



Division of
Student Life
University Recreation

THE UNIVERSITY OF ALABAMA®

Bama Swim School Registration Information Packet Fall Semester 2017

Welcome to University Recreation Aquatics. We are excited to have you participate in our aquatics instructional programs. We offer private, semi-private, and group swim lessons for children and adults. The following information will help guide you in choosing the right program as well as provide details for the registration process.

University Recreation (UREC) Bama Swim School: Participation is open to UA students and members of University Recreation. Registration is by age group with participants being placed into skill level groups according to: participation history, responses to the Skill Level Selection Guide, or an assessment of each child's skills on the first day of class. Swim lessons are progressive in that each skill level builds upon the proceeding one. Classes may include a combination of two successive skill levels. 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. Descriptions of our program offerings are provided on the next page. 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.

- Tuesday/Thursday & Friday lessons are conducted at the Aquatic Center (AC), 415 Paul Bryant Drive, Tuscaloosa, AL, 35401
- Sunday lessons are conducted at the Student Recreation Center (SRC) indoor pool 400 Peter Bryce Boulevard, Tuscaloosa, AL, 35401

Registration: Begins Monday, August 14, 2017; enrollment is on a first-come, first-served basis. Registration is available in person at either the Student Recreation Center or Aquatic Center membership office. A completed registration form and waiver is required at the time of registration. We accept exact cash, Bama Cash, checks, debit cards, and Master Card, Visa, Discover, or American Express.

- Aquatic Center (AC) membership office hours:
Monday-Thursday 8:00am-5:45pm, or Friday 8:00am-4:45pm
- Student Recreation Center (SRC) membership office hours:
Monday-Thursday 7:00am-6:00pm, or Friday 7:00am-5:00pm
Offices are closed Monday, September 4

Membership Policy: A Student Recreation Center membership is valid to register for swim lessons held at both the Aquatic Center and Student Recreation Center. An Aquatic Center membership will only be valid to register for lessons held at the Aquatic Center.

Private and Semi-Private Swim Lessons: Private and semi-private lessons are available to participants age 5 years and older. Private lessons offer one-on-one instruction, while semi-private lessons include two students of comparable skill. Each private/semi-private lesson is scheduled for no more than 30 minutes. Lessons are conducted at the Student Recreation Center (SRC) on Sundays and lessons conducted at the Aquatic Center (AC) on Fridays. Membership restrictions apply.

For additional information, please contact University Recreation Aquatic Member Services at 205-348-5244 or email urecswim@ua.edu.

Program Descriptions: For additional, detailed information on program descriptions, please visit our website at www.urec.sl.ua.edu/aquatic/swim-lessons/

Programs	Objective	Requirements	Ages	Length
<i>Preschool Swim Lessons</i>	The “fun”damentals of water orientation and basic aquatic skills are reinforced with games and activities	Child MUST be ready to enter a group swimming class on his or her own	3-5 years LTS 1: Support LTS 2: Assistance LTS 3: Independently	30 minutes
<i>Youth Swim Lessons</i>	Creates a solid foundation of aquatic skills for future development of swimming and water safety skills		6-12 years Level 1: Water Skills Level 2: Fundamentals Level 3: Stroke Development Level 4: Stroke Improvement	40 minutes
<i>Student and Adult Swim Lessons</i>	Progressive Learn-to-Swim (LTS) program focusing on the basics, stroke refinement, and fitness swimming		Middle school through adult	30 minutes
<i>Private and Semi-private Swim Lessons</i>	Meets the recreational or stroke development needs for participants; offers either one-on-one instruction or two students of comparable skill		5 years and Older	30 minutes

