SF State Gator Swim Lessons

Campus Recreation Department
1600 Holloway Ave
Student Services Building, #105
Phone: 415.405.4328
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June 6th—August 4th
30 Minute Lessons from 9:30-12:40pm
Monday—Thursday
Two Week Sessions

Call (415) 405-4328 or go to www.sfsu.edu/~recsport
For Boys & Girls
Ages 6 - 14

Name________________________Age________________Sex_________________Current School:__________________________
Parent/Guardian________________________ Best Contact Phone Number: (___)__________________ Email Address:__________________________
Parent/Guardian is a current Staff, Faculty or Student of SF State No ( ) Yes ( ) ID#__________________________
Address:________________________ City:_________________ State:_________________ Zip:__________________
Insurance Carrier:_________________ Policy No:________________ Medical conditions to be aware of:__________________________
Emergency Contact Name:________________________ Best Contact Phone Number: (___)__________________

Session Type: General Session ( ) Private Session* ( ) Lesson Start Time: 9:30( ) 10:10( ) 10:50( ) 11:30( ) 12:10*( )

Session Date: 6/6 - 6/16 ( ) 6/20 - 6/30 ( ) 7/11 - 7/21 ( ) 7/25 - 8/4 ( ) Skill Level:__________________________

Before signing this document, I have read, initialed, understand and hereby agree to the terms and conditions of the Gator Swim Lessons as defined in this brochure. I recognize all sales are final and no fee reductions and/or credits are given for late enrollment or missed lessons. The above named participant is at least 6 years of age at enrollment. I have no knowledge of any physical impairments that would be affected by the above named swimmer as outlined in this form. I also understand that the Campus Recreation Department retains the right to use, for publicity and advertising purposes, photography taken at all the swim lessons. Lastly, any questions that I have had, have been answered to my satisfaction.

Make Checks Payable to the CAMPUS RECREATION DEPARTMENT

Parent/Guardian Signature:_____________________________________________________________________Date:____________________
Gator Swim Lessons Description

The Gator Swim Lesson (GSL) Program is dedicated to providing boys and girls between the ages of 6—14 years of age with swim lessons in a safe and nurturing environment on the campus of San Francisco State University. Using Red Cross sanctioned programs and trained instructors, GSL staff will enable participants to develop lifelong water skills and an appreciation for aquatic activities.

Swim Lesson Levels

Starfish (Age 6+): Water Exploration - For children starting at about age 6. Children learn basics of swimming: Bobbing, floating in prone and supine positions, gliding in prone and supine positions, flutter kick in prone and supine positions, front crawl, basic water safety rules, and jumping in. Student/teacher ratio is approx. 4:1.

Tadpoles (Age 6+): Primary Skills - Children will work on: Floating, gliding, flutter kick, front crawl, back crawl, turning over from front to back and back to front, retrieving objects, and jumping into water over their head. Student/teacher ratio is approx. 5:1.

Goldfish (Age 6+): Stroke Readiness - Children will work on: Gliding, front crawl, back crawl, elementary backstroke, retrieving objects, treading water, jumping into deep water, kneeling dive, and compact dive. Student/teacher ratio is approx. 6:1.

Seals (Age 6+): Stroke Development - Children will work on: Deep water bobbing, rotary breathing, front crawl, back crawl, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, breaststroke, rotary kicks, and diving in stride and standing positions. Student/teacher ratio is approx. 6:1.

Sharks (Age 7+): Stroke Refinement - Children will work on: Alternate breathing, stride jump, long shallow dive, front and back crawl, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water. Student/teacher ratio is approx. 8:1.

Dolphins (Age 8+): Advanced - Children will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive and treading water for five minutes. Student/teacher ratio is approx. 8:1.

Cost

A General Session consists of a 2 week period, Monday thru Thursday, totaling 8 combined lessons. Lessons are thirty minutes in length. A Private Session consists of a 2 week period, Monday, Tuesday and Wednesday, totaling 6 combined lessons. Lessons are thirty minutes in length.

Session 1: June 6th - June 16th

Session 2: June 20th - June 30th

Session 3: July 11th - July 21st

Session 4: July 25th - Aug. 4th

General Session: $80 per participant

Private Session: $140 per participant

$5 off swimmers of current students, faculty or staff of SF State w/valid identification at registration.

Swim Lesson Facility

The swimming pool is located inside of the Gymnasium (Gym 121) which is accessible through the main gym hallway or through the outside entrance located adjacent to Cox Stadium. The indoor pool is twenty-five yards in length with depths of 4’ to 10’.

Swim Lesson Times

General Lessons:
9:30-10:00am (Starfish, Tadpoles, Goldfish Only)
10:10-10:40am (All Levels)
10:50-11:20am (All Levels)
11:30-noon (All Levels)

Private Lessons (2:1 maximum ratio):
12:10 - 12:40pm*

* Private Lessons are held Monday through Wednesday only

Gator Swim Lesson Staff

The SF State Campus Recreation Department oversees all swim lessons. Only Red Cross Water Safety Instructor (WSI) qualified college or high school students will be employed as swim instructor staff. Sign up today at the department office located inside of the Student Services Building, Room #105, call (415) 405-4328 for more information, or check out our website at www.sfsu.edu/~recsport, “Summer Swim Lessons” for additional details. Slots are filled on a first come, first serve basis. Complete the application on the reverse side and mail it in today!