



SWIMMING LESSONS

at the Glenville State College Pool

Health & Physical Education Building – Main Campus

Glenville State College offers a variety of swimming lesson options, from group sessions to private lessons for children or adults. Lessons last a half-hour and are designed to increase knowledge of swim basics, in addition to simply becoming more comfortable in water.

Participants are placed in different Levels, depending upon the swimmer and his or her existing skill set.

Students tend to lose interest and energy if lessons run longer than 30 minutes. We recommend practicing skills during other pool visits for maximum learning experience.

Breaks are scheduled between lessons for brief discussion. At the end of each Session, you will be given a checklist showing what the student learned and what skills need to be mastered before moving to the next Level.

All Group Lessons review safety in and around water.



Learn To Swim Today!

Kathy Gilbert, Director of Aquatics and Recreation
Glenville State College
200 High Street | Glenville, WV 26351
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INFORMATION

Group Swimming Lessons

\$45 for Six 30-minute lessons

Group lessons are three to six students of the same age with approximately the same ability. You will be called if there isn't enough enrollment to start the class. You will not be called if the class is running. 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 DATES:

Tuesday Thursday (evenings)	Session 1: April 9, 11, 16, 18, 23, & 25
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GROUP LESSON LEVELS:

Level One: Introduction to Basic Water Skills

Prerequisite: Must be comfortable in water.

Skills taught: Floating, begin front crawl arms, and flutter kick on front and back.

Age 35:30-6:00 p.m.

Age 4-66:05-6:35 p.m.

Age 7-14.....6:40-7:10 p.m.

Level Two: Aquatic Fundamentals

Prerequisites: Must be able to maintain front and back float for 6 seconds.

Skills taught: Combine glide, flutter kick, and alternating arms for both front and back crawl, introduce side stroke.

Age 4-66:05-6:35 p.m.

Age 7-15.....5:30-6:00 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 8-15.....6:40-7:10 p.m.

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)

Student #1: Level 1 Level 2 Level 3

Student #2: Level 1 Level 2 Level 3

You will not be called if we can accommodate your lesson choice.

Please make note to be at the pool on the days/time you choose below:

Student #1: Days _____ Time _____ Session # _____

Student #2: Days _____ 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.**

*Bring payment to the Aquatic Director in the Mollohan Fitness Center or the Cashier at Louis Bennett Hall. Make checks payable to: Glenville State College. Mail payments to: Glenville State College, 200 High Street, Glenville, WV 26351 ATTN: Aquatics. **Registration required two days prior to Session.***

Glenville State College's heated pool is located inside the Health and Physical Education Building on the main campus.

To view lessons, 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.

Arm floats or swim vests are not needed.

If the student doesn't swim at the same level as those in the Group Lesson, you will be asked to switch him or her to another Level.

It is not uncommon to have to repeat a Level several times before advancing to the next Level.

For Group Lessons that have only one student enrolled, you 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 College services and swimming pool, including participation in any swimming lesson. 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 College 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, 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 College, 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 College, 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 College, 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 have read the above statement and agree to the payment for services and policies for Glenville State College.

Parent/Guardian/Adult

Signature _____ Date: _____

How did you hear about us? Facebook Repeat Pool Visitor

Website Newspaper Family/Friend Other: _____