**SRC AQUATIC CLASSES- Summer 2016**

**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 25 yards at the end of the program and feel comfortable in deep water.

- **Class Size:** 6 min-10 max
- **Cost:** $30 for SRC Members per session $42 for non-members
- **Day:** Saturdays
- **Time:** 11:30am-12:30pm
- **Session:** June 4th – July 16th (No class on July 2nd)

**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 the length of the pool using any style and tread or float in the deep end for one minute. This program is designed to teach complete proficiency in the freestyle and backstroke.

- **Class Size:** 6 min, 10 max
- **Cost:** $30 for SRC Members per session $42 for non-members
- **Day:** Saturdays
- **Time:** 11:30am-12:30pm
- **Session:** June 4th – July 16th (No class on July 2nd)

**Adult Level III:** Swimmers who participate in this program have a working knowledge of freestyle and backstroke and should be able to swim at least 50 yards without stopping. This program is designed to correct current stroke techniques and introduce the participant to all four competitive strokes.

- **Class Size:** 6 min, 10 max
- **Cost:** $30 for SRC Members per session $42 for non-members
- **Day:** Saturdays
- **Time:** 11:30am-12:30pm
- **Session:** June 4th – July 16th (No class on July 2nd)

**Adult Level IV:** This level is designed to teach participants all four competitive strokes and improve current stroke techniques. This low-key class can help you determine if you are ready to join a conditioning swim program. The goal for this class is to correctly execute all four strokes and to encourage the participant to attain fitness through swimming.

- **Class Size:** 6 min-10 max
- **Cost:** $30 for SRC Members per session $42 for non-members
- **Day:** Saturdays
- **Time:** 11:30am-12:30pm
- **Session:** June 4th – July 16th (No class on July 2nd)

**Adult Level V:** This is a conditioning swim class that is designed for students, faculty, staff and alumni 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 psychology, physiology and training techniques to continue their fitness programs on their own.

- **Class Size:** 6 min-10 max
- **Cost:** $30 for SRC Members per session $42 for non-members
- **Day:** Saturdays
- **Time:** 11:30am-12:30pm
- **Session:** June 4th – July 16th (No class on July 2nd)

**Adult Stroke Clinics:** These clinics are 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 are asked to come to class with a goal in mind to achieve. Class is limited to eight participants to allow for more individualized class goal achievement.

- **Class Size:** 5 min-8 max
- **Cost:** $20 for SRC members $25 for non-members

**Adult/Youth 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 perfecting your stroke, you will benefit from this program. Days and times are based on your schedule. Reservations must be made at least two (2) weeks in advance for swim lessons.

Call Khannie at (314) 977-7185 to schedule.

- **Cost:** $25 per 45 minute session – SRC members
- **OR**
- **$30 per 45 minute session – Non members**
- **$100 for Five (5) 45 minute sessions – SRC members**
- **$120 for Five (5) 45 minute sessions – Non members**

**Department of Campus Recreation Aquatic Programs Registration Form—Summer 2016**

Name: ____________________________

Member/STU # ____________________________

Address: _______________________________________________________________________

City________________________ST______Zip_______________

Phone(s): ________________________E-mail___________________

Status: __Student  __Faculty  __Staff  __Alumni  __Non-Member

Please check the appropriate class(es) below:

- __ Adult Beginners I
- __ Adult Beginners II
- __ Adult Level III
- __ Adult Level IV
- __ Adult Level V
- __ Adult Stroke Clinic
- __ Session I __ Session II
- __ Adult/Youth Private Swim Lessons
- __ Number of Lessons_____________________

________________________________________  _______________________

Signature  Date

* Please Make Checks Payable to Saint Louis University *

FOR OFFICE USE ONLY:  

Cash _____  Check #__________  Credit Approval:_______________________  Initials______ Date______