

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.

Registration:

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.

Private Lessons: Please visit the Office of Recreational Sports

Cost:

Group Lessons (Parent/Child, Preschool Aquatics, and Levels 1 through 4)
\$45.00 per participant, per session

Private Lessons

4, 45-minute lessons - \$80.00
6, 45-minute lessons - \$110.00

Cash, Check, or MCard/Visa accepted

Questions:

Please contact Jake Eubank, Assistant Director/Aquatics at 812-237-8974 or email at jeubank2@isugw.indstate.edu



Learn To Swim Summer 2009



Proud Provider of American Red Cross
Health and Safety Training

ISU Learn to Swim Summer 2009

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

Level Information

Parent/Child Aquatics

Monday through Thursday 9:00am - 9:30am

Location: Arena Pool

Purpose: To familiarize young children (from ages 6 months to 3 years) to the water with Parental Assistance..

- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose, and eyes completely.
- Explore buoyancy on the front and back position.
- Glide on front and back with assistance.

Preschool Aquatics

Monday through Thursday 9:30am - 10:00am

Location: Arena Pool

Purpose: To orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills without Parental Assistance.

- Blow bubbles through mouth and nose.
- Open eyes under water and retrieve submerged objects.
- Bobbing.
- Combined arm and leg actions on front and back.
- Tread with arm and hand action.

Level 1 - Introduction to Water Skills

Monday through Thursday 2:00pm - 2:45pm

Location: Arena Pool

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water.

- Bobbing.
- Front and back glides and floats.
- Alternating and simultaneous arm and leg actions on front and back.
- Combined arm and leg actions on front and back.
- Roll from front to back and back to front.

Level 2 - Fundamental Aquatic Skills

Monday through Thursday 3:00pm - 3:45pm

Location: Arena Pool

Purpose: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position.

- Fully submerge and hold breath.
- Recover to vertical position.
- Roll from front to back and back to front.
- Tread water using arm and leg actions.
- Finning arm action.

Level 3 - Stroke Development

Monday through Thursday 2:00pm - 2:45pm

Location: Arena Pool

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

- Headfirst entries from the side in sitting and kneeling positions.
- Rotary breathing.
- Flutter, scissor, dolphin and breaststroke kicks on front.
- Front crawl and elementary backstroke.
- Tread water.

Level 4 - Stroke Improvement

Monday through Thursday 3:00pm - 3:45pm

Location: Arena Pool

Purpose: To develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills.

- Swim underwater.
- Tread water using 2 different kicks.
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly.
- Flutter and dolphin kicks on back.
- Feet-first surface dives.

Private Swim Lessons

Arranged with Assigned Instructor within Open Hours of the Arena Pool.

Location: Arena Pool

Purpose: For interested parties who cannot fit group lessons into their busy schedules or just prefer one-on-one instruction.

Group Lesson Schedule

Monday through Thursday Session 1 – Two Weeks

June 15 through June 25

Monday through Thursday Session 2 – Two Weeks

June 29 through July 9

Monday through Thursday Session 3 – Two Weeks

July 13 through July 23

Monday through Thursday Session 4 – Two Weeks

August 3 through August 13

Days/Times:

****All group lessons will be held in the HHP Building****

Parent/Child and Preschool Aquatics

Monday through Thursday 9:00am - 10:00am

Levels 1 through 4

Monday through Thursday 2:00pm or 3:00pm

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.
- 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.