

Vanderbilt University
 Vanderbilt Swim School
 VU Station B #356033
 Nashville, TN 37235

VANDERBILT SWIM SCHOOL



*In our 42nd year as the leader
 in teaching Nashville to swim,
 we offer a wide variety of
 classes and times to suit your
 needs and schedule. All classes
 are held in the beautiful
 Student Recreation Center.*

2009 GROUP CLASS DESCRIPTIONS - Please read the information below before registering. All levels include safety topics with instruction. **Children who are not toilet trained must wear a swim diaper.** If you have any questions, please call 322-SWIM (7946), check online at www.vanderbilt.edu/campusrecreation, or email swimschool@vanderbilt.edu.

Class Name	Length	Age Guidelines	Class Descriptions and Qualifications	Skills Taught
Parent/Child	30 minutes	6 mo -3 years	This class teaches parents how to assist their child in adjusting to the water through the use of nursery rhymes and games. Class consists of structured and unstructured time with instructor assistance. One parent must be in the water with each child.	Blowing bubbles, floating, basic arm strokes, kicking, underwater exploration
Introductory	30 minutes	3 years & up	This class is for 3 year olds and/or children who are apprehensive about swimming and going underwater. The main goal of this class is to help children feel comfortable in the water and set the groundwork for learning to swim without a parent. Class limited to 4 children per instructor.	Blowing bubbles through nose and breathing, floating, gliding, basic arm strokes, kicking, underwater exploration
Beginner	40 minutes	4 years & up	This class is for children who have little or no independent swimming skills, but are not scared of the water. We expect beginner swimmers, especially with no previous group lesson experience, to be a little nervous the first few days of class. Class limited to 4 children per instructor.	Blowing bubbles through nose and breathing, floating, gliding, basic arm strokes, kicking, treading water
Advanced Beginner	40 minutes	4 years & up	To participate in this class, children must be able to swim at least 5 yards on front and back unsupported. Class limited to 6 participants per instructor.	Gliding, breathing, basic freestyle, basic backstroke, kicking, diving
Intermediate	40 minutes	4 years & up	To participate in this class, children must be able to swim at least 15 yards (approximately half way across a 25 yard pool) on front and back unsupported. Class limited to 6 children per instructor.	Freestyle, backstroke, breaststroke, diving, treading water
Advanced	40 minutes	6 years & up	To participate in this class, children must be able to swim at least 25 yards freestyle and backstroke. Class is limited to 6 children per instructor.	Freestyle, backstroke, breaststroke, butterfly, flip turns, open turns, diving
Fitness	45 minutes	9 years & up	This class is for children and teens who want to focus primarily on endurance and developing into fitness swimming. Class limited to 6 children per instructor. Must be able to swim at least 2 lengths of the pool without stopping.	All strokes, drills, workouts, pace clock, endurance
Adult Private Only	30 minutes	18 years & up	This instruction is for adults at any level, from no swimming skills to further developing technique and endurance. The instructor individualizes each lesson for the participant and their ability.	Freestyle, backstroke, breaststroke, butterfly, turns, endurance

PRIVATE SWIMMING LESSONS - Private lessons are offered year-round for all ages and all ability levels. This includes improving technique and efficiency for competitive swimmers and triathlon participants. To set up a series of five 30-minute lessons for \$150, please call 322-SWIM or email swimschool@vanderbilt.edu

HELPFUL HINTS

- It is very common for beginning swimmers to dislike getting their faces and ears wet, as well as being uncomfortable while swimming on their backs. One of the main goals at the beginning levels is to help children become comfortable going under water & floating on both their stomach and back.
- Children progress at their own pace and may need to repeat a level before comfortably acquiring the skills needed for the next level. A child's progression depends upon previous swimming experiences, age, strength, and level of comfort in the water. Remember that swimming skills, like learning how to play a musical instrument, are difficult to master and require multiple sessions of lessons to learn. Please be patient.
- Children who have not consistently practiced since last summer may show signs of regression in skill level. They will need some time to get reacquainted with the water the first several days of class.

