

Registration Options:

1. Register in person at the Rose-Hulman SRC (Office 265 B).
2. Register by mail to: Seth Woodason, CM 37
5500 Wabash Avenue, Terre Haute, IN 47803.
3. Register via e-mail to woodason@rose-hulman.edu.

Registration Deadline:

- Registration will run from Monday, January 14th-Monday, March 4th for the Rose-Hulman campus community as well as the Terre Haute community.

Cost:

Group Lessons (Parent/Child and Levels 1—4):

- \$45.00 per participant, per session (6 classes per session) for Rose-Hulman campus community members.
- \$55.00 per participant, per session (6 classes per session) for outside community.
- Cash and checks made payable to **Rose-Hulman Intramurals** will be accepted.

Private Lessons:

- 4, 45-minute lessons—\$85.00
- 6, 45-minute lessons—\$115.00

Important Information:

- The minimum enrollment for each lesson is 3, and maximum enrollment for each lesson is 8 individuals (except for Parent/Child, which is 12). If a lesson does not reach the minimum amount required, we reserve the right to combine or cancel the class.
- Parent/Child and Level 1 classes will be 30 minutes in length. All other classes will be 45 minutes.
- **Please use one registration form per swimmer.**
- The pool temperature is maintained at 84 degrees.
- All participants **MUST** complete a waiver form before participating.

Rose-Hulman Swim Lessons Contact Information

Seth Woodason
5500 Wabash Avenue, CM 37
Terre Haute, IN 47803
Phone: (812)877-8068
E-mail: woodason@rose-hulman.edu

2019 Spring into Swim Lessons



Session 1: Registration— Jan.14-Mar. 4
Assessment Night: Wed., March 6th @ 6pm.
March 11, 13, 15, 18, 20, 22

Session 2: Registration— Mar. 4-April 1
Assessment Night: Wed., April 3rd @ 6pm.
April 15, 17, 18, 22, 24, 26

Session 3: Registration— April 1-April 29
Assessment Night: Wed., May 1st @ 6pm
May 6, 8, 10, 13, 15, 17

* Lessons offered 5:30pm-6:15pm or 6:30pm-7:15pm
All lessons will be held in the Rose-Hulman Sports and
Recreation Center

www.rose-hulman.edu/src

Rose-Hulman Spring into Swim Lessons:

The Rose-Hulman Spring Swim Lesson Program is structured to promote water familiarization, safety, correct stroke technique, and personal development within an enjoyable and safe environment. Each session consists of six, 45 minute lessons (except for Parent/Child and Level 1, which are 30 minutes in length). The minimum enrollment for each class is 3, and maximum enrollment for each is 8 (except for Parent/Child, which is a max of 12). If a class does not reach the minimum enrollment, we reserve the right to combine or cancel the class. There will not be any make up lessons beyond the scheduled class and no refunds will be provided after the first lesson of the session.

All lessons will be held in the Rose-Hulman SRC Pool

Parent/Child: Children will work directly with their parents in this class to develop comfort in the water, basic skills to prepare them for swimming and water safety. This program is designed to orient children and parents to the aquatic environment and lay a foundation that will assist with swimming development. This class is not intended to teach children to swim, but to provide parents with useful information and techniques to help children become comfortable in the water. Parents are **REQUIRED** to participate in this level.

* Swimming diapers are required for children who are not potty trained.

Level 1: Little experience in the water is required. Participants will be introduced to the water, learn basic swimming movements, and build confidence in the aquatic environment. In this level, children will learn how to glide/float on their front/back, alternate arm/leg actions on front/back, and roll front to back/back to front with the aide of an instructor. Water safety skills will also be discussed in this class.

Level 2: This level will give participants success with fundamental skills, including learning how to float without assistance and to recover to a vertical position. Children will learn to fully submerge and hold their breath, recover to a vertical position, roll from front to back/back to front, and tread water using arm/leg action. Water safety skills will also be discussed in this class.

Level 3: This level will build on skills from level 2 by providing additional guided practice in deeper water. Children will learn head-first entries from the side, rotary breathing, flutter/scissor/dolphin, breast-stroke kicks on front, and front crawl/elementary backstroke. Water safety skills will also be discussed in this class.

Level 4: This level will develop participants' confidence in the strokes learned in level 3 and improve other aquatic skills. Children will learn how to swim underwater, tread water using 2 different kicks, front/back crawl, elementary backstroke, breast-stroke, sidestroke and butterfly. Water safety skills will also be discussed in this class.

Private Lessons (Also held in the SRC Pool): Private swim lessons provide the greatest flexibility and one-on-one attention for swimmers of ANY age. Once registered, an instructor will be assigned and will contact you within 3—5 business days to introduce themselves, discuss what you are interested in learning, and to set up the first lesson. Each lesson will be 45-minutes in length and scheduled on an individual basis with the instructor. These lessons will take place within normal operating hours of the Rose-Hulman SRC Pool.

Attendance Policy for Private Lessons: Instructors will arrive to each arranged lesson 5 to 10 minutes before the scheduled start. If participants do not arrive by the scheduled time, instructors will wait for 15 minutes. In the event that participant does not attend the scheduled lesson, the instructor will attempt to reschedule. In the event of a second “No Show,” it will count as an entire lesson. Lesson cancellations **MUST** be made 24 hours prior to the scheduled meeting.

Assessment

All children must be assessed by a Rose-Hulman Swim Instructor before lessons begin. We will host an “assessment” night before each session to determine the class level for your child. The assessment only needs to be completed once as long as the child is enrolled in at least one session per year from the date of the initial assessment.

* Children who sign up for the Parent/Child lessons do not need to take the assessment.

Session Days & Times

Group Lessons—Six lessons per session

Session: March

Dates: March 11-March 22(lessons MWF)

Times: Two time slots; either 5:30pm-6:15pm or 6:30pm-7:15pm

* Assessment on Wednesday, March 6th @ 6pm.

Session: April

Dates: April 15-April 26 (lessons MWF)

Times: Two time slots; either 5:30pm-6:15pm or 6:30pm-7:15pm

* Assessment on Wednesday, April, 3rd @ 6pm

Classes will Fill Quickly!

- Waiting lists will be created for full classes
- There are no make-up classes.
- Refunds (minus \$5 handling fee) given before first day of class. No refunds after first day of class.