deep water (3 seconds)
- Demonstrate rotary breathing with body in a horizontal position (5 times)
- Demonstrate a front/back glide using 2 different kicks (2 body lengths)

Level 4 - Stroke Improvement

Saturday 11:00am - 11:45am

Location: Arena Pool

Purpose: To build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice.

- Demonstrate a dive from a compact or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Demonstrate an open turn using any stroke on front/back and push off in a streamlined position
- Demonstrate front/back crawl, butterfly, backstroke, and sidestroke

Adult - Beginner

Tuesday 6:30pm - 7:30pm

Location: Arena Pool

Purpose: To introduce Water Safety Skills to adults with little or no water experience.

Adult - Intermediate

Tuesday 7:30pm - 8:30pm

Location: Arena Pool

Purpose: To build on Water Safety Skills and improve stroke technique.

Group Lesson Schedule

Levels 1 - 4

Saturday Session 1- Six Weeks

Jan. 24, 31, Feb. 7, 14, 21, and 28

Saturday Session 2 - Six Weeks

Mar. 21, 28, Apr. 4, 11, 18, and 25

Group Lesson Schedule

Adult

Adult Session 1 - Six Weeks

Jan. 27, Feb. 3, 10, 17, 24, and Mar. 3

Adult Session 2 - Six Weeks

Mar. 24, 31, Apr. 7, 14, 21, and 28

Times:

Saturday Sessions: 10:00am or 11:00am

Tuesday Adult Sessions: 6:30pm or 7:30pm

Private Lessons: Arranged

Important Information:

- *There will not be any make-up lessons beyond the scheduled classes.*
- *There will not be any refunds provided after the second lesson of the session.*
- *The maximum enrollment for each lesson is 10 individuals.*