

HOW TO REGISTER:

PAY ONLINE with a credit card at 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: _____

~~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

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

Email Contact: _____ Mobile #: _____

Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact Name & Phone: _____

LAFAYETTE RECREATION SERVICES

Aquatics School 2023-2024 Schedule



LIFEGUARD TRAINING

SWIMMING LESSONS

More Information:
aquatics@lafayette.edu
610-330-5775
recreation.lafayette.edu/aquatics

LEARN-TO-SWIM PROGRAM

Level I (Water Exploration):

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

- Session 1** **Fall:** 12:15 pm
- Session 2** **Winter:** 5:30pm
- Session 3** **Spring:** 12:15 pm
- Session 4** **Summer1:** 5:15 pm
- Session 5** **Summer2:** 5:15 pm



Level II (Primary Skills):

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

- Session 1** **Fall:** 12:45 pm
- Session 2** **Winter:** 6:00pm
- Session 3** **Spring:** 12:45 pm
- Session 4** **Summer1:** 5:45 pm
- Session 5** **Summer2:** 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:** 6:30pm
- Session 3** **Spring:** 1:15 pm
- Session 4** **Summer1:** 6:15 pm
- Session 5** **Summer2:** 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:** 7:00pm
- Session 3** **Spring:** 1: 45 pm
- Session 4** **Summer1:** 6:45 pm
- Session 5** **Summer2:** 6:45 pm

GROUP SWIM LESSON SCHEDULE

FEE: \$80 per Session

Six lessons per session.
Each lesson is 30 minutes.

Session 1-Fall:
Coming Fall 2024

Session 2-Winter:
Tuesday & Thursday from 1/2 to 1/18

Session 3-Spring:
Sundays from 2/18 to 3/31 (skip 3/10; 3/31)

Session 4-Summer1:
Tuesday & Thursday from 5/28 to 6/13

Session 5-Summer2:
Tuesday & Thursday from 7/9 to 7/25

NOTE: *The first lesson of each session is used as an evaluation to ensure that your child is in the correct level.*

Questions about accessibility, or if you wish to request assistance, support, and/or accommodations for a disability-related need, please call 610-330-5772 or write to recreation@lafayette.edu. We ask that you make accommodation requests as far in advance as possible. We may be unable to provide some types of accommodations if requests are received fewer than three working days before planned participation.

Note: We recommend consulting with a physician before starting any exercise program. You should cease exercising and contact a member of our staff if you experience symptoms (e.g., dizziness, lightheadedness, disorientation, nausea, exhaustion) which may signal a serious medical condition.

LIFEGUARD COURSES

LIFEGUARD CERTIFICATION

FEE: \$325 (Lafayette student discounts available)

This course will teach the skills 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: Coming Fall 2024

Session 2-Winter: 1/26 8PM-9PM, 1/27 & 1/28 - 10AM-8PM

Session 3-Spring 1: 4/18 6PM-9PM, 4/20 & 4/21 - 10AM-8PM

Session 4-Spring 2: 5/9 6PM-9PM, 5/11 & 5/12 - 10AM-8PM

Session 5-Summer: 6/7 4PM-8PM, 6/8 & 6/9 - 10AM-8PM

LIFEGUARD RECERTIFICATION

FEE: \$190 (Lafayette student discounts available)

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

Session 1-Fall: Coming Fall 2024

Session 2-Winter: 12/3 – 10AM-8PM

Session 3-Spring: 5/05 - 10AM-8PM

Session 4-Summer: 6/02 - 10AM-8PM