

## HOW TO REGISTER:

**PAY ONLINE** with a credit card at [www.recreation.lafayette.edu/aquatics/](http://www.recreation.lafayette.edu/aquatics/), scroll down to "Aquatics School Program" **OR MAIL** payments by sending a check along with a completed membership form to: Lafayette College Aquatics, 134 Kirby Sports Center, Easton, PA 18042 **OR IN PERSON** cash (exact change) or check payments can be made at the Kirby Sports Center Reception Desk. Make checks payable to "Lafayette College".

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

### LESSON or CLASS (Check all that apply):

- Group Lessons: **Session I** Indicate Level: \_\_\_\_\_
- Group Lessons: **Session II** Indicate Level: \_\_\_\_\_
- Group Lessons: **Session III** Indicate Level: \_\_\_\_\_
- Group Lessons: **Session IV** Indicate Level: \_\_\_\_\_
- Group Lessons: **Session V** Indicate Level: \_\_\_\_\_
- Private Lessons: **Package of Three Lessons** Indicate Age: \_\_\_\_\_
- Lifeguard Certification: **Session I** Choose: Review  OR Full Course
- Lifeguard Certification: **Session II** Choose: Review  OR Full Course
- Lifeguard Certification: **Session III** Choose: Review  OR Full Course
- Lifeguard Certification: **Session IV** Choose: Review  OR Full Course
- Lifeguard Certification: **Session V** Choose: Review  OR Full Course
- Lifeguard Certification: **Session VI** Choose: Review  OR Full Course
- Lifeguard Certification: **Session VII** Choose: Review  OR Full Course

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

Email Contact: \_\_\_\_\_ Mobile #: \_\_\_\_\_

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

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

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

**Withdraws prior to 1<sup>st</sup> day of a program result in a gift certificate, with no expiration date, for the full amount paid. After the program begins, there is no refund.**

# LAFAYETTE

## RECREATION SERVICES

### Aquatics School 2022-2023 Schedule



**LIFEGUARD TRAINING**

**GROUP SWIM LESSONS**

More Information:

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

610-330-5775

[recreation.lafayette.edu/aquatics](http://recreation.lafayette.edu/aquatics)

To request accommodations to access programs or services, please contact Accessibility Services at [resourcehub@lafayette.edu](mailto:resourcehub@lafayette.edu) or call 610-330-5098.

# LEARN-TO-SWIM PROGRAM

## Level I (Water Exploration):

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

- Session 1**      **Fall:** 12:15 pm
- Session 2**      **Winter:** 5:15pm
- Session 3**      **Spring:** 12:15 pm
- Session 4**      **Summer:** 5:15 pm
- Session 5**      **Summer:** 5:15 pm



## Level II (Primary Skills):

Focus on basic stroke elements, buoyancy, streamlining, floating & breath control.

- Session 1**      **Fall:** 12:45 pm
- Session 2**      **Winter:** 5:45pm
- Session 3**      **Spring:** 12:45 pm
- Session 4**      **Summer:** 5:45 pm
- Session 5**      **Summer:** 5:45 pm

## Level III (Stroke Readiness):

Focus on basic stroke development (front crawl, backstroke, breaststroke, butterfly and elementary backstroke), diving and treading water.

- Session 1**      **Fall:** 1:15 pm
- Session 2**      **Winter:** 6:15pm
- Session 3**      **Spring:** 1:15 pm
- Session 4**      **Summer:** 6:15 pm
- Session 5**      **Summer:** 6:15 pm



## Level IV (Stroke Development):

Continuation of Level III. Focus on endurance for all strokes and refining technique.

- Session 1**      **Fall:** 1:45 pm
- Session 2**      **Winter:** 6:45pm
- Session 3**      **Spring:** 1:15 pm
- Session 4**      **Summer:** 6:45 pm
- Session 5**      **Summer:** 6:45 pm

## GROUP SWIM LESSON SCHEDULE

FEE: \$80 per Session

Six lessons per session.  
Each lesson is 30 minutes.

### Session 1-Fall:

Sundays from 10/16 to 11/20

### Session 2-Winter:

Tuesday and Thursday  
from 1/3 to 1/19

### Session 3-Spring:

Sundays from 3/26 to 5/7 (skip 4/9)

### Session 4-Summer:

Tuesday and Thursday  
From 6/6 to 6/22

### Session 5-Summer:

Tuesday and Thursday  
From 6/29 to 7/20 (skip 7/4)

***NOTE:** 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.*

## PRIVATE LESSONS

Focused training for swimmers age 9 and older. We have limited capacity to conduct private lessons. Lessons are scheduled based on instructor availability.  
FEE: \$120 for three 30-minute lessons.

# LIFEGUARD COURSES

## LIFEGUARD CERTIFICATION

FEE: \$300 (Lafayette student discounts available)

This course will teach the skills and needed to become a professional lifeguard. Course participants must be at least 15 years old by the date of class. **Participants must attend all three days of the course.**

**Session 1-Fall:** 9/23-4PM-8PM, 9/24 & 9/25 - 10AM-8PM

**Session 2-Winter:** 12/2-4PM-8PM, 12/3 & 12/4 - 10AM-8PM

**Session 3-Winter:** 1/27-4PM-8PM, 12/28 & 1/29 - 10AM-8PM

**Session 4-Spring:** 4/14-4PM-8PM, 4/15 & 4/16 - 10AM-8PM

**Session 5-Spring:** 4/28-4PM-8PM, 4/29 & 4/30 - 10AM-8PM

**Session 6-Summer:** 5/12-4PM-8PM, 5/13 & 5/14 - 10AM-8PM

**Session 7-Summer:** 6/2-4PM-8PM, 6/3 & 6/4 - 10AM-8PM

## LIFEGUARD RE-CERTIFICATION

FEE: \$160 (Lafayette student discounts available)

For those with a current or recently expired lifeguarding certification. Proof of current certification is required.

**Session 1-Fall:** 9/25 - 10AM-8PM

**Session 2-Winter:** 12/4 - 10AM-8PM

**Session 3-Winter:** 1/29 - 10AM-8PM

**Session 4-Spring:** 4/16 - 10AM-8PM

**Session 5-Spring:** 4/30 - 10AM-8PM

**Session 6-Summer:** 5/14 - 10AM-8PM

**Session 7-Summer:** 6/4 - 10AM-8PM