

SPRING 2011 SCSU CAMPUS RECREATION SWIMMING LESSONS REGISTRATION FORM

PARTICIPANT NAME: LAST _____ FIRST _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE # _____ PARENT NAME AND E-MAIL ADDRESS (REQUIRED) _____

Beginner Preschool	Advanced Preschool	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
<input type="radio"/> 9-9:25 am (1)	<input type="radio"/> 9:30-9:55 am (1)	<input type="radio"/> 9-9:50 am (1)	<input type="radio"/> 9-9:50 am (1)	<input type="radio"/> 10-10:50 am (1)	<input type="radio"/> 11-11:50 am (1)	<input type="radio"/> 11-11:50 am (1)	<input type="radio"/> 11-11:50 am (2)
<input type="radio"/> 10-10:25 am (1)	<input type="radio"/> 10:30-10:55 am (1)	<input type="radio"/> 10-10:50 am (1)	<input type="radio"/> 9-9:50 am (2)	<input type="radio"/> 10-10:50 am (2)	<input type="radio"/> 11-11:50 am (2)	<input type="radio"/> 11-11:50 am (2)	
<input type="radio"/> 9-9:25 am (2)	<input type="radio"/> 9:30-9:55 am (2)	<input type="radio"/> 9-9:50 am (2)					
<input type="radio"/> 10-10:25 am (2)	<input type="radio"/> 10:30-10:55 am (2)	<input type="radio"/> 10-10:50 am (2)					

(1): Session 1
(2): Session 2

*** A ST. CLOUD STATE UNIVERSITY WAIVER OF LIABILITY WILL NEED TO BE FILLED OUT AND SIGNED ON THE FIRST DAY OF THE SESSION BY EITHER THE PARTICIPANT OR GUARDIAN IF PARTICIPANT IS UNDER 18 YEARS OF AGE. (CUT AND SEND REGISTRATION WITH FORM OF PAYMENT) AMOUNT ENCLOSED \$ _____



Location of Lessons
Halenbeck Hall Pool
www.stcloudstate.edu/campusmap

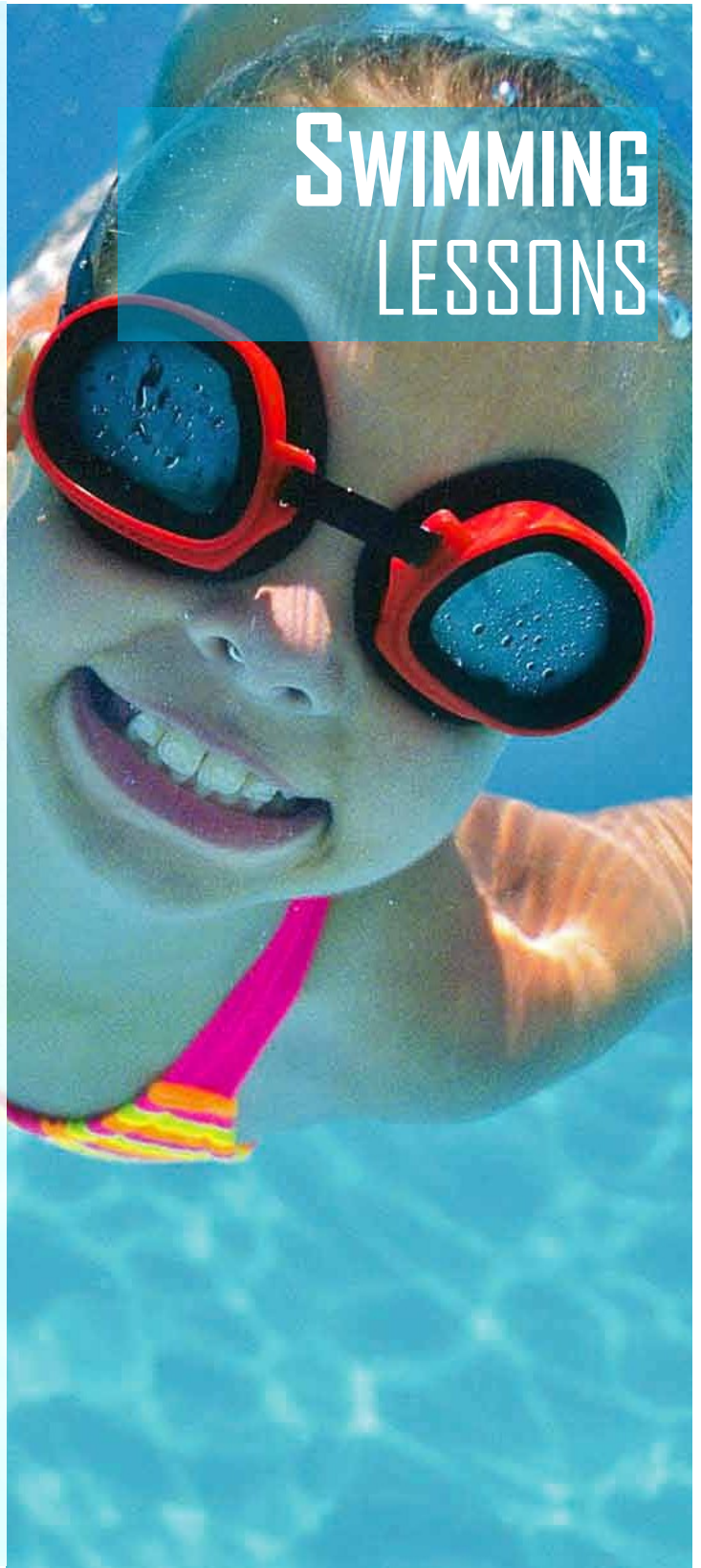
Parking
Saturday Mornings: M Lot
(West side of Halenbeck Hall)