2009 CAMPVANDY YOUTH PROGRAM

In their 20th year of providing a day camp program, Camp Vandy accommodates children ages 5-12 years old. With an emphasis on fun and learning, children participate in a variety of sport activities and games in the Student Recreation Center. Summer and holiday day camps are offered. For more information, visit www.vanderbilt.edu/campusrecreation or call 343-6627.

2009 PARKING INFORMATION

Option 1: 2 hour FREE *parallel* parking located on Children's Way behind the Student Recreation Center and outdoor track.

Option 2: Metered parking in Lot 27 located off 25th Ave. Handicap parking is also available in this location.

Option 3: Parallel metered parking is located on Jess Neely Drive located in front of the Football and Baseball Stadiums.

Option 4: Neighborhood parking across Blakemore Ave. where permitted.

Please Note: Parking in **ANY** other location is **at your own risk!** The Vanderbilt Swim School and Student Recreation Center will not be responsible for ticketing and/or towing fees.

Building Address: 2700 Children's Way, Nashville, TN 37212

Parent/Child	Session 1 Mon.-Fri. April 27-May 7 (9 classes)	Session 2 Mon.-Fri. May 11-21 (9 classes)	Session 3 Mon.-Fri. *May 26-June 4 (8 classes)	Session 4 Mon.-Fri. June 8-19 (9 classes)	Session 5 Mon.-Fri. June 22-July 2 (9 classes)	Session 6 Mon.-Fri. July 6-16 (9 classes)	Session 7 Mon.-Fri. July 20-30 (9 classes)
Introductory	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.
Beginner	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.
Advanced Beginner	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.
Intermediate	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	9:00 a.m. 9:45 a.m. 10:30 a.m. 4:00 p.m. 4:45 p.m. 5:30 p.m.	4:00 p.m. 4:45 p.m. 5:30 p.m.
Advanced	5:30 p.m.	5:30 p.m.	5:30 p.m.	9:45 a.m. 4:00 p.m.	5:30p.m.	5:30p.m.	4:00 p.m.
Fitness			6:15 p.m.	6:15 p.m.	6:15 p.m.	6:15 p.m.	

*Please note for Session 3, there will not be class on Monday the 25th for Memorial Day .

Sessions will typically run Monday-Friday and Monday-Thursday. The last Friday is reserved for any cancellations within the session, determined by the VSS staff, i.e. Inclement weather and unexpected pool closures.

***** PRIVATE LESSONS ARE AVAILABLE THROUGHOUT THE YEAR. FIVE 30 MINUTE LESSONS FOR \$150.**

CLASS FEES	Sessions 1 & 7 (9 classes)	Session 2 (9 classes)	Session 3 *(8 classes)	Sessions 4, 5, & 6 (9 classes)
Parent/Child	4:00 / 4:45 / 5:30	4:00 / 4:45 / 5:30	4:00 / 4:45 / 5:30 / 6:15	9:00 / 9:45 / 10:30 4:00 / 4:45 / 5:30 / 6:15
Introductory	\$120	\$100	\$110	\$100
Beginner	\$120	\$120	\$110	\$120
Advanced Beginner	\$100	\$ 100	\$ 90	\$ 100
Intermediate	\$100	\$ 100	\$ 90	\$ 100
Advanced	\$100	\$ 100	\$ 90	\$ 100
Fitness			\$ 90	\$ 100

CUT ON THE LINE ABOVE AND RETURN THE REGISTRATION FORM WITH PAYMENT.