- **General Policies:** For additional, detailed information on general policies, please visit our website at www.urec.sl.ua.edu/aquatic/swim-lessons/
- **Facility Access and Parking:** A Student Recreation Center (SRC) membership is required to access the SRC. An Aquatic Center (AC) membership or SRC membership is required to enter the AC. A pay-to-park option is available at the SRC. Temporary parking passes are available in the membership office upon registration for the duration of the lesson. Patron parking passes are available through transportation services; please visit bamaparking.ua.edu/permits/ for more parking information.
- **Attendance, Parent Presence and Locker Rooms:** Participants who are late or miss a scheduled class are not permitted to attend other classes to make-up for the missed lesson. Parents are required to remain in pool area for the duration of the lesson; 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.
- **Reasonable Accommodations:** Please inform University Recreation in writing of any special circumstances that require a reasonable accommodation for participation in accordance with ADA.
- **Cancellation of Classes:** University Recreation may cancel classes due to insufficient enrollment, severe weather, or facility hazards. Weekday make-up classes may be offered on a Friday at the regular class time; weekend make-up classes may be offered on another weekend. There is a 24 hour cancellation policy for private swim lessons. If notification is not received 24 hours in advance, you will forfeit your scheduled class time. If you need to cancel a private lesson, contact the Aquatic Programs Manager, at 205-348-0217 or ryansanders@ua.edu.
- **Withdrawal from Class/Refund:** A written request must be submitted at least one week prior to the program start date. Payments made via credited card will be credited back to that card. Payment made via other means will require lengthy processes.
- **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 warranted.

University Recreation Aquatics 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 following guide carefully to predict the participant's skill level placement.

Skill Level	The participant must meet the following pre-qualifications 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.
Preschool Aquatics Level 1	If child: <input type="checkbox"/> is afraid of water, <input type="checkbox"/> has little to no swimming skills or experience, and <input type="checkbox"/> is willing to participate independent of parent, then level 1 is likely a good placement. If participant has mastered the following skills, then move to PSA Level 2: <input type="checkbox"/> Willing to enter the pool independently. <input type="checkbox"/> Can travel 5 yards with support. <input type="checkbox"/> Will submerge face and blow bubbles for 3 seconds.
Preschool Aquatics Level 2	If participant has mastered the following exit skills, then move to PSA Level 3: <input type="checkbox"/> Willing to fully submerge and blow bubbles for 3 seconds. <input type="checkbox"/> Can glide on the front and back 2 body lengths and recover to vertical position. <input type="checkbox"/> Can back float for 15 seconds and recover to vertical position. <input type="checkbox"/> Can swim using combined arm & leg actions for 3 body lengths
Preschool Aquatics Level 3	PSA Level 3 Exit Skill include: <input type="checkbox"/> Can independently step into chest deep water. <input type="checkbox"/> Can tread water for 15 seconds. <input type="checkbox"/> Can float on front and back float for 5 seconds. <input type="checkbox"/> Can swim using combined arm and leg actions on front and back for 5 body lengths.
Youth Learn-to-Swim Level 1	If child: <input type="checkbox"/> is afraid of water <input type="checkbox"/> has little to no swimming experience, then Level 1 is likely a good placement. If participant has mastered the following exit skills, then move to LTS Level 2: <input type="checkbox"/> Can enter independently. <input type="checkbox"/> Can travel 5 yards with support. <input type="checkbox"/> Will submerge face and blow bubbles 3 seconds. <input type="checkbox"/> Can front glide 2 body lengths, roll to a back float 5 seconds, recover to vertical position.
Youth Learn-to-Swim Level 2	If participant has mastered the following exit skills, then move to LTS Level 3: <input type="checkbox"/> Is increasingly confident in the water. <input type="checkbox"/> Can step from the pool side into chest-deep water. <input type="checkbox"/> Can move into a front float for 5 seconds, roll over to a back float for 5 seconds, and return to vertical position. <input type="checkbox"/> Can move into a back float for 5 seconds, roll to a front float for 5 seconds, and return to vertical position. <input type="checkbox"/> Can push off and swim using a combination of arm and leg actions for 5 body lengths on the front, roll to a back float for 15 seconds, roll to front and swim for 5 body lengths.
Youth Learn-to-Swim Level 3	If participant has mastered the following exit skills, then move to LTS Level 4: <input type="checkbox"/> Can jump into deep water from pool side, recover to the surface and maintain position either treading or floating 1 minute, then level off and swim front/back 25 yards, then exit. <input type="checkbox"/> Can push off in streamlined position the swim front crawl for 15 yards, change directions then swim elementary backstroke for 15 yards, and exit.
Youth Learn-to-Swim Level 4	If participant has mastered the following exit skills, then move to LTS Level 5: <input type="checkbox"/> Can perform a feet-first entry into chest deep water. <input type="checkbox"/> Can swim front crawl for 25 yards, change direction, and swim elementary backstroke for 25 yards. <input type="checkbox"/> Can swim breaststroke for 15 yards, change direction, and swim back crawl 15 yards. <input type="checkbox"/> Can submerge and a distance of 3 to 5 body lengths underwater. Upon completion, child can move to Pre-Team (Learn-to-Swim Levels 5-6).
Youth Learn-to-Swim Level 5	If participant has mastered the following exit skills, then move to LTS Level 6: <input type="checkbox"/> Can perform a shallow-angle dive into deep water. <input type="checkbox"/> Can swim front crawl for 50 yards, change direction, and swim elementary backstroke for 50 yards. <input type="checkbox"/> Can swim breaststroke for 25 yards, change direction, and swim back crawl 25 yards Upon completion, child may be eligible to "try-out" with the Crimson Tide Aquatics Swim Team.
Youth Learn-to-Swim Level 6	LTS Level 6 exit skills include: <input type="checkbox"/> swim 500 yards continuously using 3 strokes, swimming at least 50 yards of each stroke. <input type="checkbox"/> Can perform the Cooper 12-minute pre/post swim test, covering the greatest distance possible Upon completion, child may be eligible to "try-out" with the Crimson Tide Aquatics Swim Team.
Adult The Basics	<input type="checkbox"/> Afraid of water <input type="checkbox"/> Little to no swimming experience
Adult Stroke Refinement	<input type="checkbox"/> Can step from the pool side 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 <input type="checkbox"/> Can push off and swim using a combination of arm and leg actions for 15 feet on the front <input type="checkbox"/> Can push off and swim using a combination of arm and leg actions for 15 feet on the back
Adult Fitness Swimming	<input type="checkbox"/> 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 <input type="checkbox"/> Can swim breaststroke for 15 yards, tread water for one minute, and swim back crawl for 25 yards.

