

Attn: Aquatics

Purchase, NY 10577

735 Anderson Hill Rd

Division of Physical Education, Recreation & Athletics

STATE UNIVERSITY OF NEW YORK

Purchase College



# Aquatic Program for Children and Adults



## SUMMER SESSIONS 2017 2 WEEK INTENSIVES

AFTERNOON—\$210

Level 1–6 Classes

Monday–Thursday @ 3:30pm or 4:30pm

MORNING—\$165.00

Parent/Child Class & Levels 1–3

Mon, Wed & Fri @ 9:30 am

### SESSION DATES

- 1. (6/19-6/30) 2. (7/3-7/14) 3. (7/17-7/28)
- 4. (7/31-8/11) 5. (8/14-8/25) Adult/Teen. (6/20-8/01)

### SPECIALTY CLASSES \*\*

ADULT LESSONS

PADI SCUBA

LIFEGUARDING, LGI & WSI

**NO AFTERNOON CLASSES ON JULY 4<sup>TH</sup>**

**THIS WEEK ONLY CLASSES WILL BE HELD ON FRIDAY**

**FOR INFORMATION**

tel: (914) 251-5939

email: christine.klint@purchase.edu

www.PurchaseCollegeAthletics.com

## ABOUT OUR PROGRAM

The Purchase College Aquatics Program runs year round and offers children’s group lessons, adult lessons, and specialty programs to over 1400 participants each year.

All lessons are taught by American Red Cross Water Safety Instructors and follow the American Red Cross Learn-to-Swim guidelines. Our beautiful six-lane pool and diving well is heated for your comfort.

Various discounts are offered and noted in the brochure.

Most swim levels are offered during each daily session so siblings of varied ages and abilities can be in different classes during the same time period. Swimming is a great lifetime skill that will help you enjoy the aquatic environment safely as you enhance your fitness level and your quality of life.



## CHILDREN’S GROUP LESSONS

### 2–WEEK INTENSIVES:

**AFTERNOON (8 CLASSES) OR MORNING (6 CLASSES)**

### LEVEL 1: INTRODUCTION TO WATER SKILLS

30-45 minute class (3 yrs. & up) limit 6

This class is for children to learn to put their face in the water, blow bubbles and get ready to learn to swim.

There will be no parents in the water with this group.

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

45 minute class (4 years and up) limit 7

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, and tread water. This class will increase their understanding of safety skills.

### LEVEL 3: STROKE DEVELOPMENT

45 minute class (pass Level 2) limit 8

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

### LEVEL 4: STROKE IMPROVEMENT

45 minute class (pass Level 3) limit 8

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 breast-stroke, elementary backstroke, butterfly, sidestroke and rotary breathing will be taught.

### LEVEL 5 & 6: STROKE REFINEMENT/SKILL PROFICIENCY

45 minute class (pass Level 4) limit 9

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.

### PARENT AND CHILD & LEVEL 1–4 LESSONS

**MON., WED. & FRI. FOR 2 WEEKS: \$165.00**

### PARENT AND CHILD

(6 mos.–3 years)

MON., WED. & FRI.

9:30am · 30 minute classes

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

### LEVEL 1, 2, 3 & 4

A 45 minute class teaching basic aquatic skills - limit 7-8

MON., WED. & FRI.

9:30am · level 1, 2, 3 & 4

See descriptions above of Levels 1, 2, 3 and 4

## SPECIALTY PROGRAMS

**\*\*NO DISCOUNTS FOR SPECIALTY PROGRAMS\*\***

### PADI SCUBA DIVING CERTIFICATION—LIMIT 6

DATES: Friday Evenings • July 8 –August 5  
HOURS: 5:30pm–9:30pm

**FEE: \$350.00**

5 four hour classes, including in-water sessions and academic lessons. This class will prepare you for your open water SCUBA certification. There is an additional book fee of \$50.00. Snorkel, mask and fins are required. **A deposit of \$100.00 will hold your space in the class.**

### BEGINNER & INTERMEDIATE ADULT & TEEN LESSONS

1 hour class – limit 8 • 6 classe 6/21 – 7/26

**TUESDAY EVENINGS AT 6:30 PM**

**FEE: \$200.00**

The focus of this class will be individualized to your needs, whether it be getting comfortable and learning the basics, or breathing, toning, swimming stroke improvement/ endurance, and utilizing the properties of water for a low impact, safe workout.

