

The Rowan University Rec Center will be offering group and private swim lessons on Sundays beginning October 4 through November 1 and November 8 through December 13, for a total of five 40 minute sessions.



Registration forms can either be sent in or dropped off at the Rec Center with payment. You will be contacted to confirm the time of your lesson by the Monday before the first class.



If you wish to have two children in the same class, please send in their registration forms together and indicate the other child on the registration form.

Please use one registration form per child.

If you need additional forms, either copy the enclosed form, visit our website at www.rowan.edu/rec or contact the Rec Center.

FYI

Group Lessons Specifics: All group lessons that take place will hold a maximum of four children. It is our goal to make sure that these children are all within the same skill level to ensure that they all are able to learn throughout the lesson. Group lessons will always happen with children that are close in age and ability. In the event that we are unable to place your child in a group lesson the difference between the group and private lesson must be paid before the lessons can begin. In this event, we will call and inform you of this when we give you your set time for lessons.

Registration Guidelines: All registrations will be accepted and given priority on a first come, first served basis. Unfortunately, due to space, time, and staff limitations there is a cap for swim lessons. In the event the cap is made, we will contact you and fully refund your money. Rowan University refunds typically take about 4 weeks.

Visit Our Website: www.rowan.edu/rec

Swim Lessons at the Rowan University Recreation Center



<u>Session</u>	<u>Session Dates</u>	<u>Reg. Deadline</u>
1	Oct. 4—Nov. 1	Sept. 19
2	Nov. 8—Dec. 13	Oct. 26
	No class on Nov. 29	

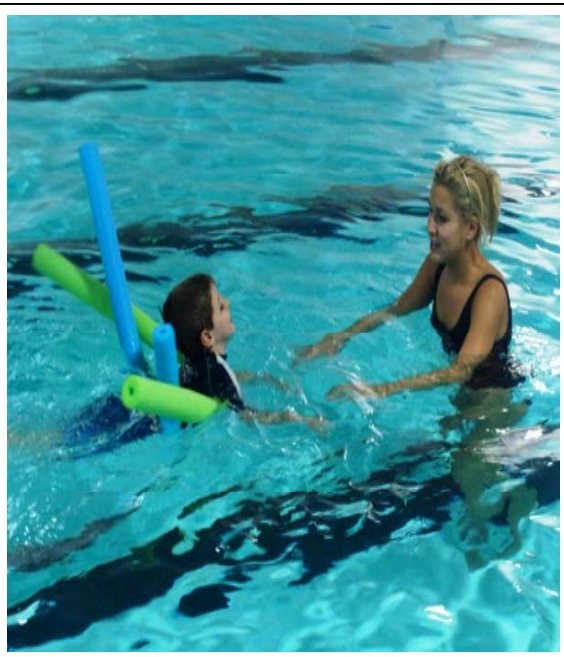
For Ages 3-14 yrs

Please be advised: Registrations are accepted on a first come first served basis with a cap on registrations.

Ages 3 and 4

Children 3 and 4 years of age can only participate in a Private Lesson.

These classes will be one-on-one with an instructor. The instructor will focus on making the child feel more comfortable in the water. In addition, they will focus on flotation (front and back), kicking, arm movement, water entry, learning to submerge the face, and swimming independently.



Levels (Ages 5-14)

Beginner: The requirements for these classes are minimal, however, the child should have the desire to be in the water. These classes will focus on floatation (front and back), kicking, arm movement, water entry, learning to submerge the face, and swimming independently. Goggles strongly recommended.

Intermediate: Students should be able to swim half a lap of the pool and demonstrate proper breathing patterns. These classes will introduce the kick, arm movement, breathing pattern and timing of the breaststroke. Freestyle and backstroke will also be reviewed. Students will receive instruction on how to perform a basic dive. Goggles required.

Advanced: Students should be able to swim an entire lap of freestyle while breathing to both sides without difficulty and have general knowledge of the four competitive swimming strokes. These classes will focus on the mechanics of the breaststroke and butterfly. Students will also receive instruction on how to perform a dive and flip turn. Goggles required.



Private Lessons

Private lessons are excellent for timid children or those wanting more individualized attention on stroke development and refinement. These classes will be one-on-one with an instructor and will be limited to a first come, first serve basis. All classes are forty minutes in length.

Rec Center Members: \$100

Non-Members: \$110

Group Lessons

There will be a maximum of 4 children per group with one teacher per group. Group lessons are organized according to age and ability. All classes are forty minutes in length.

Rec Center Members: \$75

Non-Members: \$85

All lessons are available on a first come, first serve basis. Spots are limited. If you have any questions about what type of lesson would best meet your child's needs, contact Ken. Phone: 256-4908
Fax: 256-4428



Swim Lessons at the Rowan University Recreation Center

Rowan University Recreation Center
Attn: Swim Lessons
201 Mullica Hill Rd.
Glassboro, NJ 08028

Make Checks Payable to:
Rowan University