

Saint Louis University Aquatic And Safety Programs

The Department of Campus Recreation at Saint Louis University offers the most complete aquatic and safety programs including courses for all ages and abilities. 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 pay the non-member rate.

Here are just a few reasons to participate in these programs:

- Swimming is a total body workout.
- Gain experience that you will use your entire life.
- Learn life saving skills that can help you and others by learning how to respond in emergencies.
- Meet new people and have fun in a great environment!
- In all of our programs we work hard to ensure that all participants have fun while they are challenged with worthwhile learning experiences.

The Department of Campus Recreation reserves the right to cancel or reschedule any class due to low enrollment. Please contact Khannie at dastgahk@slu.edu or 977-7185 for additional information.

You can also visit us at: <http://www.slu.edu/life-at-slu/campus-recreation/aquatics.php>

**** All aquatic classes are held at the Simon Recreation Center Pool.****

Safety Training Programs Spring 2017

CPR For the Professional Rescuer with AED: Adult, Child & Infant CPR

All students, faculty, staff, and alumni who want to learn skills that can help make a difference in the lives of others should participate in these invaluable programs. Through just a few hours of training you can learn how to respond to cardiac emergencies.

Class Size: 6 min, 12 max

Cost: \$60

Cost if you provide your own face mask: \$50

Date: Wednesday, January 25th

Time: 8:30am - 5:00pm

Date: Monday, February 13th

Time: 8:30am - 5:00pm

CPR For the Professional Rescuer with AED: Challenge

The challenge option is designed for individuals who need to renew their certification and want to "test-out" of the course. If you have NOT taken a CPR course in the past 2 years, it is STRONGLY recommended that you register for a FULL course. To successfully "test-out" of a course the challenger must pass a written exam with a score of 80% or greater on each section without a review AND complete all of the skills correctly without coaching. It is the responsibility of the challenger to review materials prior to the challenge. Absolutely no refunds are available if the challenger does not pass the course. You can only try to "test-out" one time. Anyone who cannot successfully challenge out of the course will have to take the full-length certification course to renew their certification.

Class Size: 6 min, 12 max

Cost: \$40

Cost if you provide your own face mask: \$30

Date: Thursday, January 26th

Time: 12:00pm - 4:00pm

Date: Wednesday, February 22nd

Time: 12:00pm - 4:00pm

*** Other safety training programs are available by request when scheduled in advance for a minimum of 6 people and based on availability of staff.***

Department of Campus Recreation Safety Programs Registration Form—Spring 2017	
Name: _____	User agrees that all physical activities, including the use of weights & any equipment, machinery or apparatus designed for exercise shall be at user's sole risk. Notwithstanding any consultation or use of equipment, facilities or exercise programs which may be provided by SLU 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 and in consideration for use of the facility, user agrees to waive, release & discharge SLU, 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 SLU and NOTWITHSTANDING THE NEGLIGENCE OF SLU, ITS TRUSTEES, OFFICERS, EMPLOYEES OR AGENTS. User is responsible for becoming familiar with all Campus Recreation policies. Noncompliance may result in the suspension of privileges.
Member/STU # _____	
Address: _____	
City _____ ST _____ Zip _____	
Phone(s) _____ E-mail _____	
Status: <input type="checkbox"/> Student <input type="checkbox"/> Faculty <input type="checkbox"/> Staff <input type="checkbox"/> Alumni <input type="checkbox"/> Non-Member	
Please check the appropriate class below:	
<input type="checkbox"/> CPR for the Professional Rescuer Date: _____	
<input type="checkbox"/> CPR for the Pro Rescuer Challenge Date: _____	
* Please Make Checks Payable to Saint Louis University *	
Signature _____	Date _____
FOR OFFICE USE ONLY: <input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ Credit Approval: _____ Initials _____ Date _____	

SRC AQUATIC CLASSES- Spring 2017

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
Session I Cost: \$30 for SRC members \$42 for non-members
Session II Cost: \$30 for SRC members \$42 for non-members
Day: Saturdays **Time:** 11:30am-12:30pm
Session I: January 28th - March 4th
Session II: March 25th - May 6th (No class on April 15th)

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
Session I Cost: \$30 for SRC members \$42 for non-members
Session II Cost: \$30 for SRC members \$42 for non-members
Day: Saturdays **Time:** 11:30am-12:30pm
Session I: January 28th - March 4th
Session II: March 25th - May 6th (No class on April 15th)

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
Session I Cost: \$30 for SRC members \$42 for non-members
Session II Cost: \$30 for SRC members \$42 for non-members
Day: Saturdays **Time:** 11:30am-12:30pm
Session I: January 28th - March 4th
Session II: March 25th - May 6th (No class on April 15th)

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
Session I Cost: \$30 for SRC members \$42 for non-members
Session II Cost: \$30 for SRC members \$42 for non-members
Day: Saturdays **Time:** 11:30am-12:30pm
Session I: January 28th - March 4th
Session II: March 25th - May 6th (No class on April 15th)

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
Session I Cost: \$30 for SRC members \$42 for non-members
Session II Cost: \$30 for SRC members \$42 for non-members
Day: Saturdays **Time:** 11:30am-12:30pm
Session I: January 28th - March 4th
Session II: March 25th - May 6th (No class on April 15th)

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
Session I: Wednesday, February 15th **Time:** 12:30pm-1:30pm
Session II: Tuesday, April 4th **Time:** 12:30pm-1:30pm

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
\$30 per 45 minute session – Non members
OR
\$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—Spring 2017

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

User agrees that all physical activities, including the use of weights & any equipment, machinery or apparatus designed for exercise shall be at user's sole risk. Notwithstanding any consultation or use of equipment, facilities or exercise programs which may be provided by SLU 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 and in consideration for use of the facility, user agrees to waive, release & discharge SLU, 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 SLU and NOTWITHSTANDING THE NEGLIGENCE OF SLU, ITS TRUSTEES, OFFICERS, EMPLOYEES OR AGENTS. User is responsible for becoming familiar with all Campus Recreation policies. Noncompliance may result in the suspension of privileges.

Signature _____ Date _____

* Please Make Checks Payable to Saint Louis University *

FOR OFFICE USE ONLY: _____ Cash Check # _____ Credit Approval: _____ Initials _____ Date _____