

# Cardinal Aquatic Swim Lessons

Saginaw Valley State University's swim team is hosting a swimming lesson program for kids ages 5 and up. Students can sign up for levels based on ability and will move up as their skills improve. Classes are led by members of the Saginaw Valley State University swim team!

## Fall 2019 Session: 6 lessons

Mon., Sept 9 <sup>th</sup> - Mon., Oct 14 <sup>th</sup>
or
Wed., Sept. 11 <sup>th</sup> – Wed., Oct 16 <sup>th</sup>

## Spring 2020 Session: 6 lessons

Mon., March 16 <sup>th</sup> - Mon., April 20 <sup>th</sup>
or
Wed., March 18 <sup>th</sup> – Wed., April 22 <sup>nd</sup>

## Time of Classes:

<b>Monday or Wednesday Evenings</b>
5:00pm-5:45pm
or
6:00pm-6:45pm

## Prices: per session (6 lessons)

\$65 per participant
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Level Descriptions: Sign your child up for one of the 3 classes listed.

**Level 1 & 2 Intro to water skills and fundamentals:** This level is for children who are uncomfortable or inexperienced in the water. This is an introduction to water skills such as entering/exiting the water safely, blowing bubbles, submerging underwater, introduction of kicking skills, and assisted floating.

**Level 3 & 4 Stroke Development & improvement:** This level is for children who are comfortable in the water and able to swim short distances unassisted. Skills such as entering in deep water, treading water, headfirst entry, front crawl, back crawl, breaststroke, and sidestroke.

## Level 5 & 6 Stroke refinement & fitness:

This level is for children that can swim unassisted the length of the pool both front crawl and back crawl. Development of endurance and competitive swimming strokes with elements of fitness swimming and personal water safety.

Please be advised that the lesson price includes all lesson sessions and all administrative fees. All classes meet once a week at the registered time. Classes will be supervised by Saginaw Valley State University coaches and taught by members of the men's and women's swim team. Class availability and time slot are subject to modification depending on enrollment.

All classes meet at the Gerstacker Aquatic Center pool in the Ryder Center on the Saginaw Valley State University campus.

To register a child, please go to the following link: [svsportscamps.com/](https://svsportscamps.com/)



If you have any questions please contact:  
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