

Registration

Please visit the Membership Services Counter Located at the ISU Student Recreation Center to Register for Group and/or Private Lessons
You must register prior to the first day of class for Group Lessons.

Cost

Group Lessons (Parent/Child, Preschool Aquatics, Levels 1 through 4, and Adult)

\$25.00 per participant, per session

Private Lessons

4, 45-minute lessons - \$80.00

6, 45-minute lessons - \$110.00



Important Information

- The minimum enrollment for each lesson is 3, and maximum enrollment for each lesson is 10 individuals. If a lesson does not reach the minimum amount required, we reserve the right to combine or cancel the class.
- Any photographs taken by the Learn to Swim staff become property of the Department of Recreational Sports. These photos may be used in the future for promotional material.
- 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.

Questions:

Please contact Jake Eubank, Assistant Director/Aquatics at 812-237-8974 or email at jacob.eubank@indstate.edu



Indiana State University
Student Recreation Center

Department of Recreational Sports
601 N. 6th Street
Terre Haute, IN 47809
Phone: 812-237-4097

Indiana State University
HHS Building (Arena)

Department of Recreational Sports
380 N. 5th Street
Terre Haute, IN 47809
Phone: 812-237-4633



Indiana State
University

More. From day one.

Recreational Sports



Fall 2009
Learn-to-Swim



ISU Learn to Swim Fall 2009

Indiana State University offers swim lessons for all people age 6 months to adult and all skill levels from beginner to advanced swimmers.

Youth Lessons (Held in the HHS Building)

Parent/Child - To familiarize young children (from ages 6 months to 3 years) with the water. In this Level, Parents will learn to work with their children to learn how to enter/exit the water, feel comfortable in the water, explore submerging in the water, and gliding on their front and back.

Times: Sa 9:00am to 9:30am, Su 1:00pm to 1:30pm, and T/Th 5:00pm to 5:30pm

Preschool Aquatics - To orient preschool-aged children (from ages 3 years to 5 years) to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills without Parental Assistance. In this level, children will learn to blow bubbles, open their eyes under water, retrieve submerged objects, combine arm/leg actions on front/back, and tread with arm and hand action.

Times: Sa 9:30am to 10:00am, Su 1:30pm to 2:00pm, and T/Th 5:30pm to 6:00pm

Level 1 - To begin developing positive attitudes, good swimming habits and safe practices in and around the water for children at least 5 years of age. In this level, children will learn how to glide/float on their front/back, alternate arm/leg actions on front/back, and roll from front to back/back to front.

Times: Sa 10:00am to 10:45am, Su 2:00pm to 2:45pm, and T/Th 6:00pm to 6:45pm

Level 2 - To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. In this level, children will learn to fully submerge and hold their breath, recover to vertical position, roll from front to back/back to front, and tread water using arm/leg action.

Times: Sa 11:00am to 11:45am, Su 3:00pm to 3:45pm, and T/Th 7:00pm to 7:45pm

Level 3 - To build on the skills in Level 2 by providing additional guided practice in deeper water. In this level, children will learn head-first entries from the side, rotary breathing, flutter/scissor/dolphin, breaststroke kicks on front, and front crawl/elementary backstroke.

Times: Sa 10:00am to 10:45am, Su 2:00pm to 2:45pm, and T/Th 6:00pm to 6:45pm

Level 4 - To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills. In this level, children will learn to swim underwater, tread water using 2 different kicks, front/back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, and flutter/dolphin kicks on back.

Times: Sa 11:00am to 11:45am, Su 3:00pm to 3:45pm, and T/Th 7:00pm to 7:45pm

Adult Lessons (Held in the HHS Building)

Beginner - To introduce water safety skills and knowledge to adults with very little or no swimming experience. Participants will learn how to be comfortable in shallow/deep water and be taught basic swimming techniques.

Times: Wednesday 6:00pm to 6:45pm

Intermediate - To build on water safety skills/knowledge and enhance swimming techniques for adults who have had past swimming experience. Participants will be taught how to comfortably utilize water exercise and fitness in their daily workout.

Times: Wednesday 7:00pm to 7:45pm

Private Lessons (Held in the Student Rec Center)

For interested parties who cannot fit group lessons into their busy schedules or just prefer one-on-one instruction. Once registered, an instructor will be assigned and will contact you within 1 week to introduce themselves, discuss what you are interested in learning, and to set up your first lesson. Lessons will be completed at the Student Recreation Center Pool within its normal operating hours. (Monday through Friday 11am to 9pm, Saturday 9am to 6pm, and Sunday 12pm to 9pm)

Session Days/Times

Youth Lessons

Saturday Session 1 (9:00am to 12:00pm)

Dates: September 12, 19, 26, and October 3

Sunday Session 2 (1:00pm to 4:00pm)

Dates: October 18, 25, November 1, and 8

Tuesday/Thursday Session 3 (5:00pm to 8:00pm)

Dates: November 10, 12, 17, and 19

Adult Lessons

Wednesday Session 1 (6:00pm to 8:00pm)

Dates: September 16, 23, 30, and October 7

Wednesday Session 2 (6:00pm to 8:00pm)

Dates: October 21, 28, November 4, and 11

