



# Adult Aquatics Fall 2009

Swim classes for adults are based on the American Red Cross Learn-to-Swim curriculum. For more information, please visit our website at [urec.wsu.edu](http://urec.wsu.edu) or email us at [aquatics@wsu.edu](mailto:aquatics@wsu.edu).

## Conquer your Fear: Water Exploration

**Session I:** September 14-October 5 (*register by Sept 13*)

**Session II:** October 19-November 9 (*register by Oct 18*)

**Time:** 6:15 PM - 6:45 PM

**Days:** Mondays

**Location:** Smith Gym Pool

**Cost:** \$20 members, \$25 non-members

Did you know that 46 percent of adults are afraid of deep water in pools, and 64 percent are afraid of deep open water? Learn to overcome the physical and psychological barriers to swimming, and get used to the relaxing and healthful atmosphere of a swimming pool! Participants will learn how to float, relax in the water, and learn about different aspects of pool safety and etiquette. This is a great introduction to swimming lessons for the true beginner.

## Beginner School of Swim

**Session I:** September 9-October 14 (*register by Sept 8*)

**Session II:** October 21-December 2 (*register by Oct 20*)

**Time:** 6:15 PM – 7:00 PM

**Days:** Wednesdays

**Location:** Smith Gym Pool

**Cost:** \$36 members, \$48 non-members

These lessons are for adults wanting to be comfortable and active in the water. Participants will learn how to float, submerge completely, propel themselves through the water on both the front and the back, and the basic front and back crawl strokes. The goal is to be able to swim a specified length (25 yards) and feel comfortable in deep water. The class is designed to prepare participants not only to experience swimming, but to participate in various recreational water activities.

## Intermediate School of Swim

**Session I:** September 9-October 14 (*register by Sept 8*)

**Session II:** October 21-December 2 (*register by Oct 20*)

**Time:** 7:00 PM – 7:45 PM

**Days:** Wednesdays

**Location:** Smith Gym Pool

**Cost:** \$36 members, \$48 non-members

This class is for the well-adjusted swimmer. Participants should be able to swim a length of the pool using any style and tread or float in deep water for one minute. The general goals include increased proficiency in the basic strokes, development of more advanced strokes and turns, greater understanding of safety, and the ability to use water as a medium for recreation and fitness.

## Masters Swimming

Get extra coaching and a lap swimming workout. See the full Masters Swimming registration form for more information and pricing. Great for those seeking more advanced instruction, technique work and triathlon preparation.

## Introduction to Water Polo

Did you know that the model for the "Olympian Statue" in Los Angeles was a water polo player? Water polo is a combination of soccer, basketball, hockey, and rugby played in a pool. Get a great total body workout and learn to play this fun and exciting sport. It offers the benefits of swimming with the social aspect of a team sport. Water Polo improves cardiovascular health; and players can burn as many as 700 calories per hour! See the Intro to Water Polo registration form for more information and pricing.

## Private Lessons

Need some extra help with your stroke? Just learning how to swim? Certified Water Safety Instructors are on hand to give you private lessons. Like to swim with a buddy? Choose the two participant package and develop your skills together! Fill out the Adult Swim Registration form and pay at the SRC Front Counter, then a swim instructor will call you to schedule your first lesson. Private lessons are 30 minutes in length.

### One Participant

\$19 single, \$27 non-members

\$100 for 6 lessons, \$148 non-members

### Two Participants

\$25 single per pair, \$41 non-members

\$125 for 6 lessons per pair, \$221 non-members