Welcome to University Recreation Aquatics. We are excited to have you participate in our Aquatics Instructional Programs. We hope that you and your family have a positive experience with us. The following information answers some questions about registration and our instructional aquatic levels.

**What:** University Recreation Bama Swim School (swim lessons) Registration

**Who:** UA Students, UREC Members, UA Faculty/Staff, Community

**Where:** Register at the University Aquatic Center or the University Student Recreation Center

**When:** Beginning November 30, 2015. You may register during normal business hours, Monday-Thursday, 8:00am-5:45pm and Friday 8:00am-4:45pm, on a first-come-first-served basis. Registration ends at the close of business on the Wednesday prior to the session start date. Offices are CLOSED Monday, January 18 and Monday-Friday, March 14-18.

**Additional Information:**

- Please use the attached class schedule to select your classes. Make alternative selections in case your first choice is not available and record those selections on the schedule.
- Swim Lesson registration is by age group with participants being placed into skill level groups according to: participation history, your response to the Skill Level Selection Guide, or an assessment of each child’s skills on the first day of class. Youth Pre-Team registration is by skill level according to: participation history or the assessment of each child’s skills on the first day of class.
- Bring your completed registration form(s) and class schedule to UREC Member Services at either the Aquatic Center or the Student Recreation Center. Full payment is required at the time you register. We accept exact cash, checks, Master Card, Visa, Discover, or American Express.
- On the first day of swim lessons, participants may be evaluated in the water to ensure best group placement.
- Swim lessons are progressive in that each skill level builds upon the proceeding one. Classes may include a combination of 2 successive skill levels. A brief description of skill levels is included in this packet.
- At each skill level, participants are involved in activities related to the following components: water entry and exit, breath control and submerging, buoyancy, changing direction, treading, swimming on the front, back, and side, and water safety.
- Swim lessons are conducted at the Student Recreation Center Indoor Pool, located at 401 5th Avenue East, Tuscaloosa, Alabama 35401. Youth Pre-Team is conducted at the University Aquatic Center, located at 415 Bryant Drive, Tuscaloosa, Alabama, 35401.

*For questions or additional information, please contact Dollie Gill, Aquatics Graduate Assistant at dlgill@crimson.ua.edu, Alex Sandoval, Manager, Aquatic Programs at asandoval@sa.ua.edu, or University Recreation Aquatics Member Services at 205-348-5244.*

**Program Descriptions**
**Parent-Child Aquatic Readiness:** A developmental age water enrichment program designed to prepare toddlers and young children to become comfortable in the water so they are willing and ready to join the Learn-To-Swim program. Infants must be able to sit up on their own before taking this class. This 20 to 30-minute class is not designed to teach young children to become good swimmers or even survive in the water on their own; instead, it gives parents information and techniques to help orient their young child to the water and to supervise water activities in a safe manner. This class requires the in-water participation of a parent or adult guardian who is trusted by and legally responsible for the child. The parent or guardian assumes responsibility for the child’s health before, during, and after the program.

- Parent-Child Level 1 = generally, 6 months to 18 months
- Parent-Child Level 2 = generally, 19 months to 36 months
- Parent-Preschool = an aquatic readiness or transitional confidence and competence class for preschoolers’ age 3 to 4 years old who may have difficulty separating from the parent/guardian. The preschooler, accompanied by their parent, can begin to develop a foundation of cognitive understandings such as the language of instruction and class procedures, attitudes such as respect for the water and obeying instructors & lifeguards, and psychomotor aquatic skills such as water entry and breath control.

**Preschool Swim Lessons:** A progressive three level water adjustment and pre-swim developmental skills program for children 3 to 5 years of age. This 30-minute program is designed to orient the preschool age child to the water and to begin working on basic aquatic skills. The “fun”damentals are reinforced with games and activities that challenge and motivate children to want to perform and learn to swim. The child MUST be ready to enter a group swimming class on his or her own.

- Preschool Level 1 = skills may be performed with support
- Preschool Level 2 = skills may be performed with assistance
- Preschool Level 3 = skills are performed independently

**Youth Swim Lessons:** A six level progressive program for school-age children, 6-12 years of age. This 40-minute program starts with creating a solid foundation of aquatic skills for future development of swimming and water safety skills. Achievement of specific milestones is necessary for progression through levels, and it is expected that it may take more than one attempt at a level to successfully demonstrate all required skills.

