

FSU Swim Program 2009

Programs Offered

Individual (Any level/age)

This is an excellent one-on-one instructional program for anyone wanting to improve their water skills. Skills will be taught appropriate to the level. Great for any individual unsure of themselves around water or looking to improve their skills.

Infant Swim (6 months - 1 year old)

Parents will work one-on-one with their infant in this interactive program to acquaint them with the water. Various activities will be modeled by an instructor for parents to use in the pool to help infants become familiar with water.

Toddler (1 year - 3 years old)

A parent/guardian will work one-on-one with their two or three year olds as they acclimate to the water. Toddlers will learn basic skills and gain respect for the water. Classes are limited to allow for individualized instruction.

Levels I & II (3+ years old)

Students will learn pre-beginner skills to prepare them for further lessons. No parent participation is required. Classes are limited to allow for individualized instruction.

Recreational Swim

During the course of swim lessons, all participants and their families are entitled to swim during one Open Swim session during the week. Each registrant will receive an identification card which will allow him or her to swim at the scheduled time. The card must be present for admittance to the building and pool area. All children younger than 18 must be accompanied by their parent or guardian (not necessarily in the water). No instruction will be offered at this time, but lifeguards will be on duty.

Levels III-VI

Students learn swimming skills and water safety at their own skill level. Classes will include a minimum of 30 minutes of instruction with some free time for play and practice.

Pre-lifeguarding

This program is designed to prepare 11-14 year-olds to take Red Cross lifeguarding certification programs. It builds a foundation of knowledge, attitudes, and skills that they will need to be responsible lifeguards. Lessons cover five main areas of guarding: prevention, fitness, response, leadership, and professionalism. Participants in this class must have strong swimming ability and be able to continuously swim roughly 500 yards.

Swim Club

An opportunity for youth to participate in swimming activities that encourage fitness, stroke refinement, and endurance. Participants should be able to swim 25 yards without assistance.

Registration Information

Registration forms may be sent by mail to:

Sarah Raymond, Aquatics
401 South State Street, SRC 101
Big Rapids, Michigan 49307

Please make checks out to:

University Recreation

- Walk-in registrations are no longer valid.
- Class sizes are limited, so enroll and make payment early to ensure a place in the program.
- No one will be admitted to the University Recreation Center without a Swim Program Identification Card.

Please write the session number (1 or 2) you wish to participate in on the line next to the appropriate program.

Individual		\$70
5:30 pm - 6:30 pm	Tues	___
5:30 pm - 6:30 pm	Thurs	___
6:35 pm - 7:35 pm	Tues	___
6:35 pm - 7:35 pm	Thurs	___
Infant (with parent)		\$60
5:30 pm - 6:00 pm	T/Th	___
Toddler (with parent)		\$60
6:00 pm - 6:30 pm	T/Th	___
7:00 pm - 7:30 pm	T/Th	___
Level 1		\$60
5:30 pm - 6:00 pm	T/Th	___
7:00 pm - 7:30 pm	T/Th	___
Level 2		\$60
7:00 pm - 7:30 pm	T/Th	___
Level 3		\$60
6:15 pm - 6:45 pm	T/Th	___
Level 4		\$60
6:15 pm - 7:15 pm	Tues	___
6:15 pm - 7:15 pm	Thurs	___
Level 5		\$60
6:15 pm - 7:15 pm	Tues	___
6:15 pm - 7:15 pm	Thurs	___
Level 6		\$60
6:30 pm - 7:30 pm	Tues	___
6:30 pm - 7:30 pm	Thurs	___
Pre-Lifeguarding		\$60
6:35 pm - 7:35 pm	Tues	___
6:35 pm - 7:35 pm	Thurs	___
Adult Learn-to-Swim		\$75
7:30 pm - 8:15 pm	T/Th	___
Swim Club		\$70
4:00 pm - 6:00 pm	Sun	___