

## 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: \_\_\_\_\_

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 2024-2025 Schedule



**LIFEGUARD TRAINING**

**SWIMMING LESSONS**

More Information:  
[aquatics@lafayette.edu](mailto:aquatics@lafayette.edu)  
610-330-5775  
[recreation.lafayette.edu/aquatics](http://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** starts at 11:00 am

**Session 2** starts at 5:00pm

**Session 3:** starts at 11:00am

**Session 4:** starts at 5:00pm

**Session 5:** starts at 5:00pm



## Level II (Primary Skills):

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

**Session 1** starts at 11:30 am

**Session 2** starts at 5:30pm

**Session 3** starts at 11:30 am

**Session 4** starts at 5:30pm

**Session 5** starts at 5:30pm

## Level III (Stroke Readiness):

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

**Session 1** starts at 12:00 pm

**Session 2** starts at 6:00pm

**Session 3** starts at 12:00 pm

**Session 4** starts at 6:00 pm

**Session 5** starts at 6:00 pm



## Level IV (Stroke Development):

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

**Session 1** starts at 12:30 pm

**Session 2** starts at 6:30pm

**Session 3** starts at 12:30 pm

**Session 4** starts at 6:30 pm

**Session 5** starts at 6:30 pm

## GROUP SWIM LESSON SCHEDULE

**FEE:** \$95 per Session

Six lessons per session.  
Each lesson is 30 minutes.

### **Session 1:**

Sundays from 10/13 - 11/17

### **Session 2:**

Tuesday & Thursday from 1/7 - 1/23

### **Session 3:**

Sundays from 2/9 – 3/16

### **Session 4:**

Tuesday & Thursday from 5/27 - 6/12

### **Session 5:**

Tuesday & Thursday from 7/8 - 7/24

**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](mailto: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 the first class. Participants must attend all three days of the course.

**Session 1:** 9/13 - 8pm-9:30pm  
9/14 - 10am-8pm  
9/15 - 10am-8pm

**Session 2:** 1/31 - 8pm-9:30pm  
2/01 - 10am-8pm  
2/02 - 10am-8pm

**Session 3:** 4/11 - 8pm-9:30pm  
4/12 - 10am-8pm  
4/13 - 10am-8pm

**Session 4:** 5/09 - 8pm-9:30pm  
5/10 - 10am-8pm  
5/11 - 10am-8pm

**Session 5:** 5/30 - 8pm-9:30pm  
5/31 - 10am-8pm  
6/01 - 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:** none

**Session 2:** 1/05 – 10am-8pm

**Session 3:** 4/06 – 10am-8pm

**Session 4:** 5/18 – 10am-8pm