LMU Campus Recreation’s Learn-to-Swim Program provides instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience. Participants will establish a foundation that can be built upon as they progress through the various levels of the program.

**How to Register**

1. **Mail-in** your completed form and payment (check or credit card info.) to Campus Recreation, 1LMU Drive, MS 8500 Los Angeles, CA 90045
2. **Fax-in** your completed registration and include your Mastercard or Visa card number on the form and fax to: 310.338.2355
3. **Drop off** completed form and payment with Member Services
   - Member Services Hours: M, T, TH, F 8:00a - 5:00p; W 8:00a - 7:00p

**Registration begins May 3, 2010**
Group lessons provide a social environment for learning to swim. Classes are kept small to maximize student learning, with a ratio of 5 students to 1 instructor. Instructors have vast and varied experience with multi-level instruction. LMU Campus Recreation understands that consistent instruction is beneficial to students. Lessons are 30 minutes and each session meets twice a week for two weeks.

**Group Sessions Schedule**
(four lessons per session)

<table>
<thead>
<tr>
<th>Session 1*</th>
<th>M/W June 14, 16, 21, 23</th>
<th>or</th>
<th>T/R June 15, 17, 22, 24</th>
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<tbody>
<tr>
<td>Session 2</td>
<td>M/W June 28, 30, July 5, 7</td>
<td>or</td>
<td>T/R June 29, July 1, 6, 8</td>
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<tr>
<td>Session 3</td>
<td>M/W July 12, 14, 19, 21</td>
<td>or</td>
<td>T/R July 13, 15, 20, 22</td>
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<tr>
<td>Session 4</td>
<td>M/W July 26, 28, Aug. 2, 4</td>
<td>or</td>
<td>T/R July 27, 29 Aug. 3, 5</td>
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<tr>
<td>Session 5</td>
<td>M/W Aug. 9, 11, 16, 18</td>
<td>or</td>
<td>T/R Aug. 10, 12, 17, 19</td>
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</table>

*PM times only

**Group Lesson Cost**

<table>
<thead>
<tr>
<th>Students/Faculty/Staff/Alumni/Burns Rec. Members</th>
<th>(two week session: 4 - 30min lessons) $40.00 session</th>
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<tbody>
<tr>
<td>Non-LMU and Non-Burns Rec. Members</td>
<td>(two week session: 4 - 30min lessons) $50.00 session</td>
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Registration Closes: At 5 pm the Wednesday prior to the start of the next session.

Cancellation Policy: Cancellations must occur before the start of the lesson session to receive a refund. No refunds will be awarded for missed group lessons.

Waitlist Policy: If you are waitlisted, you will be contacted the week prior to that session about status of the class. Insufficient enrollment may cause classes to be cancelled, combined, or rescheduled.
Group Class Levels

**Parent and Tot: (Parent and Toddler/Infant) Ages 6-36 months.** Join your toddler as they experience their first swim lessons! This class requires that a parent accompanies their child in the water. Songs and games will be used to create a comfortable and fun water environment. This class is a great way to meet other parents and toddlers in the area. **Infants must wear a water diaper or tight fitting rubber pants over diaper.**

- **Class Times:** 10:15-10:45am, 4:00-4:30pm

**Level 1: Water Exploration (Polliwog) Ages 3 and up.** This class begins your child’s on-their-own water exploration. The instructor guides the students through the basic water skills and helps them become comfortable in the water. Overall, this class is a fun experience where students are taught kicking, floating, blowing bubbles and gliding.

- **Class Times:** 10:15-10:45am, 11:25-11:55am, 4:00-4:30pm

**Level 2: Primary Skills (Guppy)** This class is a continuation of the Polliwog class. Instruction will continue with the skills mastered in the previous class. Students must be comfortable in the water, be able to submerge head in the water, and float independently.

- **Class Times:** 10:50-11:20am, 11:25-11:55am, 4:35-5:05pm

**Level 3: Stroke Readiness (Minnow A)** The purpose of this class is to introduce students to the skills that will be used as they learn the swimming strokes. Topics introduced include: front crawl, side breathing, backstroke, elementary backstroke and beginning diving skills.

- **Class Times:** 10:50-11:20am, 4:00-4:30pm, 5:45-6:15pm

**Level 3B: Stroke Readiness (Minnow B)** This class is a continuation of the Minnow A class. The purpose of this class is to practice the front and back strokes in an effort to build strength and endurance. New skills will be continually introduced. These skills include: stand up diving and treading water.

- **Class Times:** 10:15-10:45am, 4:35-5:05pm, 5:45-6:15pm

**Level 4: Stroke Development (Fish)** Students in this class should be ready to swim the full length of the pool and feel confident in swimming the front and back strokes. Students will build their skills of the swimming strokes which include practicing, butterfly, elementary backstroke, breaststroke and sidestroke.

- **Class Times:** 10:50-11:20am, 4:35-5:05pm, 5:10-5:40pm

**Level 5: Stroke Refinement (Flying Fish)** This class builds on the skills taught in the Fish class. Students will continue to practice the strokes with an emphasis on increasing their endurance and speed. New skills taught include flip turns and surface dives.

- **Class Times:** 11:25-11:55pm, 5:10-5:40pm

**Level 6: Stroke Proficiency (Shark)** This class is a continuation of the Flying Fish class. Students should be confident in all the swimming strokes. Focus of the class will be on stroke correctness and endurance. New skills introduced are racing dives from the side of pool or starting blocks. Concept of the pace clock will be introduced in preparation for competitive swimming.

- **Class Times:** 5:10-5:40pm, 5:45-6:15pm
Private and Semi-Private swim lessons are a great opportunity to individualize your swim lesson experience! Lessons are scheduled by appointment only and all communication and scheduling of lessons occurs between the instructor and client. Lessons are offered during recreational swim hours and contingent on pool space availability. Lessons cannot be scheduled between 1:00pm-4:00pm on weekdays during June 21-August 27 due to sports camps. In order to maximize the progress of students participating in semi-private lessons, it is recommended that both students be of similar swimming ability.

***Please allow at least 1 week for processing***

### Child Private Lesson Package

| Students/Faculty/Staff/Alumni/Burns Rec. Members | 4 for $80.00 | 8 for $150.00 |
| Non-LMU and Non-Burns Rec. Members | 4 for $110.00 | 8 for $210.00 |

### Child Semi-Private Lessons*

| Students/Faculty/Staff/Alumni/Burns Rec. Members | 4 for $100.00 | 8 for $180.00 |
| Non-LMU and Non-Burns Rec. Members | 4 for $130.00 | 8 for $250.00 |

*Price for child semi-private lessons includes 2 participants. A 3rd participant can be included at an additional fee.

### Adult Private and Semi-Private Lessons

| Students/Faculty/Staff/Alumni/Burns Rec. Members | Single Private $40.00 | 4 Private $150.00 | Single Semi $60.00 | 4 Semi $225.00 |
| Non-LMU and Non-Burns Rec. Members | Single Private $45.00 | 4 Private $170.00 | Single Semi $70.00 | 4 Semi $265.00 |