

SPRING 2011 SCSU CAMPUS RECREATION SWIMMING LESSONS REGISTRATION FORM

PARTICIPANT NAME: _____ LAST _____ FIRST _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

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

** Please check the box regarding which price you are paying for (ex: student or community member)
Make checks out to SCSU

Master's Swim Team Adult Group Lessons

- Tue & Thur — 6:30 AM
- \$50 - SCSU Students, Faculty, Staff
- \$105 - Community Members
- \$40 - SCSU Students, Faculty, Staff
- \$60 - Community Members

*** 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
(In front 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



ADULT
LESSONS/MASTER'S
SPRING 2011

Master Swim Team

SCSU Master's offers training for all levels of swimmers from the former collegiate and high school swimmers, tri-athletes, those new to the sport, and people who just love to swim. The goal of the program is to offer each swimmer the opportunity to improve their swimming skills and achieve success at their ability level.

Practices consist of the following:

15-minute Warm-up
15-minute Drill/Kick Set
25-minute Main Set
5-minute Cool-down

Tuesdays & Thursdays*

6:00-7:00 AM

**No practice if SCSU classes are cancelled*

\$50 - SCSU Students, Faculty, Staff

\$105 - Community Members

**These prices include the coaching fee, for community members it also includes a Level II Pass*

Private Lessons

Private lessons can be scheduled at a variety of times on any day of the week. Students can take one or many private lessons and all lessons will be individualized so that the student is learning and practicing whatever he or she wishes. The lessons can be set up by contacting Samantha at 320-308-2632.

\$12/half hour - SCSU Students, Faculty, Staff

\$15/half hour - Community Members

Adult Group Lessons

For the first time ever, you're able to buy a semester group swim lesson pass! Come to as many or as few as you like! Each lesson is 45 minutes. In group lessons, you'll learn to blow bubbles, tread water, and float on your stomach and your back. You'll also learn basic strokes and kicks and how to practice so that you continue improving. As you progress, you'll have the option to learn how to dive!

- Tuesday, January 11 (6:30-7:15 p.m.)
- Tuesday, January 18 (6:30-7:15 p.m.)
- Tuesday, February 1(6:30-7:15 p.m.)
- Monday, February 7 (6:30-7:15 p.m.)
- Tuesday, February 8 (6:30-7:15 p.m.)
- Monday, February 14 (6:30-7:15 p.m.)
- Monday, February 21 (6:30-7:15 p.m.)
- Monday, February 28 (6:30-7:15 p.m.)
- Saturday, March 19 (12-12:45 p.m.)
- Saturday, March 26 (12-12:45 p.m.)
- Sunday, March 27 (3-3:45 p.m.)
- Saturday, April 2 (12-12:45 p.m.)
- Sunday, April 3 (3-3:45 p.m.)
- Saturday, April 9 (12-12:45 p.m.)
- Sunday, April 10 (3-3:45 p.m.)
- Sunday, April 17 (3-3:45 p.m.)

\$40 - SCSU Students, Faculty, Staff

\$60 - Community Members

Please Note:

Private groups may be arranged please contact Samantha at 320-308-2632.



Our Instructors

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

Please Note: All of our swim lesson instructors have previous experience and training in teaching adults.

Registration

In Person:

Campus Recreation Guest Services desk located in Halenbeck Hall

Mail to:

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

**Please make checks payable to SCSU*

*** 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