COASTAL CAROLINA UNIVERSITY AQUATICS

American Red Cross Swim Lessons & JR SWIM TEAM

Fall 2006

CCU AQUATICS Fall 2006 REGISTRATION INFORMATION
Registration begins August 14

AMERICAN RED CROSS SWIM LESSONS

SESSION I Nights:
September 18 - October 11
ALL LESSONS ARE MON and WED NIGHTS, FOR 4 WEEKS,
LESSONS STARTING AT 5:30PM

SWIM LESSON FEES:
8 LESSONS $45.00 Community fee
$35.00 CCU Fac/Staff

Family discount: Each additional child receives $10.00 off per lesson.

REGISTRATION:
All payments must be received at the time of registration. Register at the front desk in the Campus Recreation Center or by mail. Make checks payable to Coastal Carolina University. No phone registration accepted. *Class cancellations may occur if fewer than 5 students register. *All lessons are limited to 10 students. REGISTER EARLY!
Any questions please call 349-2602.

JR SWIM TEAM
Open to ages 6-19 yrs. old. For more details see inside or call 349-2615.

PRACTICES
September 5 - November 16
TUESDAYS AND THURSDAYS
5:30 - 8:30 PM
COST:
$90.00 Community Fee
$80.00 CCU Fac/Staff Fee
Family Discount of $10.00 off each additional child registered.

REGISTER EARLY!
Taking the first 30 registered.

AMERICAN RED CROSS SWIM LESSONS
ATTENTION: All students must pass prerequisites or have achieved appropriate level before entering lessons. Children must be at least 3 years of age to enter lessons. Skill testing is available if you are unsure of your child's level by calling 349-2815. Parents with children 5 and under are encouraged to remain out of your child's view during the lesson to ensure that your child is focused and willing to participate.
Coastal Carolina University Aquatics

Coastal Carolina University’s Campus Recreation Department offers programs for the community as well as the university.

AMERICAN RED CROSS LEARN TO SWIM PROGRAM

The American Red Cross Swimming program consists of six comprehensive course levels that teach you and your child how to swim skillfully and safely. Here at Coastal we offer 5 of the levels in the Learn to Swim program. The prerequisites for each level is the successful demonstration of the skills from the preceding level, except for level 1 which has no prerequisite.

- LEVEL 1: INTRO TO WATER SKILLS
  Purpose: Helps students feel comfortable in the water. Level 1 participants learn to: Enter & Exit water safely, open eyes underwater, swim on front using arm and leg action & more!

- LEVEL 2: FUNDAMENTAL AQUATIC SKILLS
  Purpose: Gives students success with fundamental skills. Students learn to roll over from front to back, swim on front and back with combined stroke, float on front and back.

- LEVEL 3: STROKE DEVELOPMENT
  Purpose: Builds on the skills in Level 2 through additional guided practice as well as: jump into water, bob with head fully submerged, using rotary breathing, front & back crawl strokes.

- LEVEL 4: STROKE IMPROVEMENT
  Purpose: Develops confidence in skills learned. Students learn front & back crawl strokes, elementary back stroke, breaststroke and butterfly.

- LEVEL 5: STROKE REFINEMENT
  Purpose: Provides further coordination and refinement of strokes. Students learn: standing dive, sidestroke, front flip turn, surface dives and more.

CCU CROCS JR SWIM TEAM — PRACTICES SEPT 5 - NOV 16

Our Jr. Swim Team is a great way for ages 8 – 18 to enhance their swimming skills and become involved in a more competitive environment. Our staff provides instruction on stroke technique and stroke refinement. Practices involve endurance training and skill specific events. Here at Coastal we like to emphasize a fun, learning environment for our swimmers.

PRE-REQUISITES: Participants should be able to swim at least 25 yards of 2 of the competitive strokes (freestyle, backstroke, breaststroke or butterfly). REGISTER EARLY!!! Registration open to the first 30 swimmers! REGISTRATION BEGINS August 14, 2006 FOR ALL AQUATIC PROGRAMS!

Aquatics Programs Registration Form Fall 2006

Please indicate which program, session and level for which you wish to register. Place a check in the appropriate box.

AMERICAN RED CROSS SWIMMING LESSONS

- SESSION 1 NIGHTS Sept 18 - Oct 11

- Level 1
  - ARC Swim Lessons Level 1 5:30PM
  - ARC Swim Lessons Level 12 6:10PM
  - ARC Swim Lessons Level 13 7:00PM
  - ARC Swim Lessons Level 14 7:45PM
  - ARC Swim Lessons Level 1 7:45PM

- Level 2
  - Jr Swim Team 3 30 Community

- Level 3
  - Swim Lessons 345 Community

PROGRAM FEES:

- $35 CCU Fac/Staff
- $3.90 Community
- $3.90 CCU Fac/Staff w/out suit
- $5 off each additional child Swim Lessons
- $10 off each additional Child Jr Swim Team

CCU CROCS JR SWIM TEAM

- Jr Swim Team Sept 5 - Nov 16 Tues/Thurs nights 5:30-6:30 pm

- FAMILY DISCOUNT: SWIM LESSONS $5.00 OFF, JR SWIM TEAM $10.00 OFF each

- TOTAL PAYMENT ENCLOSED: ____________________________

Name

Name

Address

Phone

Age of participant(s)

Method of Payment—Make check payable to Coastal Carolina University