



GSU POOL SWIMMING LESSONS

Health & Physical Education Building – Main Campus

Glenville State University offers a variety of swimming lessons, from Group Sessions to Private Packages for children or adults. We've also started a **Youth Stroke Club!**

Lessons and Stroke Club last a half-hour and are designed to improve performance of swim skills, in addition to simply increasing comfort and endurance in the water.

Swim Platform for students who can't touch the bottom!

At the end of each Session, participants are given a Checklist showing what the student learned and what skills need to be mastered before moving to the next Level.

The Stroke Club receives a Coach's Assessment.

All swimmers review safety in and around water.

NEW
Youth Stroke Club



Kathy Gilbert, Director of Aquatics and Recreation

Glenville State University
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(304) 462-6441 | Kathy.Gilbert@glenville.edu



INFORMATION

GROUP SWIMMING LESSONS or STROKE CLUB

\$50 for Six 30-minute lessons or practice sessions

GROUP LESSONS: Three to six students of the same age with approximately the same ability.

STROKE CLUB: Future Youth Swim Team can be developed with enough dedication and interest.

Please mark your calendar for the date(s) and time(s) enrolled for.

GROUP LESSON/STROKE CLUB DATES:

Tuesday & Thursday (evenings)	Spring Session 1: February 13, 15, 20, 22, 27, & 29	Spring Session 2: March 12, 14, 19, 21, 26 & 28,	Spring Session 3: April 9, 11, 16, 18, 23 & 25
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GROUP LESSON LEVELS:

Level One: Introduction to Basic Water Skills

Prerequisite: Must be comfortable in water.

Skills taught: Floating, putting face in water, begin arm strokes, rawl, Breast Stroke & Elementary Back Stroke. Flutter kick on front and back, Whip Kick.

Age 34:00-4:30 p.m.

Age 4-64:35-5:05 p.m.

Age 7-145:10-5:40 p.m.

Level One A: Advanced, Repeat Student

Prerequisites: Maintain front and back float for 6 seconds and perform Elementary Backstroke.

Skills taught: Combine glide, flutter kick, and alternating arms for both Front and Back Crawl. Enhance Breaststroke and Kneeling Dive.

Age 4-65:45-6:15 p.m.

Age 7-146:20-6:50 p.m.

Level Two: Aquatic Fundamentals

Prerequisites: Must be able to Maintain front and back float for 6 seconds and perform Elementary Backstroke.

Skills taught: Combine glide, flutter kick, and alternating arms for both Front and Back Crawl. Enhance Breaststroke and Kneeling Dive.

Age 4-65:45-6:15 p.m. or 4:35-5:05 p.m.

Age 7-145:45-6:10 p.m.

Level Three: Stroke Development

Prerequisites: Ability to perform Front Crawl and move through water. Rotary breathing is not required.

Skills taught: Rotary breathing, refinement of Front and Back Crawl, and Breast and Back Strokes. Introduce Butterfly kick. Jumping into deep water, Standing Dives, and Treading.

Age 4-6 4:00-4:30 p.m.

Stroke Club

Prerequisites: Must be able to swim length of 25 yd. pool.

Skills taught: Practice focuses on refinement of 4 competition strokes, flip turns & swimming for fun.

Age 7 & up 5:10-5:40 p.m.

PRIVATE, SEMI-PRIVATE, AND TRI-PRIVATE Daytime and evening hours

PRIVATE SWIMMING LESSONS

\$70 for Five 30-minute lessons

SEMI-PRIVATE LESSONS (for two people)

\$90 for Five 30-minute lessons

TRI-PRIVATE LESSONS (for three people)

\$130 for Five 30-minute lessons

REGISTRATION FORM

Student #1 Name: _____ Age: _____

Student #2 Name: _____ Age: _____

Student #3 Name: _____ Age: _____

If you are an adult registering for Private Lessons please write your name on the Parent below.

Repeat Enrollment and same contact information

Parent/Guardian/Adult: _____

Address: _____

City, State, Zip Code: _____

Home Phone: _____ Cell: _____

E-mail: _____

GROUP LESSONS (please check the requested class level or **STROKE CLUB**)

Student #1: Level 1 Level 2 Level 3 Stroke Club Private/Semi/Tri

Student #2: Level 1 Level 2 Level 3 Stroke Club Private/Semi/Tri

Student #3: Level 1 Level 2 Level 3 Stroke Club Private/Semi/Tri

Student #1: Time _____ Session # _____

Student #2: Time _____ Session # _____

Student #3: Time _____ Session # _____

PRIVATE, SEMI-PRIVATE LESSONS, AND TRI-PRIVATE LESSONS:

The Instructor will contact you to confirm a start date. If registering for Semi-Private or Tri-Private lessons for participants from different families, put the primary contact person's information on the parent, address, phone, and e-mail lines above.

Day(s) you want your lesson: _____

Time that is most convenient: _____

Amount Paid: _____ **Please sign/date back.**

Make checks payable to: Glenville State University.

Pay at first Lesson/Practice and email Registration a minimum of two days prior.

Kathy.Gilbert@glenville.edu or call (304) 462-6441

**For viewing, please sit in the stands above the pool.
Parents are not permitted on the pool deck during lessons.**

Please enter the pool through the locker rooms, allowing time to use the restroom, dress to swim, and rinse in the showers before taking stairs to the pool area.

- Goggles are optional for Level 1, needed for Levels 2 and 3 and Stroke Club.
- Arm floats or swim vests are not needed.
- If the student doesn't swim at the same level as those in the Group, you will be asked to switch him or her to another Level.
- *We recommend practicing skills during other pool visits for maximum learning experience. **No charge for the entire family to use pool while enrolled.***
- It is not uncommon to repeat a Level several times before advancing to the next Level.
- Five minutes are scheduled between each lesson for brief discussion.
- Group Lessons that have only one student enrolled, may be offered a shifted time, a refund, or three Private Lessons.

Make-up Lesson(s) are held during the buffer week between Sessions if a Group Lesson is canceled. They are not available for individuals who miss lessons.

Waiver

I acknowledge and accept the risks inherent in the use of the Glenville State University services and swimming pool, including participation in any swimming lesson or Stroke Club. The undersigned assumes the sole risk of injury, accident, death, loss, cost or damage for his or her person, dependent or property which might arise from the use of Glenville State University services and facilities. The undersigned further agrees that Glenville State University, its instructors, employees, servants, and agents, shall not be liable to the undersigned for any claims, demands, injuries, death, damages, actions or causes of action whatsoever to the undersigned's person, dependent or property arising out of or in connection with the use of the services and facilities of the Glenville State University, and further including any pre-existing physical condition or impairment.

The undersigned, his or her heirs, personal representatives, executors, and assignees do hereby release and discharge Glenville State University, its instructors, employees, servants, and agents from all claims, demands, injuries, damages actions or causes of action and from all acts of active or passive negligence on the part of the University, its servants, instructors agents or employees. The undersigned further agrees to abide by all policies and procedures of Glenville State University, and, which policies and procedures may be posted at the facility, issued orally and/or published, and which may be amended from time to time at management's sole discretion. I further Authorize GSU to use pictures of my participant in ads and publications.

I have read the above statement and agree to the payment for services and policies for Glenville State University.

Parent/Guardian/Adult

Signature _____ Date: _____

How did you hear about us? Facebook Repeat School

Website Newspaper Family/Friend Other: _____