### AMERICAN RED CROSS LIFEGUARD REVIEW PRE REGISTRATION IS REQUIRED

DATES: June 3rd & 4th  
HOURS: 9am - 5 pm • AGE: 16 and up

**FEE: \$200.00**

#### You must have current Certifications in LG and CPR/AED

You must come in prepared to show your skills in lifeguarding, CPR and First Aid. You will learn LG r '17 skills

### AMERICAN RED CROSS LIFEGUARD FULL COURSE PRE REGISTRATION IS REQUIRED

DATES: May 13, 20, 21, & 27  
HOURS: 9am–5pm • AGE: 15 and up

**FEE: \$350.00**

**A \$100 deposit will hold your spot.** The fee includes book, CPR mask & certification for First Aid, CPR/Pro/AED & LG. Students who do not pass the pre-skills test will not be refunded \$100.00 Pre-Skills test includes...

1. A 300 yd swim of Front Crawl and/or Breaststroke
2. A 20 yd swim, surface dive & swim back with a 10-lb. brick within 1m 40s
3. Tread water, no hands for 2 minutes

### AMERICAN RED CROSS WATER SAFETY INSTRUCTOR (WSI) PRE REGISTRATION IS REQUIRED

DATES: May 15-June 1 (Mon, Tues, Wed, Fri, Mon, Tues, Wed, Fri) HOURS: 4pm–9pm • AGE: 16 and up

**FEE: \$450.00**

You must be a Level 4 swimmer or above. You must know how to swim Front Crawl, Back Crawl, Elementary Backstroke, Sidestroke, Breaststroke and Butterfly

## SPECIALTY PROGRAMS

**\*\*NO DISCOUNTS FOR SPECIALTY PROGRAMS\*\***

### PRIVATE AND SEMI-PRIVATE LESSONS

#### PRIVATE LESSONS

**FEE \$210.00 per 4 – half hr. lessons**

#### SEMI-PRIVATE LESSONS (2 STUDENTS OF SIMILAR ABILITY)

**FEE \$155.00 (ea. student) per 4 – half hr. 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.

## UPCOMING FALL PROGRAMS

### CHILDREN'S LESSONS

**FEE \$165.00**

Our classes for children run Wednesday at 3:45 and 4:30 as well as Saturday at 9:00, 10:00 and 11:00 or Sunday at 10:00, 11:00 or 12:00. During each six-week session, all levels are offered. Sessions begin in September and follow the college semester through early May. Sessions are six classes and you may enroll for more than one consecutive session.

### PARENT AND CHILD CLASSES

**FEE \$165.00**

6 Classes, 30 minute classes (6 mos.–4 years) limit 10

**Saturday 11:00 & 11:30**

**Sunday 10:00 & 10:30 am**

This program helps children become comfortable in and around the water. It will not enable a child to survive alone in the water or become a good swimmer but it will give them a great start.

### ADULT (& TEEN) LESSONS

**FEE \$200.00**

DATES & HOURS: Saturdays at 12pm

6 Classes, 1–hour sessions. AGE:15 and up

Adult Swim Lessons, Beginner and Intermediate are scheduled on Saturdays.

Private Adult Lessons are also available.

