

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



SEPTEMBER '17-MAY '18

CHILDREN'S LESSONS

6 CLASSES/SESSION--\$165.00
Level 1-6 & *Parent/Child LEVEL 1 & LEVEL 2
WEDNESDAY 3:45pm or 4:30pm - Level 1-6 only
SATURDAY 9:00am, 10:00am, 11:00am, & NOON
SUNDAY 10:00am, 11:00am, & NOON

SPECIALTY CLASSES

PRIVATE & SEMI-PRIVATE LESSONS,
ADULT LESSONS, PADI SCUBA,
LIFEGUARDING, LGI & WSI

SESSION DATES

FALL 1: 9/9 - 10/22/17 (No class 9/30 & 10/1)
FALL 2: 10/25 -12/13/17 (No class 11/22 -11/29)
WINTER 3: 1/28-3/10/18 (No break in February)
SPRING 4: 3/11-5/6/18 (No class 3/31-4/8 Spring Break)

FOR INFORMATION
tel: (914) 251-5939 • fax: (914) 251-6533
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

WEDNESDAY: AFTER SCHOOL (6 CLASSES) \$165
WEEKEND: MORNING (6 CLASSES) \$165

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 & CHILD LEVEL 1 & PARENT & CHILD LEVEL 2
6 CLASSES SATURDAY or SUNDAYS: \$165

PARENT & CHILD · 30 minute classes
(Level 1: ages 6 mos. -3 yrs, Level 2: ages 2yrs -4 yrs)
P/C LEVEL 1 SATURDAY at 11:00 or P/C LEVEL 2 at 11:30am
P/C LEVEL 1 SUNDAY at 10:00 or P/C LEVEL 2 at 10:30am

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

LEVEL 1-6: WEDNESDAY 3:45pm, 4:30pm, SATURDAY 9:00am, 10:00am, 11:00am
& Noon & SUNDAY 10:00am, 11:00am & Noon (Levels may be combined)

PARENT/CHILD LEVEL 1: SATURDAY 11:00am & SUNDAY 10:00 am

PARENT/CHILD LEVEL 2: SATURDAY 11:30 am & SUNDAY 10:30 am

SPECIALTY PROGRAMS

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

PADI SCUBA DIVING CERTIFICATION—LIMIT 6

DATES: Tuesday & Friday Evenings · HOURS: 6:30pm–8:30pm

\$100.00 will hold your space in the class. FEE: \$375

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 \$60.00. Snorkel, mask and fins are required.

BEGINNER & INTERMEDIATE ADULT/TEEN LESSONS

1 hour 6 classes— limit 8 ·

FEE: \$200

These are six- week sessions. 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.

SWIM TEAM CLINIC

SESSION 1: 9/9 -12/9/17 SESSION 2: 1/27 -5/6/18

The Swim Team Clinic is a class designed to improve your endurance, teach you starts and turns, and prepare you for swim team participation. You must be a level 4 swimmer or above. 1 hour 10 classes **FEE: \$350**

AMERICAN RED CROSS COURSES

PRE REGISTRATION IS REQUIRED

A deposit of \$100.00 must be submitted with your registration and will hold a space in your desired class.

This fee covers any books required for the class and pre-skill evaluations. Students who do not pass the pre-skills test will not be refunded \$100.00

ARC LIFEGUARD

FEE: \$350

DATES: March 3 -17 (Saturdays & Sundays 5 classes plus online) HOURS: 1:30pm–6:30 pm · AGE: 15 and up

ARC WATER SAFETY INSTRUCTOR

FEE: \$450

DATES: May 19-25
HOURS: 9-5 Sat/Sun, 4pm-9pm M-F · AGE: 16 and up
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.

ARC LIFEGUARD INSTRUCTOR

FEE: \$450

DATES: December 4, 5, 7, 8, 11
HOURS: 4pm–9pm (Plus online) · AGE:16 & up

Learn the skills needed to become a lifeguard instructor. You must have lifeguarding experience and come in prepared to show your skills in lifeguarding, CPR and First Aid.

