

Purchase College, SUNY
Division of Physical Education, Recreation & Athletics
735 Anderson Hill Rd
Purchase, NY 10577

PURCHASE COLLEGE

STATE UNIVERSITY OF NEW YORK

AQUATIC PROGRAM FOR CHILDREN AND ADULTS



FALL SESSION 1
9/6/06 - 10/21/06
NO CLASS 9/23

FALL SESSION 2
10/25/06 - 12/10/06
NO CLASS 11/22-11/26

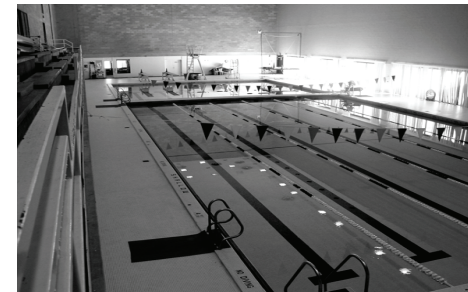
WEEKDAY AND WEEKEND CLASSES

American Red Cross Swimming Lessons

FOR INFORMATION
Tel: 914 251-5939
Fax: 914 251-6533

ABOUT OUR PROGRAM

The Purchase College Aquatics Program runs year round and offers children's group lessons, adult lessons, and specialty programs. All lessons are taught according to American Red Cross Learn-to-Swim guidelines by certified American Red Cross Water Safety Instructors and are held in our beautiful six-lane pool and diving well, heated for swim lesson comfort.



Our parking lot, conveniently located behind the facility, will accommodate all our swim lesson program participants.

We offer various discounts as noted in the brochure and to simplify your life, most classes are given during each daily session so siblings of varied abilities can be in different classes during the same time period.

Swimming is a skill that will save your life as well as enhance your quality of life. It can be learned with ease as a child, but you are never too old to learn. The benefits of a regular aquatic exercise program include no impact on your joints, improved flexibility and increased aerobic endurance. Swimming is a great cardiovascular exercise.

CHILDREN'S GROUP LESSONS

SIX SESSIONS

PLEASE READ DESCRIPTIONS

Parent and Child Aquatics

30 minute classes (6 mos.—2.5 years) limit 10

Saturday 11:00 am & Sunday 10:00 am

This program builds swimming readiness by emphasizing fun in the water. Children will learn bubble blowing, kicking, back floating & underwater exploration

Parent and Child Aquatics—Level 1

30 minute class (2.5 yrs.—5 years) limit 10

Saturday 11:30 am & Sunday 10:30 am

This is a level I class with the parent in the water .

Fee \$145.00

Level 1: Introduction to Water Skills

30 minute class (3 yrs. & up) limit 6

Wed., Thurs. 3:45 & 4:30, Sat. 9:00, 10:00, Sun. 11:00

This class is for children to learn to put their face in the water, blow bubbles, float on their front and back supported. There will be no parents in the water with this group.

Fee \$145.00

Level 2: Fundamental Aquatic Skills

45 minute class (4 years and up) limit 7

Wed., Thurs. 3:45 & 4:30,

Sat. 9:00, 10:00 & 11:00 Sun. 10:00 & 11:00

This class is for students who can have face in water for 3 seconds and are learning to float on their front and back unsupported, tread water, and increase their understanding of safety skills.

Fee \$145.00

Level 3: Stroke Development

45 minute class (pass Level 2) limit 8

Wed., Thurs. 3:45 & 4:30,

Sat. 9:00, 10:00 & 11:00 Sun. 10:00 & 11:00

Students who can float and swim unsupported for 15 feet, will learn rhythmic breathing for front crawl. Back crawl, kneeling dive, butterfly kick & additional safety skills will also be taught.

Fee \$145.00

Level 4: Stroke Improvement

45 minute class (pass Level 3) limit 8

Wed., Thurs. 3:45 & 4:30,

Sat. 9:00, 10:00 & 11:00 Sun. 10:00 & 11:00

These children can swim front and back crawl for 15 yards with rhythmic breathing. The objective of this level is to develop confidence in the strokes learned and improve endurance. Students will be taught to increase their endurance by swimming greater distances. The breaststroke, elementary backstroke, butterfly, sidestroke and rotary breathing will be taught. **Fee \$145.00**

Levels 5 and 6 are continued on the next page

LEVELS CONTINUED

Level 5 & 6: Stroke Refinement & Skill Proficiency

45 minute class (pass Level 4) limit 8

Wed. 3:45, 4:30 & Thurs. 3:45, 4:30

Sat. 9:00, 11:00 & 11:00 Sun. 10:00 & 11:00

Students should be able to swim front crawl for 25 yards, elementary backstroke and breaststroke for 15 yards. They will be instructed on skills such as breaststroke and butterfly coordination, sidestroke, and how to improve proficiency in front and back crawl. (L6)-Fitness swimming (Non Competitive Swim Clinic) and/or lifeguard readiness will be offered based on needs.

Fee \$145.00

SPECIALTY PROGRAMS

***NO DISCOUNTS APPLY TO SPECIALTY PROGRAMS**

PADI SCUBA Diving Certification

5 three-hour classes, including water & academic lessons - limit 6

This class will prepare you for your open water SCUBA certification. There is an additional book fee of \$40.00. Snorkel, mask and fins are required and can be purchased from the instructor.