- LTS 1 = Introduction to Water Skills
- LTS 2 = Fundamental Aquatic Skills
- LTS 3 = Stroke Development
- LTS 4 = Stroke Improvement; Swimmers completing this level are eligible to enroll in the Pre-Team program.
- LTS 5 = Stroke Refinement; Swimmers completing this level may be eligible to “try-out” with Crimson Tide Aquatics.
- LTS 6 = Fitness Swimming and Skill Proficiency

**Middle School Swim Lessons:** The same six level progressive program as for school-age children except, the group is designed for the middle school (grades 6-8) student peer learning experience and the need for adapting skills.

**Pre-Team:** This 45-minute program is designed to prepare swimmers, grades 1-8, for a year-round competitive swim program. Swimmers will work on the four competitive strokes, starts, turns, and endurance. Swimmers must be able to swim at least 25 yards of Freestyle, Backstroke, and Breaststroke in order to participate in Pre-Team.

- LTS 5 = Stroke Refinement
- LTS 6 = Swimming and Skill Proficiency

**Private and Semi-Private Swim Lessons:** Private and semi-private swimming lessons are designed to meet the recreational or competitive needs for participants age 5 and older. Private lessons offer one-on-one instruction, while semi-private lessons include two students of comparable skill. Each private/semi-private lesson lasts 30 minutes.

**Policies:**
Missed Classes
Participants who miss a scheduled class are not permitted to attend other classes to make-up for the missed class.

Special Circumstances:
Parents or guardians are required to inform UREC in writing, prior to a participant’s acceptance in a program, of any special circumstances which may affect the participant’s ability to participate fully and within the guidelines of acceptable behavior including, but not limited to, any serious behavioral problems or special circumstances regarding psychological, medical or physical conditions.

Parent Presence and Locker Rooms:
Parents are required to remain in the pool area and be available to attend to their child in the case of an emergency or child needs to use the restroom. At the Student Recreation Center, we strongly encourage use of the Family Changing Rooms located between the Men’s Locker Room and Personal Training Room.

Facility Access
All participants (and their family members) must present either their University ID/Action Card or program card at the Welcome/Access Desk. Parents/Guardians attending to participating children in the swim lesson program must be University Recreation members in order to use the facility for personal exercise.

Parking
A University Parking Placard or Temporary Guest Permit is required.

Withdrawal from Class / Refund Policy:
Should you need to withdraw from a class, a written request must be submitted at least one week prior to the program/class start date to the Aquatic Center Member Services Office or via email to urecaquatics@ua.edu. At the discretion of the Assistant Director, Aquatics, or designee, you may receive a refund, less a $10 administrative fee per each class dropped.

- Refund requests received after the first day of class will not be honored. A medical withdrawal requires a note from an attending physician.
- Refunds are not given for classes rescheduled due to severe weather, campus closures, facility conflicts, and participant or instructor illness.
- Refunds of credit card payments are credited back to the card used for course registration and must be processed from the Office from which one registered. We DO NOT retain credit card information.
- Refunds of cash/check payments are issued as checks and should be received within six weeks of the refund approval by UREC.
- For extended absence due to long-term illness or injury, please speak with the Manager, Aquatic Programs.

Cancellation of Classes:
Monday through Thursday classes that are canceled may be offered on a Friday at the regular class time. Weekend classes may be offered on a weekend at the regular class time. Below are a few reasons University Recreation may cancel classes:

- Insufficient Enrollment - Minimum enrollment levels must be met for courses to be held. If UREC cancels a course due to low enrollment or loss of instructor, registered participants will be notified and offered the options of transferring to another class or receiving a full refund.
- Severe Weather – The Student Recreation Center indoor and outdoor pool areas will be closed for 30 minutes each time lightning is detected within an eight-mile radius of the facility. While we cannot predict the weather, we will cancel classes in advance if possible. If severe weather erupts during class and at least half the class time has been conducted, then it will count as a single class.
- Facility Hazard – This includes but is not limited to sub-standard water quality, loss of electrical power, or other facility concern preventing the regular operation of programs.