SPECIALTY PROGRAMS

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

PRIVATE AND SEMI-PRIVATE LESSONS

A limited number of spaces may be available. Please contact the Aquatics Director to arrange day and time. Buy a package of 4 lessons for a lower rate.

PRIVATE LESSONS

1 half hour private lesson FEE \$55 each lesson

FEE \$210.00 per 4 half hour private lessons

SEMI-PRIVATE LESSONS (2 STUDENTS OF SIMILAR ABILITY)

1 half hour semi-private FEE \$40 (ea. student)

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

FAMILY SWIM

FEE: \$20 per person

DAY & HOURS: Saturdays at 12pm or Sundays at 12 pm

Six 1–hour swim periods.

Open to all Swim Lesson participants and their family

Choose either Saturday or Sunday and play or practice what you have learned with your family.

SPRINGBOARD DIVING CLASSES

Taught by a coach for High Dive Champions. This class is available on Saturday or Sunday from 11:45-12:30 pm for a beginner Springboard diving class. You must be able to swim in the deep end. (level 3 or higher). **Fee \$180.00**

DISCOUNTS (PLEASE CHOOSE ONLY ONE):

Early Bird Discount—Payment must be received one month before 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, 3rd or 4th session **booked with your original** registration for the same student.

***No discount on Specialty Programs**



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.

UPCOMING PROGRAMS

SUMMER INTENSIVES - 2018

1.* 6/11/18 -6/22/18 *	2.* 6/25/18 -7/6/18 *
3. 7/9/18 - 7/20/18	4. 7/23/18 - 8/3/18
5. 8/6/18 - 8/17/18	Adult 6/12/18 - 7/17/18

2 WEEK INTENSIVES · AFTERNOON CLASS · Mon -Thur
Levels 1-6, 3:30 pm or 4:30 pm, **8 classes FEE \$210**

2 WEEK INTENSIVES · MORNING CLASS · 9:30 am ·
Levels 1-4 & Parent/Child. Same start dates as above on Monday, Wednesday & Friday **6 classes FEE \$165**
Private Lessons available 12-2 or after 5:15

ADULT (& TEEN) LESSONS FEE \$210

DATES: 6/12/18 - 7/17/18
6 Classes · 1–hour sessions · AGE:16 and up
Adult Swim Lessons, Beginner and Intermediate are scheduled on Tuesday evenings at 6:30.
Private Adult Lessons are also available.

LIFEGUARD RE-CERTIFICATION FEE \$150

Must hold **current** Lifeguard and **current** CPR/AED for the Professional Rescuer certifications **JUNE 2, 2018**
Lifeguard re-certifications 9 am to 5 pm

Phone: 914-251-6546

E-mail: christine.klint@purchase.edu

Check our website for the latest brochure at
www.purchasecollegeathletics.com

REGISTRATION 17-18 SCHOOL YEAR

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 the SESSION, TIME & LEVEL

- SATURDAY SUNDAY 9:00 (SAT only) 10:00
 11:00 12:00, WEDNESDAY 3:45 4:30,
Level: P/C1 P/C2 1 2 3 4 5 6
 SPRINGBOARD DIVING Adult & Teen Lessons PADI SCUBA
 Private SEMI-Private Lifeguard WSI LGI

SCHOOL YEAR 17 - 18 SESSIONS

FALL 1: 9/9-10/22/17 FALL 2: 10/25 -12/13/17

WINTER 3: 1/28-3/10/18 SPRING 4: 3/11 -5/6/18

Children's Classes\$165 _____

Adult & Teen classes (for 6 classes 1 hr).....\$210 _____

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

(*balance due at first class)\$ _____

Private 1 class (Not pkg of 4).....\$ 55 _____

Private Lessons - 4 (1/2 hour class).....\$210 _____

Family Swim - Sat or Sun \$20 per person X _____ = _____

TOTAL FEE _____

LESS DISCOUNT _____

PAYMENT _____

PAYMENT SUMMARY

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

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

Please mail form to:

PURCHASE COLLEGE, SUNY

Division of Physical Education, Recreation & Athletics

735 Anderson Hill Road

Purchase, NY 10577

Attn: Chris Klint–Aquatics