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, University Recreation members and non-members (restrictions apply). 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 and, groups 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.

General descriptions of our swim lessons 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.

- All swim lessons are conducted at the Student Recreation Center (SRC)
  400 Peter Bryce Boulevard, Tuscaloosa, AL, 35401
  - Morning lessons are held at the Outdoor pool complex.
  - Evening & private/ semi-private lessons are held at the SRC indoor pool

Registration: Registration will begin on Monday, April 16, 2018 and enrollment is on a first-come, first-served basis. Registration is available in person at the Student Recreation Center or Aquatic Center membership office. You may apply for swim lessons via the online registration form and waiver; once the application is submitted, a member of our staff will contact you within one business day to complete the registration process and payment. 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. Offices will be closed July 4.

- 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

Membership Policy: A valid Student Recreation Center membership is required to register for evening group, private and semi-private swim lessons held at the SRC Indoor Pool. Non-members may register for morning group swim lessons held at the SRC Outdoor Pool Complex.

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).

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/](http://www.urec.sl.ua.edu/aquatic/swim-lessons/)

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

- **General Policies:** Visit [www.urec.sl.ua.edu/aquatic/swim-lessons/](http://www.urec.sl.ua.edu/aquatic/swim-lessons/) for general swim lesson program policies.
- **Facility Access:** A Student Recreation Center (SRC) membership is required to access the SRC. All members must present their Action Card for entry to the SRC.
- **Parking:** 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 the 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:** 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.

<table>
<thead>
<tr>
<th>Skill Level</th>
<th>The participant must meet the following pre-qualifications</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>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.</td>
</tr>
</tbody>
</table>

**Preschool Aquatics Level 1**

If child: ☐ is afraid of water, ☐ has little to no swimming skills or experience, and ☐ 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:
- ☐ Willing to enter the pool independently.
- ☐ Can travel 5 yards with support.
- ☐ 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:
- ☐ Willing to fully submerge and blow bubbles for 3 seconds.
- ☐ Can glide on the front and back 2 body lengths and recover to vertical position.
- ☐ Can back float for 15 seconds and recover to vertical position.
- ☐ Can swim using combined arm & leg actions for 3 body lengths

**Preschool Aquatics Level 3**

PSA Level 3 Exit Skill include:
- ☐ Can independently step into chest deep water.
- ☐ Can tread water for 15 seconds.
- ☐ Can float on front and back float for 5 seconds.
- ☐ Can swim using combined arm and leg actions on front and back for 5 body lengths.

**Youth Learn-to-Swim Level 1**

If child: ☐ is afraid of water ☐ 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:
- ☐ Can travel 5 yards with support.
- ☐ Will submerge face and blow bubbles 3 seconds.
- ☐ Can front glide 2 body length, 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:
- ☐ Is increasingly confident in the water.
- ☐ Can step from the pool side into chest-deep water.
- ☐ Can move into a front float for 5 seconds, roll over to a back float for 5 seconds, and return to vertical position.
- ☐ Can move into a back float for 5 seconds, roll to a front float for 5 seconds, and return to vertical position.
- ☐ 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:
- ☐ 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.
- ☐ 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:
- ☐ 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 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:
- ☐ 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

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:
- ☐ swim 500 yards continuously using 3 strokes, swimming at least 50 yards of each stroke.
- ☐ 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**

- ☐ Afraid of water
- ☐ Little to no swimming experience

**Adult Stroke Refinement**

- ☐ 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
- ☐ 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.
# University Recreation Aquatics
## Bama Swim School – Summer 2018

### Group Session Days & Dates

<table>
<thead>
<tr>
<th>Monday – Thursday Sessions (8 classes/session)</th>
<th>Preschool Age 3-5 years</th>
<th>Youth Age 6-12 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. June 4 – 14</td>
<td>9:00a.m.-9:30a.m.</td>
<td>9:35a.m.-10:15a.m.</td>
</tr>
<tr>
<td>2. June 18 – 28</td>
<td>4:45p.m.-5:15p.m.</td>
<td>5:20p.m.-6:00p.m.</td>
</tr>
<tr>
<td>3. July 9 – 19</td>
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</tr>
<tr>
<td>4. July 23 – August 2</td>
<td>Morning classes are held at the Outdoor Pool Complex. Afternoon group lessons and private/semi-private lessons are held at the Student Recreation Center.</td>
<td></td>
</tr>
</tbody>
</table>

### Sunday Session (8 classes/session)

| 1. June 3 – July 22 | 3:40p.m.-4:10p.m. | 4:20p.m.-5:00p.m. |

### Private / Semi-Private Session Dates

<table>
<thead>
<tr>
<th>Age 5 years and older</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday Sessions</strong></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sunday Offerings</th>
<th>Tuesday Offerings</th>
<th>Thursday Offerings</th>
<th>Friday Offerings</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30p.m.-3:00p.m.</td>
<td>3:00p.m.-3:30p.m.</td>
<td>3:00p.m.-3:30p.m.</td>
<td>3:00p.m.-3:30p.m.</td>
</tr>
<tr>
<td>3:00p.m.-3:30p.m.</td>
<td>3:30p.m.-4:00p.m.</td>
<td>3:30p.m.-4:00p.m.</td>
<td>3:30p.m.-4:00p.m.</td>
</tr>
<tr>
<td>5:00p.m.-5:30p.m.</td>
<td>4:00p.m.-4:30p.m.</td>
<td>4:00p.m.-4:30p.m.</td>
<td>4:00p.m.-4:30p.m.</td>
</tr>
<tr>
<td>5:30p.m.-6:00p.m.</td>
<td>6:00p.m.-6:30p.m.</td>
<td>6:00p.m.-6:30p.m.</td>
<td>4:30p.m.-5:00p.m.</td>
</tr>
<tr>
<td>6:00p.m.-6:30p.m.</td>
<td>6:30p.m.-7:00p.m.</td>
<td>6:30p.m.-7:00p.m.</td>
<td>5:00p.m.-5:30p.m.</td>
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### Class Fees

<table>
<thead>
<tr>
<th>Affiliation</th>
<th>Group Lessons</th>
<th>Private 1:1</th>
<th>Semi-Private 1:2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UA Student/UREC Member</strong></td>
<td>$60</td>
<td>$80</td>
<td>$60</td>
</tr>
<tr>
<td><strong>Non-Member</strong></td>
<td>$80</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td><strong>Preschool</strong></td>
<td>$70</td>
<td>$80</td>
<td>$60</td>
</tr>
<tr>
<td><strong>Youth</strong></td>
<td>$90</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td><strong>4 Lessons</strong></td>
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<td></td>
<td></td>
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<tr>
<td><strong>4 Lessons</strong></td>
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</tbody>
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**Division of Student Life**
**University Recreation**