Policy Exceptions
It is understood these policies may not provide guidance for every possible situation. University Recreation reserves the right to make changes and exceptions to program policies when, in the professional judgement of the Assistant Director, Aquatics, or designee, a change or exception is warranted.

University Recreation Aquatics
**Learn-to-Swim Skill Level Guide**

The Learn-to-Swim Program provides an increased emphasis in the areas of drowning prevention and water safety and an inclusive approach to swimming and water safety. Please review the skill level guide carefully to predict the correct placement for your child.

<table>
<thead>
<tr>
<th>Skill Level</th>
<th>The participant must meet the following pre-qualifications</th>
</tr>
</thead>
</table>
| Parent Child Level 1         | □ Little to no swimming experience  
□ Can sit up without support |
| Age 6-18 months              |                                                                            |
| Parent Child Level 2         | □ Has learned to as for permission before entering the water  
□ Can blow bubbles on cue  
□ Voluntarily submerges on cue |
| Age 19-36 months             |                                                                            |
| Preschool Aquatics Level 1   | □ Afraid of water  
□ Little to no swimming experience  
□ Willing to participate independent of parent |
| Preschool Aquatics Level 2   | □ All skills can be done with support  
□ Can enter the water independently  
□ Can move 5 yards, submerge to mouth and blow bubbles for 3 seconds, and safely exit the water  
□ Can glide on the front 2 body lengths, roll to back, float for 3 seconds, and recover to vertical position |
| Preschool Aquatics Level 3   | □ All skills can be executed with little to no assistance  
□ Can glide on the front 2 body lengths, roll to the back, float on back for 5 seconds, and recover to vertical position  
□ Can glide on the back 2 body lengths, roll to the front, float on front for 5 seconds, and recover to vertical position  
□ Can swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, and recover to vertical position  
□ Can glide on the front 2 body lengths, roll to the back, float for 5 seconds, and recover to vertical position  
□ Can swim breaststroke for 50 yards, change direction, and swim elementary backstroke for 50 yards |
| Adult The Basics             | □ Afraid of water  
□ Little to no swimming experience |
| Adult Stroke Refinement      | □ Can perform a feet-first entry into chest deep water  
□ Can swim front crawl for 25 yards, change direction, and swim elementary backstroke for 25 yards  
□ Can swim breaststroke for 15 yards, change direction, and swim back crawl 15 yards  
□ Can swim breaststroke for 15 yards, change direction, and swim back crawl 15 yards  
□ Can perform a shallow-angle dive into deep water  
□ Can swim front crawl for 50 yards, change direction, and swim elementary backstroke for 50 yards  
□ Can swim breaststroke for 25 yards, change direction, and swim back crawl 25 yards  
□ Can swim back crawl 25 yards  
□ Can perform a feet-first entry into chest deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, move back to a back float for 5 seconds, and return to a standing position  
□ Can push off and swim using a combination of arm and leg actions for 15 feet on the front  
□ Can push off and swim using a combination of arm and leg actions for 15 feet on the back |
| Adult Fitness Swimming       | □ Can perform a feet-first entry into chest deep water, swim front crawl 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards  
□ Can swim breaststroke for 15 yards, tread water for one minute, and swim back crawl for 25 yards |

Instructors reserve the right to move a participant to a more appropriate level as necessary. If, during preschool programs, a child turns 6 years old, the child would move to the corresponding Learn-to-Swim class the next session.

**Upon completion, child moves to Learn-to-Swim Level 3**

If participant is able to perform the following skills, then move to the next level.

- Can enter the water unassisted
- Can move 5 yards, bob 5 times to chin level, and safely exit the water
- Can glide on front with support for 3 seconds and recover to vertical position

**Upon completion, child can move to Pre-Team (Learn-to-Swim Levels 5-6).**

If participant is able to perform the following skills, then move to the next level.

- Can jump into deep water from pool side
- Can swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds, and swim elementary backstroke for 15 yards

**Upon completion, child may be eligible to “try-out” with the Crimson Tide Aquatics Swim Team.**

If participant is able to perform the following skills, then move to the next level.