2009 REGISTRATION FORM- Make all checks payable to Vanderbilt University

A registration confirmation/ information will be handed or mailed to you upon receipt of your registration form with payment. Group lesson registration is conducted on a first-come, first-serve basis beginning February 2, 2009. Mail or bring in your completed form with check/cash or Money Order to the Office of Campus Recreation at the Student Recreation Center, Monday-Friday from 8:30AM-5:00PM, to ensure first-choice availability (Credit Cards not accepted). For current availability, please go to the website at www.vanderbilt.edu/campusrecreation and click on the Swim School tab. For further assistance please call 615-322-SWIM. You may register for more than one session at a time. Please keep in mind, swimming skills are difficult to master. It may require multiple sessions of lessons to learn to swim.

Parent or Adult Participant Name(s) _____ City and Zip _____
 Address _____ Work Phone (____) _____
 Home Phone (____) _____ Cell Phone (____) _____
 E-mail Address: _____

Participant's Name	Age	Gender (M or F)	Class		First Choice		Second Choice		Class	
			Name	Session	Start Date	Time	Start Date	Time	Session	Time
1.										\$
2.										\$
3.										\$
4.										\$
Class fees must be paid at time of registration. ABSOLUTELY NO REFUNDS FOR MISSED CLASSES. Mail or bring registration form and payment to: Vanderbilt Swim School, c/o Student Recreation Center VU Station B #356033 Nashville, TN 37235										TOTAL FEE → \$

I, the undersigned and/or parent or legal guardian of the minor child under 18 years of age, consent to my child and/or myself as an adult to participate in the Vanderbilt Swim School and understand that I or my child will be engaging in physical activity during the Swim School which contains an inherent risk of physical injury. I represent that I and/or my child are in good physical condition and able to participate fully in the Swim School activities except as may be described below.* I assume the risk for myself and/or my child by voluntarily participating in the activities of the Swim School. I agree to be financially responsible for all costs and expenses related to my (or my child's) participation in the activity.

I understand and agree that Vanderbilt accepts no responsibility for my or my child's acts or the acts of others while participating in this activity. Furthermore, in consideration of Vanderbilt allowing me and/or my child to participate in this activity, I do agree to and hereby do release, discharge, hold forever harmless and indemnify Vanderbilt and its trustees, agents, officers, servants, and employees against loss from any and all claims of ordinary negligence, demands, rights, or causes of action of any kind or nature that may hereafter at any time be made or brought by me, by anyone on my behalf, or by any other person having a legal interest therein arising from or by reason of any and all known or unknown, foreseen and unforeseen bodily or personal injuries, damages to property and consequences thereof which may be sustained by me in consequence of any accident or injuries on the premises of the Vanderbilt University Medical Center or in connection with the activity, except such liability or claim of liability as may result from gross or intentional negligence on the part of Vanderbilt. Said indemnification shall include, but not be limited to, court costs and attorneys' fees. Furthermore, I agree to indemnify Vanderbilt for any loss or damage to the premises, facilities, or equipment of Vanderbilt caused by me.

If I and/or my child should suffer an injury or illness while participating in this activity, or any other activity associated with the program, I authorize the employees of Vanderbilt to use their discretion to have me or my child treated at the Vanderbilt University Medical Center or transported to another appropriate health care facility that I request _____ and I hereby take full responsibility for that action.

I further grant and convey unto Vanderbilt all right, title and interest in any and to all photographic images and video or audio recordings and all copies thereto made by Vanderbilt during my or my child's participation in the activity, including but not limited to, any royalties, proceeds or other benefits derived from such photographs or records. Please list any physical condition(s) of which the Swim School officials should be aware of on the line below.

By signing below, I acknowledge that I am 18 years of age or older and understand that I am entitled to have an attorney of my own choosing to review the release prior to signing. I have read the foregoing release in its entirety and understand that I am signing a complete and perpetual release and bar to any and all claims of ordinary negligence as defined above resulting from the participation in this activity by me or my child.

DATE: _____ SIGNATURE: _____ (PARENT OR LEGAL GUARDIAN OR ADULT PARTICIPANT)

*ACTIVITY EXCEPTIONS OR PHYSICAL CONDITION(S): _____