

Waiver of Liability

Applicant understands that The Pennsylvania State University, through its Capital Union Building Aquatics Facility, offers exercise that can be potentially dangerous.

Therefore, it being the intent of the Applicant to hold Pennsylvania State University, its trustees, officers, agents and employees harmless, Applicant hereby releases, waives and forever discharges the same from any and all liability for injury suffered by Applicant related to the use of the Capital Union Building Aquatics Facility and locker rooms at his/her own risk.

It is recommended that Applicant become knowledgeable of the pool rules prior to use.

Applicant also recognizes that due to emergencies in the pool area, the pool may be closed, as lifeguards attend to the victim and follow up care.

Print Name

Signature

Date

Learn To Swim Levels

Level 1 Beginning Swimmers

For people with no previous experience in the water. Water safety, water adjustment and basic skills are emphasized.

Level 2 Fundamental Aquatic Skills

Level 1 equivalent or wearing a flotation device jump into deep water and swim 25 yds. – ½ length beginner crawl (face in water is optional) and ½ length beginner back. Also jump into shallow water without flotation and swim 15 yd. demonstrating beginner crawl and beginner back. Breathing skills and building endurance and technique on the front and back will be emphasized along with continued personal safety skills.

Level 3 Stroke Development

Level 2 equivalent, or be able to demonstrate the ability to jump into deep water and swim one length of the pool beginner crawl, blowing bubbles occasionally, and one length beginner back. Without flotation jump into deep water and swim 25 yd. beginner back or back crawl. Jump into deep water swim ½ length beginner crawl, blowing bubbles occasionally, roll to back and finish the length using beginner back or back crawl. Continued emphasis on breathing skills and technique work on the front and back crawl will be emphasized at this level.

Level 4 Stroke Improvement

Level 3 equivalent, or be able to demonstrate 25 yd. of front crawl with breathing, back crawl and elementary backstroke. Also demonstrate a propulsive breaststroke kick and butterfly kick for 25 yd. back crawl without assistance. Emphasis is on building endurance for the front crawl and backstroke, as well as stroke drills for the elementary backstroke, the breast stroke and the butterfly.

Level 5 Stroke Refinement

Level 4 equivalent, or demonstrate they can swim for 300 yd. demonstrating front crawl with breathing, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate 25 yd. of butterfly and the ability to tread and float for 2 minutes. Demonstrate a surface dive and retrieve and ring from the deep end. Emphasis is on continued stroke development, refinement and endurance.

Level 6

Level 5 equivalent, or be able to demonstrate 50 yd. of each stroke with proper technique – front crawl, back crawl, elementary backstroke, breaststroke sidestroke and butterfly. Also swim 500 yd. continuously demonstrating 100 yd. front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate the ability to survival float for 5 minutes each on the front and back. Also perform a foot first surface dive retrieve a weighted object from the bottom and return to the surface and starting point. Continued emphasis on stroke technique and endurance.

PENN STATE HARRISBURG

AQUATICS CENTER

Adult Swim Lessons and Training Technique



Fall 2009 and Spring 2010



Capital Union Building
717-948-6740 • 717-948-6664

CLASS DESCRIPTIONS

Adult Swim Lessons

Learn how to be safe in and around the water. Learn proper breathing technique, floating on your front and back, treading water and the basics of front crawl and back crawl.

Training Technique

Learn strokes, turns and training technique to improve your fitness swimming and/or prepare for triathlon competition.

Skills will be assessed on the first day of each session and students will be assigned an instructor for either Adult Lessons or Training Technique.

IMPORTANT INFORMATION

1. Session consist of 8 lessons.
2. Low Student/Instructor ratios will be maintained, thus enrollment is limited.
3. Registrations will only be accepted with FULL PAYMENT in advance.
4. To register, complete and detach the registration form and return it with full payment to the Aquatic Center.
5. Refunds will only be issued if class must be cancelled due to insufficient enrollment.
6. If you wish to confirm your registration, please call the Aquatic Center.
7. A fee of \$1/day or \$20/year is charged for parking on campus. Yearly permits may be secured at the parking permit office located in Susquehanna Building. For further information call 948-6006.
8. Questions/concerns should be directed to:
Mary Lou Watkins
Aquatics Coordinator
717-948 - 6740 or muw13@psu.edu

SESSION DATES

Classes Meet twice a week on
Tuesday and Thursday Evenings
6:30 – 7:15 p.m.

FALL SESSION

Sept. 15 – Oct. 8, 2009

SPRING SESSION

April 6 –April 29, 2010

CLASS FEES

\$ 65.00



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REGISTRATION FORM

Participant's name

___ Male ___ Female

Age

Date of Birth

Home Address

City

State

Zip Code

Home Phone

Alternate Phone

E-mail address

REGISTER FOR ONE OR MORE SESSIONS:

FALL SESSION

SPRING SESSION

Give us some idea of your ability based on the level equivalents on the back of this brochure.

I am approximately a level _____

IMPORTANT INFORMATION

Medical or other) our instructors should know about you.

Enclosed is a check for \$ _____, made payable to **Penn State Aquatics**.

Send payment and registration to:

Penn State Aquatic Center
777 West Harrisburg Pike
Middletown, PA 17057

Waiver of liability on reverse side.