



Division of  
Student Life  
University Recreation

## Bama Swim School Information Packet Spring Semester 2019

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 preceding 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.

- Swim lessons are conducted at the Student Recreation Center (SRC) indoor pool  
400 Peter Bryce Boulevard, Tuscaloosa, AL, 35401

**Registration:** Begins Wednesday, November 14, 2018; enrollment is on a first-come, first-served basis. Registration is available in person at the Student Recreation Center or Aquatic Center Member Services temporary 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.

- Student Recreation Center (SRC) membership office hours:  
Monday-Thursday 7:00a.m.-6:00p.m., or Friday 7:00 a.m.-5:00 p.m.
- Aquatic Center Member Services Temporary Office at Martha Parham Hall (East) 178.  
Monday-Friday, by appointment, 8:00 a.m.-3:30 p.m.

**Membership Policy:** A valid Student Recreation Center membership is required to register for swim lessons.

**Group Lessons:** Four to six students per instructor are grouped with peers of similar ability. Children must be ready to participate independently of a parent in the water. For ages 3 years to 15 years.

**Private and Semi-Private Swim Lessons:** Private and semi-private lessons are available to participants age 3 years and older. UREC does not match participants for semi-private lessons. Participants must be at comparable skill level. 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). Membership restrictions apply.

*For additional information, please contact Membership Services at the Student Recreation Center at 205-348-5140 or Aquatic Member Services at 205-348-2307; or email [urecswim@ua.edu](mailto: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/)

| <b>Programs</b>                               | <b>Objective</b>  | <b>Requirements</b>  | <b>Ages</b>  | <b>Length</b> |
|---|---|--|--|---------------|
| <i>Preschool Swim Lessons</i>                 | The “fun”damentals of water orientation and basic aquatic skills are reinforced with games and activities                                     | Child <b>MUST</b> be ready to enter a group swimming class on his or her own | 3-5 years<br>LTS 1: Support<br>LTS 2: Assistance<br>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<br>Level 1: Water Skills<br>Level 2: Fundamentals<br>Level 3: Stroke Development<br>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 |  | 3 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/](http://www.urec.sl.ua.edu/aquatic/swim-lessons/)
- **Facility Access and Parking:** A Student Recreation Center (SRC) membership is required to access the SRC. 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/](http://bamaparking.ua.edu/permits/) for more parking information. **Swim lesson visitor passes are available by request for parents/guardians that do not have a membership, but wish to only observe swim lessons.** Please email [urecswim@ua.edu](mailto:urecswim@ua.edu) for additional info.
- **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. We strongly encourage families with children to use the Family Changing Rooms located between the Men’s Locker Room and Personal Training studio.
- **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](mailto: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 credit 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.

\*UREC does not match participants for semi-private lessons. Participants must be at the same level.

