

AQUATICS

LEARN TO SWIM CLASSES

UFM proudly offers the American Red Cross Swim Lessons Levels 1 - 6, Parent and Child, and Tot Transition. UFM also offers private lessons and adult swim classes.

Water safety is reinforced with tips and practice each class. The first day of class, each student is evaluated to assure that they are in the proper level. Students advance through the levels at their own rate and are moved to different class levels as space permits and skill advancement demands.

LOCATION: KSU Natatorium - Ahearn Complex on Denison Avenue

Lockers are available for use during class. Participants must supply towels and swimsuits. Children over the age of 5 are not permitted in restrooms/locker rooms of the opposite sex. Changing tables are available in both the men's and women's locker rooms.

Parking: After 5PM free parking is available in the K-State parking lot on Denison Avenue across the street west of the Natatorium, or on side streets. The parking garage located by the K-State Student Union is also available at \$1.50/hour.

Swim Program Make-up and Refund Policy
When a class is canceled due to severe weather or other circumstances when a lesson cannot be provided by UFM, a make-up class will be scheduled OR a refund will be issued in the amount of the missed lesson.

When class participants are absent from class, UFM will not issue a refund or make-up session due to staff availability, budgeting and scheduling constraints.

NOTE: *Minimum enrollment for all classes is 4. If less than 4 enroll, classes may be combined, changed to private or semi-private lessons or canceled.*

**Thanks to Konza Rotary,
UFM has scholarships available
for swim lessons. Contact
UFM for more information and
application at info@tryufm.org
or 785.539.8763.**



Parent and Child Aquatics (6mos-3 yrs)

17AAQP

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skill, such as arm and leg movements and breath control. This level is fun-filled and helps introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

SEC	DATE	TIME	FEE
E1	02/11 - 03/04 (Sa)	9:30 - 10:05 AM	\$33
A1	02/13 - 03/13 (M)	6:00 - 6:30 PM	\$33
D1	02/16 - 03/16 (Th)	6:00 - 6:30 PM	\$33
A2	03/27 - 04/24 (M)	6:00 - 6:30 PM	\$33
D2	03/30 - 04/27 (Th)	6:00 - 6:30 PM	\$33
E2	04/01 - 04/29 (Sa) (No Class 04/15)	9:30 - 10:05 AM	\$33

Tot Transition (3-4 yrs)

17AAQT

Preschool-age children are taught basic aquatic safety and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

SEC	DATE	TIME	FEE
E1	02/11 - 03/04 (Sa)	10:15 - 10:50 AM	\$33
B1	02/14 - 03/14 (T)	6:00 - 6:30 PM	\$33
C1	02/15 - 03/15 (W)	6:00 - 6:30 PM	\$33
B2	03/28 - 04/25 (T)	6:00 - 6:30 PM	\$33
C2	03/29 - 04/26 (W)	6:00 - 6:30 PM	\$33
E2	04/01 - 04/29 (Sa) (No Class 04/15)	10:15 - 10:50 AM	\$33





Level I: Introduction to Water Skills 17AAQ01

Youth lessons. The objectives of Level 1 are to learn basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely. At this level, participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:00 - 6:40 PM	\$57
AA	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

Level II: Fundamental Aquatic Skills 17AAQ02

Youth lessons. The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels, safety skills will be presented to improve comprehension of previous knowledge.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:00 - 6:40 PM	\$57
BB	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

Level III: Stroke Development 17AAQ03

Youth lessons. The objective of Level 3 is to build on previously learned skills by providing additional guided practice in deeper water. Participants will learn to swim the front crawl, survival float, and elementary backstroke. Scissors and dolphin kicks, as well as the fundamentals of treading water will be introduced. Participants will also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. As in all levels, safety skills will be presented.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:00 - 6:40 PM	\$57
CC	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57

