

The Rowan University Rec Center will be offering group and private swim lessons on Sundays beginning March 25th through April 29th for a total of five 40 minute sessions. Make-up lessons will be held on Sat. 4/28



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 Thurs, March 22nd.**



If you wish to have two children in the same class, please send in their registration forms together and indicate the other child under special requests 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](http://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](http://www.rowan.edu/rec)



## Swimming Lessons



Spring 2012, Session 2  
Sundays, March 25th – April 29th  
Registration Deadline: **March 5th**  
**No lessons Easter Sunday**

For Ages 3-14 yrs

Please be advised: Registrations are accepted on a first come first served basis and there is a cap on the number of children we can accept into the program

### Make Up Lesson

If your child is unable to attend his/her lesson we ask that you please notify us by 5:00pm on the Friday before the lesson. If notification is made in a timely manner your child will be entitled to attend one make-up lesson at no additional charge. However, if notification is not received by 5:00pm on the Friday before the lesson, no make-up will be provided, unless a fee of \$15 is submitted before the end of the five week session. Make-up lessons work on a first come first served basis and we cannot guarantee that the child will have the same instructor, due to instructor availability. To make notifications please contact Cory Brelsford by call, text, or email 609-221-6064 / Brelsf71@students.rowan.edu



### Contact Information

For additional information please contact Gary Baker or Cory Brelsford:  
Phone: 856-256-4908  
Email: Brelsf71@students.rowan.edu



## Levels (Ages 3-14)

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

**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: \$115**

**Non-Members: \$130**

### 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: \$90**

Please understand spots are limited. If you have any questions about what type of lesson would best meet your child's needs, contact Cory or Gary.

Phone: 856-256-4908



**Rowan University Recreation Center**

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

**Make Checks Payable to:**  
Rowan University