- Can perform a feet-first entry into chest deep water
- Can swim front crawl for 25 yards, change direction, and swim elementary backstroke for 25 yards
- Can swim breaststroke for 15 yards, change direction, and swim back crawl 15 yards

**Upon completion, child may be eligible to “try-out” with the Crimson Tide Aquatics Swim Team.**

Age-appropriate, team-oriented, and led by coaches and instructors with expertise in water safety and swimming instruction, the Learn-to-Swim Program team provides a fun and safe environment for participants to learn the fundamentals of swimming. Parents are welcome to participate in the program with their children. Nearly all of our team members are former Crimson Tide Aquatics Swim Team members. Parents may register or try out for the Learn-to-Swim Program team at any time during the year!
<table>
<thead>
<tr>
<th>Session Dates</th>
<th>Parent-Child 6 mo. – 36 mos.</th>
<th>Preschool 3-5 yrs Levels 1-3</th>
<th>Youth 6-12 yrs Levels 1-4</th>
<th>Middle School Grades 6-8 Levels 1-4</th>
<th>Pre-Team 6-14 yrs Levels 5-6</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SESSION 4</strong></td>
<td>Sunday Jan. 24 – Feb. 28 6 classes</td>
<td>3:00-3:30pm (12)</td>
<td>3:40-4:10pm (12)</td>
<td>4:20-5:00pm (12)</td>
<td>5:10-5:50pm (12)</td>
</tr>
<tr>
<td></td>
<td>Mon/Wed Jan. 25 – Feb. 17 8 classes</td>
<td>4:20-4:50pm (12)</td>
<td>5:00-5:40pm (12)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tue/Thurs Jan. 26 – Feb. 18 8 classes</td>
<td>5:20-5:50pm (12)</td>
<td>6:00-6:40pm (12)</td>
<td></td>
<td>5:30-6:15pm (12)</td>
</tr>
<tr>
<td><strong>SESSION 5</strong></td>
<td>Mon/Wed Feb. 22 – Mar. 23 (no class Mar. 14 &amp; 16) 8 classes</td>
<td>4:20-4:50pm (12)</td>
<td>5:00-5:40pm (12)</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Tue/Thurs Feb. 23 – Mar. 24 (no class Mar. 15 &amp; 17) 8 classes</td>
<td>5:20-5:50pm (12)</td>
<td>6:00-6:40pm (12)</td>
<td></td>
<td>5:30-6:15pm (12)</td>
</tr>
<tr>
<td><strong>SESSION 6</strong></td>
<td>Sunday Mar. 6 – April 24 (no class Mar. 13 &amp; 27) 6 classes</td>
<td>3:00-3:30pm (12)</td>
<td>3:40-4:10pm (12)</td>
<td>4:20-5:00pm (12)</td>
<td>5:10-5:50pm (12)</td>
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<tr>
<td></td>
<td>Mon/Wed Mar. 28 – April 20 8 classes</td>
<td>4:20-4:50pm (12)</td>
<td>5:00-5:40pm (12)</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>Tue/Thurs Mar. 29 – April 21 8 classes</td>
<td>5:20-5:50pm (12)</td>
<td>6:00-6:40pm (12)</td>
<td></td>
<td>5:30-6:15pm (12)</td>
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</table>

**Program Fees (Per/Person)**

<table>
<thead>
<tr>
<th>Affiliation</th>
<th>Parent-Child/Preschool Groups</th>
<th>Youth/Teen/Adult Groups</th>
<th>Private 1:1</th>
<th>Semi-Private 1:2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sunday 7 classes 8 classes</td>
<td>Sunday 7 classes 8 classes</td>
<td>4 lessons</td>
<td>4 lessons</td>
</tr>
<tr>
<td><strong>UA Student</strong></td>
<td>$40</td>
<td>$45</td>
<td>$55</td>
<td>$50</td>
</tr>
<tr>
<td><strong>UREC Member</strong></td>
<td>$40</td>
<td>$45</td>
<td>$55</td>
<td>$50</td>
</tr>
<tr>
<td><strong>Faculty/Staff</strong></td>
<td>$50</td>
<td>$60</td>
<td>$70</td>
<td>$60</td>
</tr>
<tr>
<td><strong>Non-Member</strong></td>
<td>$60</td>
<td>$70</td>
<td>$80</td>
<td>$70</td>
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</tbody>
</table>