Level IV: Stroke Improvement 17AAQ04

Youth lessons. The objectives of Level 4 are to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. In level 4, participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
B	02/14 - 04/25 (T) (No class 3/21)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57
D	02/16 - 04/27 (Th) (No class 3/23)	6:45 - 7:25 PM	\$57



Level V: Stroke Refinement 17AAQ05

Youth lessons. The objectives of Level 5 are coordination and refinement of strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced. (** Levels 5 and 6 are combined classes **)

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57

Level VI: Swimming and Skill Proficiency 17AAQ06

Youth lessons. The objectives of Level 6 are to refine strokes so participants can swim them with more ease, efficiency, power and smoothness and over greater distances. Level 6 also introduces other aquatic activities and offers three options - Personal Water Safety, Fundamentals of Diving and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course, or other aquatics activities, such as competitive swimming or diving. (** Levels 5 and 6 are combined classes **)

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No class 3/20)	6:45 - 7:25 PM	\$57
C	02/15 - 04/26 (W) (No class 3/22)	6:45 - 7:25 PM	\$57

Adult Swim Lessons 17AAQ22

Are you tired of sitting on the sidelines watching everyone else swim? Well, you don't need to anymore. Now's your chance to learn how to swim. This class is for adults who want to become comfortable in the water, add to their knowledge of personal safety, and increase enjoyment of their leisure time. No prerequisites. If enrollment is low, this class will be moved to private or semi-private lessons. Ages 14 years and up.

DATE	TIME	FEE
02/13 - 04/24 (M) (No class 3/20)	6:00 - 6:40 PM	\$57

**Private Swim Lessons 17AAQ103**

Private lessons provide one-on-one instruction for any level of swimmer. To improve scheduling and better serve our families, please make sure you record these times and dates when you register. THERE WILL BE NO OPPORTUNITY FOR MAKE UP LESSONS. Class is held during group lessons and other aquatics classes.

Availability of private lessons is determined by the amount of staffing and is subject to change after enrollment opens.

***Semi-private - per student - \$55**

SEC	DATE	TIME	*FEE
E1A	02/11 - 03/04 (Sa)	9:30 - 10:05 AM	\$69
E1B	02/11 - 03/04 (Sa)	10:15 - 10:50 AM	\$69
E1C	02/11 - 03/04 (Sa)	11:00 - 11:35 AM	\$69
A1A	02/13 - 03/13 (M)	6:00 - 6:30 PM	\$69
A1B	02/13 - 03/13 (M)	6:45 - 7:15 PM	\$69
B1A	02/14 - 03/14 (T)	6:00 - 6:30 PM	\$69
B1B	02/14 - 03/14 (T)	6:45 - 7:15 PM	\$69
C1A	02/15 - 03/15 (W)	6:00 - 6:30 PM	\$69
C1B	02/15 - 03/15 (W)	6:45 - 7:15 PM	\$69
D1A	02/16 - 03/16 (Th)	6:00 - 6:30 PM	\$69
D1B	02/16 - 03/16 (Th)	6:45 - 7:15 PM	\$69
A2A	03/27 - 04/24 (M)	6:00 - 6:30 PM	\$69
A2B	03/27 - 04/24 (M)	6:45 - 7:15 PM	\$69
B2A	03/28 - 04/25 (T)	6:00 - 6:30 PM	\$69
B2B	03/28 - 04/25 (T)	6:45 - 7:15 PM	\$69
C2A	03/29 - 04/26 (W)	6:00 - 6:30 PM	\$69
C2B	03/29 - 04/26 (W)	6:45 - 7:15 PM	\$69
D2A	03/30 - 04/27 (Th)	6:00 - 6:30 PM	\$69
D2B	03/30 - 04/27 (Th)	6:45 - 7:15 PM	\$69
E2A	04/01 - 04/29 (Sa) (No Class 04/15)	9:30 - 10:05 AM	\$69
E2B	04/01 - 04/29 (Sa) (No Class 04/15)	10:15 - 10:50 AM	\$69
E2C	04/01 - 04/29 (Sa) (No Class 04/15)	11:00 - 11:35 AM	\$69



