Saint Louis University Swimming and Water Safety Programs

The Department of Campus Recreation at Saint Louis University offers the most complete aquatic programs including courses for all ages and abilities. Our programs include: Adult Swim Classes, Conditioning Swim for Fitness, Adult Stroke Clinics, CPR, First Aid, Lifeguard Training, Water Safety Instructor, and Youth Swim Lessons.

Here are just a few reasons to join our programs:

- Swimming is a total body workout.
- Gain terrific workout experience in the aquatic field that will stay with you your entire life.
- Meet lots of new exciting people.
- Learn new life saving skills that will help you and others.
- Have fun in a nice environment!

In our aquatic programs, we contend that all participants have fun while they are challenged with worthwhile learning experiences.

All Department of Campus Recreation aquatic programs are open to current SLU students and members of the Simon Recreation Center. Non-member faculty, staff, alumni, and their spouse and/or children may participate in the aquatic programs, but they will have to purchase a Daily Use Pass or Child Pass for each visit, in addition to the cost of the program.

All classes are held at the Simon Recreation Center Pool.

The Department of Campus Recreation reserves the right to cancel or reschedule any class due to low enrollment. Please contact Khannie at 977-7185 for additional information or questions. You can also visit us as: www.slu.edu/organizations/crcisc/information.html

*Deadline for all aquatic programs is 4 days prior to the start date.*
Swim Programs

Conditioning / Master Swim Program: This class is designed for individuals who wish to attain fitness through swimming. Participants should be strong swimmers that are able to swim 200 yards (8 lengths) without stopping. Along with workouts to improve aerobic and anaerobic conditioning, participants will gain basic knowledge in exercise physiology and training techniques to continue their fitness programs on their own.

Class Size: 6 min, 15 max (SRC Member Only)
Cost: $50 per session or $20 per month
Days: Mondays, Wednesdays and Fridays
Time: 11:45am – 12:45pm
Class Dates: September 12 – December 9

Youth Swim Lessons: This class is designed for youngsters between the ages of 6 and 12 with little or no swimming experience. Water adjustment, breathing techniques, and floating are emphasized with advancement in the crawl stroke, elementary backstroke, treading water, and basic swimming safety skills.

Class Size: 6 min, 10 max

Adult Beginners I: This program is designed for the adult with little or no swimming skills. The main objective of this class is for the participant to be able to swim at least 50 yards at the end of the program and feel comfortable in deep water.

Class Size: 6 min, 10 max

Adult Beginners I & Youth Swim
Cost: $30 for SRC members $42 for non-members
Day: Saturdays
Time: 10:00am-11:00am
Session I: September 10 – October 15
Session II: October 29 – December 10
(No class on November 26)

Adult Beginners II: Swimmers who participate in this program generally have some type of experience or at least have a little swimming knowledge. Participants in this class should be able to swim length of pool using any style and tread or float in the deep end for one minute. This program is designed to teach all four competitive strokes.

Class Size: 6 min, 10 max

Cost: $30 for SRC members $42 for non-members
Day: Saturdays
Time: 11:00am-12:00pm
Session I: September 10 – October 15
Session II: October 29 – December 10
(No class on November 26)

Private Swim Lessons

Adult Swim Stroke Clinic: This clinic is designed for the adult who wants to improve their technique in any of the four competitive strokes. The instructor will work on specific skills and use stroke drills to help the participant learn the stroke technically correct. Participants as asked to come to class with a goal in mind to achieve. Class is limited to ten participants to allow for more individualized class goal achievement.

Class Size: 5 min-10 max
Cost: $20 for SRC members $25 for non-members
Session I: Tuesday, September 27
Time: 11:30am
Session II: Wednesday, October 2
Time: 11:30 am

Swim Clinics

Adult Swim Stroke Clinic: This clinic is designed for the adult who wants to improve their technique in any of the four competitive strokes. The instructor will work on specific skills and use stroke drills to help the participant learn the stroke technically correct. Participants as asked to come to class with a goal in mind to achieve. Class is limited to ten participants to allow for more individualized class goal achievement. Class Size: 5 min-10 max
Cost: $20 for SRC members $25 for non-members
Session I: Tuesday, September 27
Time: 11:30am
Session II: Wednesday, October 2
Time: 11:30 am

Private Swim Lessons – Private swim lessons are a great way to tailor swim instruction to your specific needs. Whether your interest is learning to swim or to perfect your stroke, you will benefit from this program. Days and times are based on your schedule. Reservation must be made at least two (2) weeks in advance for swim lessons. Call Khannie at (314) 977-7185 to schedule.

Cost: $25 per 30 minute session – SRC members
$30 per 30 minute session – Non members

$100 for Five (5) 30-minute sessions – SRC members
$120 for Five (5) 30-minute sessions – Non members

Private Swim Lessons

Youth Swim Lessons

Adult Beginners I & Youth Swim
Cost: $30 for SRC members $42 for non-members
Day: Saturdays
Time: 11:00am-4:00 pm
Session I: September 10 – October 15
Session II: October 29 – December 10
(No class on November 26)

Other Aquatic Programs

Lifeguard Training

This course teaches the duties, responsibilities, and procedures to prevent and respond to aquatic emergencies in a professional manner. This American Red Cross training course includes CPR for the Professional Rescuer, First Aid, and water rescues. After successful completion of this course you can work as a lifeguard at any aquatic facility for three years.

Class Size: 5 min, 15 max
Cost: $75 for SRC members $90 for non-members
Day: Saturdays
Time: 11:00am to 4:00 pm
Dates: September 10 – October 15

CPR Classes

All students, faculty/staff, and alumni who want to learn skills that can help make a difference in the lives of others participate in these invaluable programs.

Class Size: 5 min, 15 max.

Adult CPR Class
Cost: $30 for SRC member $35 for non-members
Date: Tuesday, October 4
Time: 2:00 pm-4:00 pm

CPR for the Professional Rescuer (Adult, Child & Infant CPR)
Cost: $40 for SRC members $45 for non-members
Date: Thursday, September 15
Time: 2:00 pm - 5:00 pm

Date: Wednesday, November 9
Time: 2:00 pm - 5:00 pm

Campus Recreation Aquatic Programs Registration Form—Fall 2005

User agrees that all physical activities, including the use of weights & any equipment, machinery or apparatus designed for exercise shall be at users’ sole risk. Notwithstanding any consultation or use of equipment, facilities or exercise programs which may be provided by Saint Louis University, employees or agents, it is hereby understood that the selection of activities, exercise programs, methods and type of equipment will be user’s entire responsibility. Knowing the risks & in consideration of using the facility, user agrees to waive, release & discharge Saint Louis University, its employees/agents from all claims, demands or actions of any kind or nature which may be brought by user or anyone who might make a claim on user’s behalf arising out of user’s activities & use of any services, equipment, machinery or apparatus provided by University, notwithstanding the negligence of Saint Louis University, its trustees, officers, employees or agents. User is responsible for becoming familiar with all Campus Recreation policies and noncompliance may result in the suspension of privileges.

Signature
Date

FOR OFFICE USE ONLY: ________________ Cash __________ Check #________ Credit Approval:_________ Initials_____ Date________