(A deposit of \$100.00 will hold your space in the class)

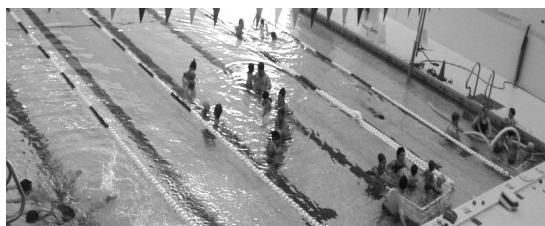
Fee \$300.00

Lifeguard Certification

30 hour class, includes Lifeguard, First Aid, CPR/Pro certification. Books and CPR Rescue mask included in fee. 500 yard swim pre-requisite. Call for details, days and times. (\$75.00 book & Equipment fee is included & non refundable) Minimum of 6 participants **Fee \$400.00**

Springboard Diving classes: Taught by the coach for Badger Diving and Rye High School Diving programs. Mike is available on Sunday afternoons at 12:00-12:45 pm for a beginner Springboard diving class. You must be able to swim in the deep end (level 3 or higher).

Fee \$160.00



Phone: 914-251-5939

Fax: 914-251-6533

Email: christine.klint@purchase.edu

SPECIALTY PROGRAMS - CONTINUED

Adult Aquacise

1 hour class - limit 10

Sunday 1:00-2:00

This class uses water resistance to tone, strengthen, stretch and relax the body in a non-impact environment. Swimming skills are not necessary. An optimal aerobic session is provided toward the second half of the class. Exercises are paced to individual levels.

Fee \$150.00

Beginner Adult Swim Lessons

1 hour class - limit 6

Saturday 12:00-1:00

For adults who would like to learn to swim or are fearful in the water. We will also teach Community Water Safety as a part of this class.

Fee \$160.00

Adult Swim Lessons

1 hour class - limit 8

Sunday 2:00-3:00

For adults who want to stay fit & extend quality of life. The focus of this class will be flexibility, toning, swimming stroke improvement & endurance, utilizing the properties of water for a low impact, safe workout.

Fee \$150.00

Private and Semi-Private Lessons:

A limited number of spaces may be available.

Please contact the Aquatics Director to arrange day and time. Each participant must pre-pay for a minimum of 4 lessons.

Private lessons **Fee \$ 45.00 per 1/2 hr.**

Semi - Private lessons **Fee \$ 30.00 (ea.) per 1/2 hr.**

FAMILY SWIM

Participants and their families may choose Saturday or Sunday from 12:00 to 1:00 to practice or play as a family. The pool will be supervised for your safety. 6 weeks. **Fee \$ 15.00/person**

A LOOK AHEAD TO SPRING

Due to increasing demand we offer an additional class in the March session on Mondays at 3:45 and 4:30. We also offer Adult lessons, Aquacise and SCUBA classes in the spring and summer.

A Lifeguard Class will be offered on Friday evenings from 5:30 to 9:30 pm beginning February 23rd, 2007 until May 4th, 2007.

POLICIES & PROCEDURES

Parking: Please pick up a parking pass the first day of the session.

Swim Caps & Goggles: Swim caps must be worn by all. You may purchase a cap for \$3.00, \$5.00, or \$7.00 if you do not have one. Goggles may be worn but are not required. Various goggles are available priced from \$5.00 to \$14.00 at the pool office.

Observation Area: Parents and caregivers must go to the bleachers above the pool area if they wish to observe lessons.

Locker Rooms: Bring your own lock. Women with young boys and men with young daughters, please use "family" changing area on the pool deck.

Refund Policy: Refunds will only be made if you withdraw before the session begins. You must submit your cancelled check to obtain a refund.

Make-up Policy: There are no scheduled make-ups, however, if there is room in your child's level at another time, we may be able to accommodate them in another class.

***Discounts (Please choose ONE):**

Early Bird Discount— Payment must be received three weeks before the start of the session to be eligible for the 10% early bird discount.
(8/16 for Fall 1, 10/4 for Fall 2)

Sibling Discount—First child pays full price, each additional child receives 10% off full price.

Purchase College Fitness Member—10% off with current membership.

Additional Class Discount—
25% off a 2nd class for the same child (in the same session),
50% off a 3rd class for the same child (in the same session)

Please note:

A minimum of 3 participants are needed to run each class. *Levels may be combined to accommodate participants.*

Medical Forms need to be filled out on the first day of class.

***No discounts apply to specialty programs**

Please use one form per student

Participant's Name _____ Age _____

Parent or Guardian's Name _____

Mailing Address _____

City, State, Zip Code _____

Home Phone # _____ Other Phone # _____

e-mail address _____

First Choice Level - Session - Day - Time _____

Second Choice Level - Session - Day - Time _____

How did you hear of our program? _____

Payment Summary	<u>Fall 06</u>	
	Fee	_____
	Discount* (if applicable)	_____
	Family Swim (\$15.00 X __)	_____
	(Family Swim) Please Choose <u>Sat or Sun</u>	_____
	Total Due	_____

Payment in full (Check or Cash only) is required to reserve your space in any class.

Please make check payable to:

P u r c h a s e C o l l e g e , S U N Y

Please mail form to:

Purchase College, SUNY

Division of Physical Education, Recreation & Athletics

735 Anderson Hill Rd

Purchase, NY 10577

Attn: Aquatics