

# LAFAYETTE

## RECREATION SERVICES

### Aquatics School Fall '17 & Interim '18 Schedule



- ✓ Lifeguard Certification
- ✓ Group Swim Lessons
- ✓ Private Swim Lessons

More Information:

[aquatics@lafayette.edu](mailto:aquatics@lafayette.edu)

610-330-5775

<https://recreation.lafayette.edu/aquatics/>

If you require accommodations to access any programs or services, please contact the Office of Disability Services at 610-330-5080.

MAKE CHECKS PAYABLE TO **LAFAYETTE COLLEGE AND MAIL TO:**  
RECREATION SERVICES, 134A KIRBY SPORTS CENTER,  
LAFAYETTE COLLEGE, EASTON, PA 18042

Participant Name \_\_\_\_\_ Age: \_\_\_\_\_

**LESSON or CLASS (Check all that apply, and indicate session number or date):**

- Group Lessons: Level I Session \_\_\_\_\_
- Group Lessons: Level II Session \_\_\_\_\_  Private Swim Lessons Number: \_\_\_\_\_
- Group Lessons: Level III Session \_\_\_\_\_  Lifeguard Review - Date: \_\_\_\_\_
- Group Lessons: Level IV Session \_\_\_\_\_  Lifeguard Full Course - Date: \_\_\_\_\_

Parent's Name (if participant is under 18): \_\_\_\_\_

Email Contact: \_\_\_\_\_ Home Phone #: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

**PHOTO CONSENT:** I give permission for Lafayette College to use a photo of the participant named above, taken during participation in Lafayette's Aquatics Program in future marketing materials.

Participant Signature (parent if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

**INFORMED CONSENT:** It is required for all participants in Lafayette aquatics programs to sign the following statement prior to participation. I hereby certify that the above named participant is in good physical condition to take part in the Lafayette Aquatics Program. I acknowledge that participation in this activity involves risk of injury and even the possibility of death. Knowing these risks of injury, I voluntarily choose to participate; assuming all risks due to participation. If medical attention is required for illness or injury while participation in the Aquatics Program, I give my permission for such care and I certify that the participant is covered by a family medical insurance program. Lafayette College is not responsible for and will not provide payment of any medical, dental, hospital or laboratory fees due to injury while participating in the Aquatics Program.

Signature of Participant (parent signature if participant is under 18) \_\_\_\_\_ Date \_\_\_\_\_

# LEARN-TO-SWIM PROGRAM

Fall Session: Sundays from September 17-October 29

No class on October 8<sup>th</sup> (Fall Break)

Interim Session: Tuesday & Thursday from January 2<sup>nd</sup> to 18<sup>th</sup>

## GROUP LESSONS

### Level I (Water Exploration):

This is for children who are four years and older. The focus will be on water entry, exit, buoyancy and increasing overall comfort in the water.

**Fall:** 12:00-12:30 pm

**Interim:** 5:30-6:00 pm



### Level II (Primary Skills):

A continuation of Level I. Focus on basic stroke elements, buoyancy & breath control.

**Fall:** 12:30-1:00 pm

**Interim:** 6:00-6:30 pm

### Level III (Stroke Readiness):

Focus on basic stroke development (front crawl, backstroke, and elementary backstroke), treading water, swimming underwater and floating.

**Fall:** 1:00-1:30 pm

**Interim:** 6:30-7:00 pm

### Level IV (Stroke Development):

Continuation of Level III. Focus on stroke endurance for all four strokes and refining skills.

**Fall:** 1:30-2:00 pm

**Interim:** 7:00-7:30 pm



## PRIVATE INSTRUCTION

Our instructors are WSI certified through the American Red Cross. Lessons are by appointments which align with instructor availability. Each lesson is ½ hour in length and we recommend no fewer than 3 lessons

### Private Instruction per Lesson:

\$20 for Lafayette Employees or Recreational Swim Program Members  
\$25 for the Community

### Group Lesson per Session:

\$45 for Lafayette Employees or Recreational Swim Program Members  
\$60 for the Community

**Six Lessons per session.  
Each lesson is 1/2 hour.**

*If your child has not taken lessons with us in the past, the first lesson of each session may be used as an evaluation to ensure that your child is in the correct level.*

## LIFEGUARD TRAINING

### LIFEGUARD CERTIFICATION

**FEE: \$250** (Lafayette student discounts available)

This course will teach the skills and knowledge needed to become a professional lifeguard. Course participants must be at least 15 years old by the date of class and must be able to pass the pre-requisite swim test. Bring a bathing suit to class each day.

#### Session 1:

September 8<sup>th</sup> from 5-9 PM

September 9<sup>th</sup> & 10<sup>th</sup> from 9 AM-6PM

#### Session 2:

December 1<sup>st</sup> from 5-9 PM

December 2<sup>nd</sup> & 3<sup>rd</sup> from 9 AM-6PM

### LIFEGUARD REVIEW

**FEE: \$125** (Lafayette student discounts available)

This course is for individuals with a current lifeguarding certification which is nearing renewal or recently expired. Proof of certification is required. Candidates must bring their breathing mask and lifeguard training manual to class or purchase them for a nominal fee (add \$25 to payment).

#### Class 1:

September 8<sup>th</sup> from 5-9 PM

September 9<sup>th</sup> & 10<sup>th</sup> from 9 AM-6PM

#### Class 2:

December 1<sup>st</sup> from 5-9 PM

December 2<sup>nd</sup> & 3<sup>rd</sup> from 9 AM-6PM

Withdraws prior to 1<sup>st</sup> day of a program result in 50% refund or a gift certificate with no expiration date for the full amount paid. After the program begins, participants receive no refund.