

AQUATICS SPRING 2018

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 and will be coordinated directly with the assigned swim instructor. Please allow 1-2 weeks for instructor to contact you to coordinate your lessons once you've paid.

Questions? Contact Emily Wujcik at Emily.wujcik@slu.edu or 314-977-7185

Price: \$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*

**Non-members must still be affiliated with Saint Louis University (SLU) as a Faculty/Staff Member, Alumni, etc.*

Private Lesson Registration Form – Spring 2018

Name of Member or SLU Affiliate: _____

Affiliation (check one): Student Faculty/Staff Alumni Other: _____

Name of Swimmer (if different than above): _____

Banner # (if applicable): _____ **Date of Birth:** _____

Address: _____

Phone #: _____ **Email:** _____

How many lessons are you registering for?

_____ **One 45-minute Lesson**

_____ **Five 45-minute 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: _____



SAINT LOUIS UNIVERSITY
CAMPUS RECREATION

FOR MORE INFORMATION VISIT

www.slu.edu/life-at-slu/campus-recreation

CALL 314-977-3181

EMAIL campusrec@slu.edu

Adult

Swimming lessons

AQUATICS SPRING 2018

Adult Beginners 1: 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.

Adult Beginners 2: 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.

Adult Level 3: 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.

Adult Level 4: 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.

Adult Level 5: 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: 3min – 10max

Day: Saturdays

Time: 11:30am-12:30pm

Session I: January 27th – March 3rd

Session II: March 24th – May 5th

(no class on March 31st)

Price: \$30 for SRC members, \$42 for nonmembers*

**non-members must still be a SLU affiliate (SLU faculty/staff/alumni/etc.)*

Visit shopcampusrec.slu.edu
to register!



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