

SWIMMING CLASSES SCHEDULE

	TUESDAY	THURSDAY
CHILDRENS (All levels)	5:30 - 6:30pm	5:30 - 6:30pm
ADULTS (All levels)	6:30 - 7:30pm	6:30 - 7:30pm
CLASS DATES	All classes are six (6) week sessions. Session I Sept 13 - Oct 20, 2011 Session II Oct 25 - Dec 6, 2011	
CLASS COST	\$50 per session/participant	

All classes are taught by a certified water safety instructor.

PRIVATE SWIMMING LESSONS PRICING

INDIVIDUAL	STUDENTS	FACULTY/STAFF	BUDDY SYSTEM	STUDENTS	FACULTY/STAFF
One Hour	\$25	\$30	One Hour	\$18	\$20
Four Hours	\$90	\$110	Four Hours	\$60	\$72
Eight Hours	\$168	\$188	Eight Hours	\$112	\$136
Twelve Hours	\$204	\$252	Twelve Hours	\$132	\$180

1 on 1 Lesson
By appointment only
24 Hour Cancellation Fee

Per Person

Per Person

Adaptive and Parents & Guppies Class is now by appointment only. Private swim rates apply.

CLASS DESCRIPTION

Childrens Class (4-12 Years)

The class will focus on being comfortable and safe both in and around the water. Participants will learn to coordinate the front stroke, back stroke, and floating. Pool safety will be stressed as well as having fun. One parent or guardian must be present on deck for minors.

Parents & Guppies Class

Parents and Guppies are a wonderful way to spend time with your baby or toddler that's enjoyable for both of you. Participants will learn to be comfortable in the water and enjoy splashing around with games and fun.

Adults Class (All levels)

All levels will focus on technique with all four competitive strokes: front crawl, back crawl, breaststroke, and butterfly. Class will include drills and developing a training/workout structure based on individual needs.

Adaptive Class (4 Years - Adult)

We are now offering adaptive swim program for children and adults with special needs. Participants will be introduced to water and water adjustment activities.



For more information
Contact Holly Worrell
holly.worrell@utdallas.edu
972-883-6310
www.utdallas.edu/recsports
UTD Recreational Sports