University Recreation Aquatics Bama Swim School Worksheet – Fall 2017

Table A: Group Swim Lessons

Session Days & Dates	Preschool 3-5 years PS Levels 1-3	Youth 6-15 years LTS Levels 1-4	Adult 16 years & Up LTS Levels 1-4
Tuesday/Thursday Sessions @ the AC			
#1. <input type="checkbox"/> September 5 – 28 (8 classes)	<input type="checkbox"/> 5:30-6:00pm (8)	<input type="checkbox"/> 6:05-6:45pm (8)	
#2. <input type="checkbox"/> October 3 – November 2 (8 classes) No Class 10/24 or 10/26	<input type="checkbox"/> 5:30-6:00pm (8)	<input type="checkbox"/> 6:05-6:45pm (8)	
Sunday Sessions @ the SRC			
#1. <input type="checkbox"/> September 17 – October 22 (6 classes)	<input type="checkbox"/> 3:40-4:10pm (12)	<input type="checkbox"/> 4:15-4:55pm (12)	<input type="checkbox"/> 5:00-5:40pm (12)

Table B: Private Swim Lessons

Private / Semi-Private Session Dates	
Friday Sessions @ the AC	Sunday Sessions @ the SRC
1. <input type="checkbox"/> September 8 – 29	1. <input type="checkbox"/> September 10 – October 1
2. <input type="checkbox"/> October 6 – November 3 (No class 10/27)	2. <input type="checkbox"/> October 8 – November 5 (No class 10/29)
<input type="checkbox"/> 4:30-5:00 (AC)	<input type="checkbox"/> 2:30-3:00 (SRC)
<input type="checkbox"/> 5:00-5:30 (AC)	<input type="checkbox"/> 3:00-3:30 (SRC)
<input type="checkbox"/> 5:30-6:00 (AC)	<input type="checkbox"/> 5:45-6:15 (SRC)
<input type="checkbox"/> 6:00-6:30 (AC)	<input type="checkbox"/> 6:15-6:45 (SRC)
<input type="checkbox"/> 6:30-7:00 (AC)	

Table C: Program Fees

Affiliation	Group Lessons: Sunday		Group Lessons: Tuesday / Thursday		Private 1:1	Semi-Private 1:2
	Preschool	Youth/Adult	Preschool	Youth/Adult	4 Lessons	4 Lessons
UA Student/Member	\$40	\$50	\$45	\$55	\$80	\$60



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