

PARENT INFORMATION

SWIM LESSONS:

University Recreation will be offering swimming lessons for the community. We plan on offering two sessions for the spring semester with the first session dates below. Parents must sign up for their child using the link provided on the website. This link will take you to our new member management software where you will need to create an account (if not already a member). Once you create an account, you can search for Swim Lessons through the program tab on the left-hand side. Each session will be limited to 8 children max. Lessons will be offered for children aged 3-15. All children aged 3-5 must have their guardian in the water with them during their swim lesson. The cost will be \$55 per child. Each session will have 4 lessons, 30 minutes per lesson. Payment is due upon registration.

If you have questions about swim lessons, please contact Justin Harden at justinharden@ferris.edu.

SESSIONS & Dates

Level 1:

Sunday @ 12:00pm

- February 1, February 8, February 15, February 22

Sunday @ 1:30pm

- February 1, February 8, February 15, February 22

Wednesday @ 4:15pm

- February 4, February 11, February 18, February 25

Level 2:

Sunday @ 12:45pm

- February 1, February 8, February 15, February 22

Sunday @ 2:15pm

- February 1, February 8, February 15, February 22

Wednesday @ 5:00pm

- February 4, February 11, February 18, February 25

Wednesday @ 5:45pm

- February 4, February 11, February 18, February 25

Level 3/4:

Sunday @ 3:00pm

- February 1, February 8, February 15, February 22

Wednesday @ 6:30pm

- February 4, February 11, February 18, February 25

PARENT INFORMATION

LEVEL 1:

Designed for the swimmer who has never had swim lessons or is still uncomfortable with the water.

- Float on front assisted
- Float on back assisted
- Scoops on front assisted 5 yds.
- Back circle arms assisted 5 yds.
- Kicks on front assisted 5 yds.
- Kicks on back assisted 5 yds.
- Jumps in and turns to wall
- Blow bubbles for 3 seconds submerged
- Hold breath for 3 seconds submerged

LEVEL 2:

Designed for children who have completed level 1 or showed that they are capable and comfortable in the water.

- Star floats on front unassisted
- Star floats on back unassisted
- Scoops on front unassisted 5 yds.
- Back circle arms unassisted 5 yds.
- Kicks on front unassisted 5 yds.
- Kicks on back unassisted 5 yds.
- Streamline front 5 yds.
- Streamline back 5 yds.
- Side roll breathing 5 yds.
- Jumps in and swims to wall
- 5 underwater bobs off bottom

LEVEL 3:

Designed for children who have completed level 2 skills.

- Freestyle with side breathing 10 yds.
- Backstroke 10 yds.
- Breaststroke arms and breathing 5 yds.
- Breaststroke legs 10 yds.

LEVEL 4:

Designed for children who have completed level 3 skills.

- Freestyle 25 yds.
- Backstroke 25 yds.
- Breaststroke 10 yds.
- Butterfly 15 yds.
- Streamline front dolphin kick 7 yds.
- Streamline back dolphin kick 7 yds.
- Jump in and swim 10 yds no goggles
- Tread water 30-60 seconds