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 solid foundation that can be built upon as they progress through the levels of the program.

How to Register

1. Mail-in your completed form and payment (check or credit card info) to Campus Recreation, 1 LMU 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, TH, F 8:00a - 5:00p; T, W 8:00a - 7:00p

Registration begins April 30, 2012
Group lessons provide a social environment for learning to swim. Classes are kept small to maximize student learning, with a ratio of at most 5 students to 1 instructor. Instructors are highly qualified and experienced 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**

<table>
<thead>
<tr>
<th>Session 1*</th>
<th>M/W June 11,13,18,20</th>
<th>or</th>
<th>T/R June 12,14,19,21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 2**</td>
<td>M/W June 25, 27 M/F July 2, 6**</td>
<td>or</td>
<td>T/R June 26, 28 July 3,5</td>
</tr>
<tr>
<td>Session 3</td>
<td>M/W July 9,11,16,18</td>
<td>or</td>
<td>T/R July 10,12,17,19</td>
</tr>
<tr>
<td>Session 4</td>
<td>M/W July 23,25,30, Aug. 1</td>
<td>or</td>
<td>T/R July 24, 26,31, Aug. 2</td>
</tr>
<tr>
<td>Session 5</td>
<td>M/W Aug. 6,8,13,15</td>
<td>or</td>
<td>T/R Aug. 7,9,14,16</td>
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*PM times only  
**Classes second week M/F due to 4th of July

**Group Lesson Prices**

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

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

Campus Recreation, 1 LMU Drive, MS 8500  
Los Angeles, CA 90045  
Phone 310.338.1720, Fax 310.338.2355
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 own water exploration. The instructor teaches the students basic water skills and helps them become comfortable in the water. Overall, this class is a fun introductory swimming 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 builds upon the skills taught in 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 be comfortable with floating.

**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, 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 crawl and backstroke technique in an effort to build strength and endurance. New skills will be introduced including: standing dives, breaststroke and treading water.

**Class Times:**  
10:15-10:45am  
4:35-5:05pm, 5:10-5:40pm

**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 crawl and backstroke. Students will build their swimming skills, begin to learn butterfly, and refine breaststroke.

**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 improving technique, and increasing their endurance and speed. New skills taught include flip-turns, grab-turns and surface dives.

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

**Level 6: Stroke Proficiency (Shark)** This class is a continuation of the Flying Fish class. Students should be confident swimming all the strokes. Focus of the class will be on stroke technique 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 are contingent on pool availability. 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
(30 min. lesson)

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Learn-to-Swim

Summer 2012

Students/Faculty/Staff/Alumni/Burns Rec. Members

Non-LMU and Non-Burns Rec. Members

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