

Registration Options:

1. Register in person at the Rose-Hulman SRC (Office 265 D).
2. Register by mail to: Ryan Brimberry, CM 37
5500 Wabash Avenue, Terre Haute, IN 47803.
3. Register via e-mail to brimberr@rose-hulman.edu.

Registration Deadline:

- Registration will run from Tuesday, February 7th—Friday, February 24th for the Rose-Hulman campus community.
- Registration will then open to the Terre Haute community with a registration deadline of Friday, March 30th (Rose-Hulman campus community members may still register until the March 30th deadline).

Cost:

Group Lessons (Parent/Child and Levels 1—4):

- \$40.00 per participant, per session (6 classes per session) for Rose-Hulman campus community members who register before Feb. 24th.
- \$50.00 per participant, per session (6 classes per session) for outside community or Rose-Hulman members who register between February 25th—March 30th.
- Cash and checks made payable to Rose-Hulman Intramurals will be accepted.

Private Lessons:

- 4, 45-minute lessons—\$80.00
- 6, 45-minute lessons—\$110.00

Important Information:

- The minimum enrollment for each lesson is 3, and maximum enrollment for each lesson is 8 individuals (except for Parent/Child, which is 12). If a lesson does not reach the minimum amount required, we reserve the right to combine or cancel the class.
- Parent/Child and Level 1 classes will be 30 minutes in length. All other classes will be 45 minutes.
- Please use one registration form per swimmer.
- The pool temperature is maintained at 82 degrees.
- All participants MUST complete a waiver form before participating in swim lessons.

Rose-Hulman Swim Lessons Contact Information

Ryan Brimberry
5500 Wabash Avenue, CM 37
Terre Haute, IN 47803
Phone: (812)877-8621
E-mail: brimberr@rose-hulman.edu

ROSE-HULMAN
INSTITUTE OF TECHNOLOGY

2012 Spring into Swim Lessons



Swim Lessons:

Spring Lessons:

Assessment Night: Friday, April 13th @ 5:30pm.

April: 17, 19, 24, 26

May: 1, 3

* Lessons offered from either 5:30pm—6:15pm or 6:30pm—7:15pm

All lessons will be held in the Rose-Hulman Sports and Recreation Pool.

Rose-Hulman Spring into Swim Lessons:

The Rose-Hulman Spring Swim Lessons Program is structured to promote water familiarization, safety, correct stroke technique, and personal development within an enjoyable and safe environment. Each session consists of six, 45-minute lessons (except for Parent/Child and Level 1, which are 30 minutes in length). The minimum enrollment for each class is 3, and maximum enrollment for each is 8 (except for Parent/Child, which is a max. of 12). If a class does not reach the minimum enrollment, we reserve the right to combine or cancel the class. There will not be any make-up lessons beyond the scheduled classes and no refunds will be provided after the first lesson of the session.

All lessons will be held in the Rose-Hulman SRC Pool

Parent/Child: Children will work directly with their parents in this class to develop comfort in the water, basic skills to prepare them for swimming and water safety. This program is designed to orient children and parents to the aquatic environment and lay a foundation that will assist with swimming development. This class is not intended to teach children to swim, but to provide parents with useful information and techniques to help children become comfortable in the water. Parents are **REQUIRED** to participate in this level.

* Swimming diapers are required for children who are not potty trained.

Level 1: Little experience in the water is required. Participants will be introduced to the water, learn basic swimming movements, and build confidence in the aquatic environment. In this level, children will learn how to glide/float on their front/back, alternate arm/leg actions on front/back, and roll front to back/back to front with the aide of an instructor. Water safety skills will also be discussed in this class.

Level 2: This level will give participants success with fundamental skills, including learning how to float without assistance and to recover to a vertical position. Children will learn to fully submerge and hold their breath, recover to a vertical position, roll from front to back/back to front, and tread water using arm/leg action. Water safety skills will also be discussed in this class.

