

Learn-to-Swim

Eastern Michigan University Rec/Im

Saturdays
October 17 – December 12
(No classes November 28th)

Learn to Swim Class Descriptions

The Eastern Michigan University Rec/IM Learn-to-Swim program provides instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. All classes are taught by certified water safety instructors (WSI).

TOT – Parent/child class for six months through three years. One parent/guardian must accompany child in water. Water adjustment skills, games, songs.

PRE-SCHOOL – Parent/child class. One parent/guardian must accompany child in water. Water adjustment skills, preliminary aquatics skills, games, and songs. This class will help children who may be fearful of the water.

LEVEL I – Four and five-year-olds. Water exploration and elementary aquatics skills for children with little experience. Front and back crawl and glides, armstrokes and kicking, breathing techniques.

LEVEL II - Primary skills for locomotion. Bobbing, rhythmic breathing, front and back float & glide with kicking, front and back crawl armstrokes and kick, safety skills.

LEVEL III –Retrieving objects from bottom in chest deep water, jumping into deep water from poolside, front and back glide with push off, front and back crawl for 10yds and turning over.

LEVEL IV – Focus on stroke improvement. Front and back crawl, elementary back stroke, breaststroke, sidestroke, and butterfly. Changing directions and positions in the pool. Treading water and various water entries.

LEVEL V – Focus on stroke refinement. Surface dives, flip turns while on front and back, treading water with various kicks. Swimming laps.

ADULT CLASSES – Grades 10-Adult. Beginner/Intermediate.

Learn-to-Swim Application

Name _____
Child ____ Adult ____ e-mail _____
Date of Birth ____/____/____
Address _____
City _____ State ____ Zip Code _____
Parent (Guardian) Name _____ (child enrollment only)
Phone(Day/Work) _____ Evening _____
Emergency Contact Name _____ Phone _____
Class Level _____
FEE: \$50.00 Per Session
____ Cash (do not mail cash) ____ Check (made payable to EMU)
____ Visa/MasterCard/Discover Credit Card Number _____
Expiration date _____ Cardholders Signature _____
Three Digit Security Code _____

Please mail this enrollment application to: Rec/Im Learn-to-Swim Program, Eastern Michigan University, 100 Olds-Robb, Ypsilanti, MI 48197 (Application available online at recim.dsa.emich.edu)

Policies & Information

Participant Safety - Every effort is made to protect the health and safety of all participants. However, participation in many activities involves some risk which may result in injury, disability or death. To provide the safest environment possible, please make sure that you and/or your child(ren) follow all rules and regulations established by the department and program director. The EMU Rec/IM department does not maintain any medical coverage for participants nor is there any benefit fund to cover any injury resulting from participation in any activity.

Wait-List Policy – Participants who register after a class has reached its maximum enrollment will be placed on a wait list for that class. The participant will be contacted if an opening becomes available. You should not attend a class you are wait-listed for until you are notified by our office.

Refund/Credit policy — You may have a change of plans or mind about participating in the Learn-to-Swim Program. If so, we appreciate hearing from you as soon as possible so that someone on the wait list may be contacted. There is no refund, credit or reduction of fees for classes missed by a student. You're entitled to a refund if you let us know before the second class and you submit your request in writing by mail or e-mail to Tim White, Rec/IM Department, Eastern Michigan University, 100 Olds-Robb, Ypsilanti, MI 48197. E-mail: tim.white@emich.edu. If you request a charge card credit, a \$10 processing fee will be deducted. Refund checks will be mailed to you in six to eight weeks. We are not able to make cash refunds. If you would prefer a credit to be used on another class in the future, a full credit will be issued with no processing fee deducted. Refunds will be paid in full when classes are canceled by our department. If a class or activity is canceled due to weather, mechanical failure or other unexpected problems, an effort will be made to schedule a make-up class.

Parking Information – Park free in Bowen Field Lot on Saturdays

Learn-to-Swim Class Schedule

| Level | Time | Level | Time |
|-------------------|---------------|--------------------|----------------|
| Tot | 9:50-10:30am | Pre-School | 9:50-10:30am |
| Level I-A | 10:40-11:20am | Level I-B | 9:00-9:40am |
| Level II-A | 11:30-12:10pm | Level II-B | 12:20-1:00pm |
| Level III | 10:40-11:20am | Level IV | 11:30a-12:10pm |
| Level V | 12:20-1:00pm | Adult Class | 1:10pm- 2:00pm |

For any questions, please contact the EMU REC/IM at 734.487.1338
Deadline for Registration is October 9th

ASSUMPTION OF RISK AND RELEASE OF LIABILITY/PERMISSION

This is to certify that _____, age _____, is in good health; has had a complete physical within the last year, has not had recent exposure to a contagious disease, and has had no operation or serious illness since his/her last health examination.*

Date of last examination _____ Polio immunization _____ Tetanus shot _____

List any illness or medical condition of which we need to be aware: _____

Does participant require any special medication or care while in class? _____

Each participant, or parent/guardian whose child participates in any phase of Rec/IM Learn-to-Swim program, assumes responsibility for themselves or his or her child's health and physical well-being. Participation in the learn-to-swim program is on a voluntary basis. Therefore, neither Eastern Michigan University nor the Recreation/Intramural Department will accept responsibility for ill health or injury sustained while participating in the Rec/IM Learn-to-Swim program. The staff of this department recommends that any person who participates in any phase of Rec/IM Learn-to-Swim program undergoes a physical examination prior to participation.

I accept full responsibility for myself, or my child, while participating in the Rec/IM Learn-to-swim program. I give my permission for _____ (child's name) to participate in the Rec/IM Learn-to-Swim program.

Signature _____ Date _____
(Signature of adult participant, or parent/guardian signature of participating child.)

*If participant has had a serious illness or operation since the last examination, written permission must be obtained from a physician for the participant to attend the Learn-to-Swim program.