More information regarding specific times for campus parking, please contact:
SCSU Public Safety at (320)-308-3453.

Aquatics Coordinator, Samantha
(320)308-2632
rs_aquatics@stcloudstate.edu

Web www.stcloudstate.edu/campusrec
Phone 320-308-2632

ST. CLOUD STATE UNIVERSITY
A tradition of excellence and opportunity



Levels

Beginner Preschool

This class is designed to give young children a chance to have fun exploring the water. Children will be introduced to front and back floats, front and back glides, and flutter kicking with barbells.

Advanced Preschool

This class is designed to build on the skills learned in the beginner preschool class. Children will begin learning breath control and combined leg and arm action on both front and back.

Level 1: Introduction to Water Skills

This class will help participants learn to feel comfortable and enjoy the water safely. Students will learn breath control, treading water, front and back floats, front and back glides, combined leg and arm action on both front and back, and how to retrieve a submerged object.

Level 2: Fundamental Aquatic Skills

This level will help participants learn to perform floats, glides, and treading water without support. Students will begin skills in stroke locomotion (front crawl and elementary backstroke).

Level 3: Stroke Development

This class will help participants refine the front crawl, elementary backstroke, and treading water. Students will be introduced to the front crawl breathing, the scissors and dolphin kicks as well as rules for safe diving.

Level 4: Stroke Improvement

This level will help participants increase their endurance by swimming familiar strokes for greater distances. Students will learn the sidestroke, butterfly, back crawl, breaststroke, and open turns.

Level 5: Stroke Refinement

This class will promote continued coordination and refinement of the strokes learned in previous levels over greater distances. Students will learn the flip turn and surface dives. Diving from the side of the pool will be reviewed.

Level 6: Swimming and Skills Proficiency

This course is designed for those that want to improve their endurance while still participating in a structured setting. To pass Level 6, students must swim 500 yards front crawl (among other things). This is a challenging class but is perfect for those that have passed Level 5 and/or want to get ready to join a swim team.

**Students must be six years of age by the last class period to enroll in Levels 1-6 (special permission can be granted).*

Lesson Schedules

In an effort to maximize each students in-water time, we have increased the number of class times from six to seven and have reduced class sizes.

Session 1

January 15, 22, 29
February 5, 12, 19

Class Times

Beginner Preschool: 9-9:25 a.m. or 10-10:25 a.m.

Advanced Preschool: 9:30-9:55 a.m. or 10:30-10:55 a.m.

Level 1: 9-9:50 a.m. or 10-10:50 a.m.

Level 2: 9-9:50 a.m.

Level 3: 10-10:50 a.m.

Level 4: 11-11:50 a.m.

Level 5: 11-11:50 a.m.

Session 2

March 12, 19, 26
April 2, 9, 30

Class Times

Beginner Preschool: 9-9:25 a.m. or 10-10:25 a.m.

Advanced Preschool: 9:30-9:55 a.m. or 10:30-10:55 a.m.

Level 1: 9-9:50 a.m. or 10-10:50 a.m.

Level 2: 9-9:50 a.m.

Level 3: 10-10:50 a.m.

Level 4: 11-11:50 a.m.

Level 5: 11-11:50 a.m.

Level 6: 11-11:50 a.m.

**Class maximum for Levels 1-6 is six students, For Pre-K classes the maximum is four students so please register early.*

**All parents and guardians are invited to sit in the Halenbeck Hall Pool bleachers during lesson times.*

Private Lessons

**Private lessons are available for all ages and abilities.
Lessons are per half hour:**

\$12.00/session.....SCSU Students, Faculty, Staff

\$15.00/session.....Community Members



Our Instructors

Please take note that all of our swim lesson instructors are American Red Cross Water Safety Instructor (WSI) certified.

Registration

In Person:

Campus Recreation Guest Services
desk located in Halenbeck Hall

Mail To:

Campus Recreation
102 Halenbeck Hall
C/O Swimming Lessons
720 4th Ave S.
St. Cloud, MN 56301

**Please make checks payable to SCSU*

Cost:

\$20.00.....Beginner & Advanced Preschool
\$35.00.....Levels 1-6

**Pre registration is required for all lessons.
Registrations will NOT be accepted the first day of class.*

** We reserve the right to cancel any level or session due to low enrollment. Participants will be notified prior to the first day of class. Full refund awarded.*

All aquatic information is available online at www.stcloudstate.edu/campusrec/aquatics