

# PARENT INFORMATION

## SWIM LESSONS:

University Recreation will once again be offering swim lessons for the community. Since we haven't offered swim lessons in a few years, we are going to offer a limited, 4-week sessions for kids. Parents must sign their child up using the Microsoft form link provided on the website. Each session will be limited to 8 children max. Lessons will be offered for children ages 3-10. All children ages 3-5 must have their guardian in the water with them during their swim lesson. The cost will be \$55 for the 4-week session. Spot is not reserved until payment is received.

We will be having a meet and greet and open swim on March 1 at 2:30pm. Those signed up for lessons can bring their child to meet the swim instructors and use the pool for the day. This is not mandatory, however.

If you have questions about swim lessons, please contact Justin Harden at [justinharden@ferris.edu](mailto:justinharden@ferris.edu).

## SESSIONS & Dates

### Level 1:

Saturday @ 12:30pm

- March 22, March 29, April 5, April 12

Sunday @ 2:00pm

- March 23, March 30, April 6, April 13

### Level 2:

Saturday @ 1:00pm

- March 22, March 29, April 5, April 12

Sunday @ 1:30pm

- March 23, March 30, April 6, April 13

### Level 3:

Saturday @ 1:30pm

- March 22, March 29, April 5, April 12

Sunday @ 1:00pm

- March 23, March 30, April 6, April 13

### Level 4:

Saturday @ 2:00pm

- March 22, March 29, April 5, April 12

Sunday @ 12:30pm

- March 23, March 30, April 6, April 13

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## **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