



# GSU POOL SWIMMING LESSONS

## & NEW Youth Stroke Club

### 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 are also starting a **Youth Stroke Club**!

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

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 Group Lessons review safety in and around water.

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

## Swim Today!

**Kathy Gilbert, Director of Aquatics and Recreation**

Glenville State University  
200 High Street | Glenville, WV 26351  
(304) 462-6441 | [Kathy.Gilbert@glenville.edu](mailto:Kathy.Gilbert@glenville.edu)



# INFORMATION

## GROUP SWIMMING LESSONS or STROKE CLUB

**\$45 for Six 30-minute lessons or practice session**

**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 talent and interest.

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

**PRIVATE and SEMI-PRIVATE lessons are flexible and are scheduled between the Client and the Swimming Instructor.** Daytime and evening hours are available.

### PRIVATE SWIMMING LESSONS

**\$65 for Five 30-minute lessons**

Private lessons are available for children and adults. One-on-one instruction.

**SEMI-PRIVATE LESSONS** (for two people)

**\$85 for Five 30-minute lessons**

Semi-private lessons are for siblings or two people close to the same ability.

## GROUP LESSON/STROKE CLUB DATES:

Tuesday & Thursday (evenings)	Fall Session 1:	Fall Session 2:	Fall Session 3:
	October 4, 6, 11, 13, 25, & 27	November 1, 3, 8, 10, 15, & 17	November 29 December 1, 6, 8, 13, & 15

### GROUP LESSON LEVELS:

#### Level One: Introduction to Basic Water Skills

Prerequisite: Must be comfortable in water.

Skills taught: Floating, begin Front Crawl arms, flutter kick on front and back, introduce whip kick.

Age 3 .....4:00-4:30 p.m.

Age 4-6 .....4:35-5:05 p.m. OR Level One Advanced 5:45-6:15 p.m.

Age 7-14 .....6:20-6:50 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, introduce Side Stroke.

Age 4-6 .....5:10-5:40 p.m.

Age 7-15 .....5:10-5:40 p.m. OR 5:45-6:15 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, enhancement of Front and Back Crawl, and Side Stroke. Introduce butterfly kick. Jumping into deep water and treading.

Age 7-15 ..... 6:20-6:50 p.m.

#### Stroke Club

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

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

Age 9 & up ..... 5:45-6:15pm

# REGISTRATION FORM

Student #1 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Student #2 Name: \_\_\_\_\_ Age: \_\_\_\_\_

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

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

Student #2: ☐ Level 1 ☐ Level 2 ☐ Level 3 ☐ Stroke Club

You will be emailed a reminder when Lessons/Practice starts.

Student #1: Time \_\_\_\_\_ Session # \_\_\_\_\_

Student #2: Time \_\_\_\_\_ Session # \_\_\_\_\_

## **PRIVATE AND SEMI-PRIVATE LESSONS:**

*The Swimming Instructor will call you to confirm the start date. If registering for semi-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 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 College, 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 college, 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

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

☐ Website ☐ Newspaper ☐ Family/Friend ☐ Other: \_\_\_\_\_