Lap Swimming: Ages 13+

17AAQLS

Lap Swimming is for individual work-out. The lap pool is available to adults and advanced swimmers to swim regularly and frequently. You may choose your 40-minute block of time during the scheduled time below.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No lap swim 3/20)	6:00 - 7:25 PM	\$19
B	02/14 - 04/25 (T) (No lap swim 3/21)	6:00 - 7:25 PM	\$19
C	02/15 - 04/26 (W) (No lap swim 3/22)	6:00 - 7:25 PM	\$19
D	02/16 - 04/27 (Th) (No lap swim 3/23)	6:00 - 7:25 PM	\$19
E	05/01 - 05/04 (M-Th)	6:40 - 7:25 PM	\$24

Lap Swimming for Parents

17AAQLP

Are you tired of being just an observer at your child's swimming lesson? If so, then take advantage of the time you spend watching and enroll in Lap Swimming at a special price. The lap pool is available every day your child is enrolled in swimming lessons. During this time you will be able to swim laps to meet your own needs and goals. You may choose your 40-minute block of time during the scheduled times below.

SEC	DATE	TIME	FEE
A	02/13 - 04/24 (M) (No lap swim 03/20)	6:00 - 7:25 PM	\$16
B	02/14 - 04/25 (T) (No lap swim 03/21)	6:00 - 7:25 PM	\$16
C	02/15 - 04/26 (W) (No lap swim 03/22)	6:00 - 7:25 PM	\$16
D	02/16 - 04/27 (Th) (No lap swim 03/23)	6:00 - 7:25 PM	\$16
E1	02/11 - 03/04 (Sa)	9:30 - 11:30 AM	\$8
E2	04/01 - 04/29 (Sa) (No lap swim (04/15)	9:30 - 11:30 AM	\$8

Find the Fake Class in the UFM Catalog and get \$1 off your registration!

Open Swim Appreciation

17AAQ31A

For current UFM swim participants and their parents. Parents are invited to join their children in the water and practice swimming together. There is no charge for this activity. However, registration with the number of participants planning to attend is requested so that we can provide adequate lifeguards. The session may be cancelled if no pre-registration is received.

DATE	TIME	FEE
03/12 (Su)	5:00 - 7:00 PM	No Charge

Sunday Family Swim

17AAQ32

Bring the family out for a refreshing evening of swimming. Take advantage of the indoor pool at K-State on Sunday evenings. You must register in advance so we can plan for adequate lifeguards. Swim individually or as a family!

DATE	TIME	FEE
02/19 - 03/12 (Su)	5:00 - 7:00 PM	Individual - \$8 Family - \$20

Shallow/Deep Water Exercise

17AAQSHD

Enjoy the benefits of Shallow and Deep Water Exercise for one price! Design your own workout schedule by enrolling in the number of classes and choosing the day(s) you want to attend. Water Exercise is designed to use water for the development of physical fitness, muscle tone, flexibility and cardiovascular endurance. Shallow Water exercise is done in a vertical position with head and shoulders out of the water. Deep Water participants will be issued an aquajogger belt to help provide buoyancy in the water and is taught in the diving well (only swimmers who can tread water without a floatation device are allowed to participate in this class). *Shallow Water meets Monday, Tuesday, Wednesday, and Thursday and Deep Water meets Tuesday and Thursday. Ages 16 years and up.

**NOTE: Participants will receive a punch card with name, the number of classes enrolled in and will be distributed first day of class. Cards are valid only to the registered participant. **

DATE	TIME	FEE
01/23 - 05/04 (M/T/W/Th) (No Class 3/20, 3/21, 3/22, 3/23)	6:40 - 7:25 PM	8 classes - \$24 16 classes - \$36 24 classes - \$48 32 classes - \$56 48 classes - \$72