## University Recreation Aquatics Skill Level Guide

The Bama 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                       | <p><b>The participant must meet the following pre-qualifications</b><br/>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 Bama Swim class the next session.</p>  |
|-----------------------------------|---|
| Preschool Aquatics<br>Level 1     | <p><b>If child:</b> <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.<br/><b>If participant has mastered the following skills, then move to PSA Level 2:</b><br/><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.</p>   |
| Preschool Aquatics<br>Level 2     | <p><b>If participant has mastered the following exit skills, then move to PSA Level 3:</b> <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 &amp; leg actions for 3 body lengths</p>  |
| Preschool Aquatics<br>Level 3     | <p><b>PSA Level 3 Exit Skill include:</b> <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.</p>  |
| Youth<br>Learn-to-Swim<br>Level 1 | <p><b>If child:</b> <input type="checkbox"/> is afraid of water <input type="checkbox"/> has little to no swimming experience, then Level 1 is likely a good placement.<br/><b>If participant has mastered the following exit skills, then move to LTS Level 2:</b> <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, and recover to vertical position.</p>  |
| Youth<br>Learn-to-Swim<br>Level 2 | <p><b>If participant has mastered the following exit skills, then move to LTS Level 3:</b> <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.</p> |
| Youth<br>Learn-to-Swim<br>Level 3 | <p><b>If participant has mastered the following exit skills, then move to LTS Level 4:</b> <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.</p>  |
| Youth<br>Learn-to-Swim<br>Level 4 | <p><b>If participant has mastered the following exit skills, then move to LTS Level 5:</b> <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.<br/><b>Upon completion, child can move to Pre-Team (Learn-to-Swim Levels 5-6).</b></p>  |
| Youth<br>Learn-to-Swim<br>Level 5 | <p><b>If participant has mastered the following exit skills, then move to LTS Level 6:</b> <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<br/><b>Upon completion, child may be eligible to "try-out" with the Crimson Tide Aquatics Swim Team.</b></p>   |
| Youth<br>Learn-to-Swim<br>Level 6 | <p><b>LTS Level 6 exit skills include:</b> <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<br/><b>Upon completion, child may be eligible to "try-out" with the Crimson Tide Aquatics Swim Team.</b></p>  |
| Adult<br>The Basics               | <p><input type="checkbox"/> Afraid of water<br/><input type="checkbox"/> Little to no swimming experience</p>   |
| Adult<br>Stroke Refinement        | <p><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<br/><input type="checkbox"/> Can push off and swim using a combination of arm and leg actions for 15 feet on the front<br/><input type="checkbox"/> Can push off and swim using a combination of arm and leg actions for 15 feet on the back</p>   |
| Adult<br>Fitness Swimming         | <p><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<br/><input type="checkbox"/> Can swim breaststroke for 15 yards, tread water for one minute, and swim back crawl for 25 yards.</p>  |

# University Recreation Aquatics Bama Swim School – Spring 2019

## Group Session Dates

|  | Preschool                              | Youth                                  |
|--|--|--|
| <b>Saturday Sessions</b>   |  |  |
| 1. <input type="checkbox"/> January 12 – February 16 (6 classes)                                   | <input type="checkbox"/> 10:00-10:30am | <input type="checkbox"/> 10:40-11:20am |
| 2. <input type="checkbox"/> February 23 – April 13 (6 classes)<br><i>(no class March 9 or 16)</i>  |  |  |
| <b>Sunday Sessions</b>   |  |  |
| 1. <input type="checkbox"/> January 13 – February 17 (6 classes)                                   | <input type="checkbox"/> 3:40-4:10pm   | <input type="checkbox"/> 4:20-5:00pm   |
| 2. <input type="checkbox"/> February 24 – April 14 (6 classes)<br><i>(no class March 10 or 17)</i> |  |  |

## Private / Semi-Private Session Dates

| Sunday Sessions (4 classes)                         | Friday Sessions (4 classes)                         |
|---|---|
| 1. <input type="checkbox"/> January 13 – February 3 | 1. <input type="checkbox"/> January 18 – February 8 |
| 2. <input type="checkbox"/> February 10 – March 3   | 2. <input type="checkbox"/> February 15 – March 8   |
| 3. <input type="checkbox"/> March 24 – April 14     | 3. <input type="checkbox"/> March 22 – April 12     |
| <b>Offerings</b>                                    |   |
| <input type="checkbox"/> 2:30-3:00pm                | <input type="checkbox"/> 4:30-5:00pm                |
| <input type="checkbox"/> 3:00-3:30pm                | <input type="checkbox"/> 5:00-5:30pm                |
| <input type="checkbox"/> 5:00-5:30pm                | <input type="checkbox"/> 5:30-6:00pm                |
| <input type="checkbox"/> 5:45-6:15pm                | <input type="checkbox"/> 6:00-6:30pm                |
| <input type="checkbox"/> 6:15-6:45pm                | <input type="checkbox"/> 6:30-7:00pm                |

## Class Fees

| Affiliation              | Group Lessons |             | Private   | Semi-Private            |
|--------------------------|---------------|-------------|-----------|-------------------------|
|                          | Preschool     | Youth/Adult | 4 Lessons | 4 Lessons               |
| <b>UA Student/Member</b> | \$40          | \$50        | \$80      | \$60 (each participant) |



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