### LIFEGUARD RE-CERTIFICATION

**FEE \$200.00**

Must hold current Lifeguard and current CPR/AED for the Professional Rescuer certifications

**Phone:** 914-251-6546

**Fax:** 914-251-6533

**E-mail:** christine.klint@purchase.edu

Check our website for the latest brochure at [www.purchasecollegeathletics.com](http://www.purchasecollegeathletics.com)

## POLICIES AND PROCEDURES

**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.

**Thunderstorms:** During thunderstorms, water safety lessons and video demonstrations will be conducted in the classroom. We will resume lessons in the pool as soon as it is safe.

**Please note:** A minimum of 3 participants for each class or Levels may be combined to accommodate participants. Swim caps are required and can be purchased at the pool.

### SIGN UP FOR MORE THAN ONE SESSION

### 2 WEEK INTENSIVES · AFTERNOON CLASS · 3:30pm or 4:30pm

• Levels 1-6, classes are on Monday-Thursday • **FEE \$210**

### 2 WEEK INTENSIVES · MORNING CLASS · 9:30am · FEE \$165

Levels 1-4 & parent/child on Monday, Wednesday & Friday

1. June 19–June 30	2. July 3–July 14
3. July 17–July 28	4. July 31–August 11
5. August 14–August 25	Adult/Teen - June 20-August 1

**LIFEGUARD COURSE:** May 14th Start Date

**WSI COURSE:** May 15th Start Date

**LIFEGUARD INSTRUCTOR COURSE:** Start Date TBD

**LIFEGUARD Review/Recertification** June 3 and 4

**ADULT LESSONS:** June 20 - August 1

### DISCOUNTS (PLEASE CHOOSE ONLY ONE) :

**Early Bird Discount**—Payment must be received by May 13th for the summer session to be eligible for the 10% early bird discount.

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

**Additional sessions**—You may take 10% off 2nd or 3rd session **booked with your original** registration for the same child.

**\*\*No discount on Specialty Programs**

## REGISTRATION (SUMMER 2017)

please use one form per student  
& please print clearly

Participant's Name \_\_\_\_\_ Age & DOB \_\_\_\_\_

Parent or Guardian's Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Home Phone # \_\_\_\_\_

Cell Phone # \_\_\_\_\_

E-mail Address \_\_\_\_\_

Please circle or  the SESSION, TIME & LEVEL  
3:30 or 4:30 Children's lessons, 6:30 Adult & Teen lessons or 9:30 Parent/Child or Children's lessons Levels 1-4  
Time:  9:30  3:30 or  4:30  ADULT /TEEN-6:30  
Level:  P/C,  1,  2,  3  4  5  6  ADULT /TEEN  
Beg/Int/Adult Lessons \_\_\_\_\_ (**\$200**), PADI SCUBA \_\_\_\_\_ (**\$350**),  
ARC Lifeguarding \_\_\_\_\_ (**\$350**), ARC WSI \_\_\_\_\_ LG review \_\_\_\_\_ (**\$200**)

## PAYMENT SUMMARY

### SUMMER 2016

2 week sessions:  -1 (6/19-6/30),  -2 (7/3-7/14),  
 -3 (7/17-7/28),  -4 (7/31-8/11),  -5 (8/14-8/25)

Afternoon class ..... **\$210** \_\_\_\_\_

Morning class Level 1-4 & Parent/Child..... **\$165** \_\_\_\_\_

Adult classes (6 one hour classes) ..... **\$200** \_\_\_\_\_

Specialty classes\* (\$100.00 deposit) ..... **\$100** \_\_\_\_\_

(\*balance due at first class) ..... **\$** \_\_\_\_\_

Private Lessons (4) ..... **\$210** \_\_\_\_\_

TOTAL FEE \_\_\_\_\_

LESS DISCOUNT \_\_\_\_\_

PAYMENT \_\_\_\_\_

**Payment in full is required (CHECK OR CASH ONLY).**

Make checks payable to: **PURCHASE COLLEGE, SUNY**

Please mail form to:

**PURCHASE COLLEGE, SUNY**

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Attn: Chris Klint–Aquatics