Level 3: This level will build on skills from level 2 by providing additional guided practice in deeper water. Children will learn head-first entries from the side, rotary breathing, flutter/scissor/dolphin, breaststroke kicks on front, and front crawl/elementary backstroke. Water safety skills will also be discussed in this class.

Level 4: This level will develop participants' confidence in the strokes learned in level 3 and improve other aquatic skills. Children will learn how to swim underwater, tread water using 2 different kicks, front/back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Water safety skills will also be discussed in this class.

Private Lessons (Also held in the SRC Pool): Private swim lessons provide the greatest flexibility and one-on-one attention for swimmers of ANY age. Once registered, an instructor will be assigned and will contact you within 3—5 business days to introduce themselves, discuss what you are interested in learning, and to set up the first lesson. Each lesson will be 45-minutes in length and scheduled on an individual basis with the instructor. These lessons will take place within normal operating hours of the Rose-Hulman SRC Pool.

Attendance Policy for Private Lessons: Instructors will arrive to each arranged lesson 5 to 10 minutes before the scheduled start. If participants do not arrive by the scheduled time, instructors will wait for 15 minutes. In the event that participant does not attend the scheduled lesson, the instructor will attempt to reschedule. In the event of a second “No Show,” it will count as an entire lesson. Lesson cancellations **MUST** be made 24 hours prior to the scheduled meeting.

Assessment

All children must be assessed by a Rose-Hulman Swim Instructor before lessons begin. We will host an “assessment” night before each session to determine the class level for your child. The assessment only needs to be completed once as long as the child is enrolled in at least one session per year from the date of the initial assessment.

* Children who sign up for the Parent/Child lessons do not need to take the assessment.

Session Days & Times

Group Lessons—Six lessons per session

Spring Session:

Dates: April 17—May 3 (lessons Tuesdays and Thursdays)

Times: Two time slots; either 5:30pm-6:15pm or 6:30pm-7:15pm

* Assessment on Friday, April 13th @ 5:30pm.

Summer Sessions: June & July

Dates: TBD (lessons Monday, Wednesday, Friday)

Times: Two time slots; either 5:30pm-6:15pm or 6:30pm-7:15pm

* Assessments TBD.

Classes will Fill Quickly!

- Waiting lists will be created for full classes
- There are no make-up classes.
- Refunds (minus \$5 handling fee) given before first day of class. No refunds after first day of class.

ASSUMPTION OF RISK AND RELEASE WAIVER

By signing the Assumption of Risk and Release, the individual named below wishes to participate in the "Event/Activity" described below and recognizes that there are risks of damage or injury arising from this event or from other activities (including travel) that may be associated with participation in the Event/Activity.

Event/Activity: Rose-Hulman Spring Swim Lessons

Start Date: Friday, April 13, 2012

End Date: Thursday, May 3, 2012

By his/her signature below, the participating individual voluntarily agrees to assume and/or incurs all risks of loss, impairment, damage or injury of whatever kind, including death, that may be sustained or suffered by participation in this Event/Activity whether or not the result in whole or in part of acts or omissions, negligence or other unintentional fault of the Event/Activity or Rose-Hulman Institute of Technology. In addition, the participant (including his/her heirs, assigns and personal representatives) agrees to release, hold harmless, and indemnify Rose-Hulman Institute of Technology from and against any claims, demands, actions, causes of action, lawsuits, expenses, or losses (including attorneys' fees) on account of property damage or personal injury (including death) arising out of or attributable to the individual's travel to or participating in the Event/Activity.

This Assumption of Risk and Release Waiver applies to Rose-Hulman Institute of Technology and all of its trustees, officers, directors, managers, servants, agents, faculty, staff, students, volunteers, employees, advisors and/or representatives.

The undersigned acknowledges that he/she has read and understands this document.

Executed as of this _____ day of _____ 2012.

Participant's Name: _____

Address: _____

Participant's Signature: _____

Signature of parent or guardian (if participant is under 18 years of age):
