**SWIMMING CLASSES SCHEDULE**

**CHILDREN'S (All levels)**
- **TUESDAY:** 5:30 - 6:30pm
- **THURSDAY:** 5:30 - 6:30pm

**ADULTS (All levels)**
- **TUESDAY:** 6:30 - 7:30pm
- **THURSDAY:** 6:30 - 7:30pm

**CLASS DATES**
- All classes are six (6) week sessions.
  - Session I: Sept 13 - Oct 20, 2011
  - Session II: Oct 25 - Dec 6, 2011

**CLASS COST**
- $50 per session/participant

All classes are taught by a certified water safety instructor.

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**PRIVATE SWIMMING LESSONS PRICING**

<table>
<thead>
<tr>
<th>INDIVIDUAL</th>
<th>STUDENTS</th>
<th>FACULTY/STAFF</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Hour</td>
<td>$25</td>
<td>$30</td>
</tr>
<tr>
<td>Four Hours</td>
<td>$90</td>
<td>$110</td>
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<tr>
<td>Eight Hours</td>
<td>$168</td>
<td>$188</td>
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<tr>
<td>Twelve Hours</td>
<td>$204</td>
<td>$252</td>
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<table>
<thead>
<tr>
<th>BUDDY SYSTEM</th>
<th>STUDENTS</th>
<th>FACULTY/STAFF</th>
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<tbody>
<tr>
<td>One Hour</td>
<td>$18</td>
<td>$20</td>
</tr>
<tr>
<td>Four Hours</td>
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<td>$72</td>
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<tr>
<td>Eight Hours</td>
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<td>$136</td>
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<tr>
<td>Twelve Hours</td>
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<td>$180</td>
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1 on 1 Lesson
By appointment only
24 Hour Cancellation Fee
*Adaptive and Parents & Guppies Class is now by appointment only. Private swim rates apply.*

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**CLASS DESCRIPTION**

**Childrens Class (4-12 Years)**
The class will focus on being comfortable and safe both in and around the water. Participants will learn to coordinate the front stroke, back stroke, and floating. Pool safety will be stressed as well as having fun. One parent or guardian must be present on deck for minors.

**Parents & Guppies Class**
Parents and Guppies are a wonderful way to spend time with your baby or toddler that's enjoyable for both of you. Participants will learn to be comfortable in the water and enjoy splashing around with games and fun.

**Adults Class (All levels)**
All levels will focus on technique with all four competitive strokes: front crawl, back crawl, breaststroke, and butterfly. Class will include drills and developing a training/workout structure based on individual needs.

**Adaptive Class (4 Years - Adult)**
We are now offering adaptive swim program for children and adults with special needs. Participants will be introduced to water and water adjustment activities.

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For more information
Contact Holly Worrall
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972-883-6310
www.utdallas.edu/recsports
UTD Recreational Sports