

Registration deadlines and course dates are listed below:

Group Swim Lesson Programs

The Swim School

Our swim lesson program endorses learning to swim using competitive stroke mechanics. Children will learn the basics of competitive strokes using a variety of equipment, drills, and games! The swim school is designed to accommodate students of varying skill levels, from very basic beginners to more advanced swimmers. Lessons will start for children at the age of 4 and continue through approximately 13 years of age.

To register, please report in person to the UTHSC Fitness Center at 800 Madison Ave, M-F 8am – 7pm

Classes will meet for 3-week sessions, Mondays and Wednesdays from 6pm – 6:45pm.

\$90 member/ \$110 non-member

The Swim School for Adults

Like our children's swim school, this program will help adults learn to swim with an emphasis on competitive stroke mechanics. For swimmers 14 and older, the swim school is designed to accommodate students of varying skill levels, from very basic beginners to more advanced swimmers

To register, please report in person to the UTHSC Fitness Center at 800 Madison Ave, M-F 8am – 7pm

Classes will meet for 3-week sessions, Mondays and Wednesdays from 7pm – 7:45pm.

\$90 member/ \$110 non-member

2020 SWIM SCHOOL SCHEDULE

ENROLLMENT FOR THE SPRING SESSION IS OPEN!

Spring Session 1

March 9th – 25th

Registration Deadline March 5th

Spring Session 2

April 6th – 22nd

Registration deadline April 2nd

Spring Session 3

May 4th – 20th

Registration deadline April 30th

ENROLLMENT FOR THE SUMMER SESSIONS BEGINS May 4th

Summer Session 1

June 8th – 24th

Registration deadline June 4th

Summer Session 2

July 6th – 22nd

Registration deadline July 2nd

ENROLLMENT FOR THE FALL SESSIONS BEGINS July 2nd

Fall Session 1

August 3rd – 19th

Registrations deadline July 30th

Fall Session 2

September 9th - 28th (Wednesday start date)

Registration deadline September 3rd

Fall Session 3

October 12th – 28th

Registration deadline October 8th

Parent & Me

6mo – 2yrs of age

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Designed to introduce your baby to the water, our Parent and Me classes are a great first step for your little swimmer. The Parent and Me class will encourage your baby to be comfortable in the water in the comfort of The UTHSC Indoor Pool. You will learn how to interact with your child in the water to ensure comfort while swimming for both you and your baby

Parent and Me is a great primer for summer swimming and future swim lessons.

To register, please report in person to the UTHSC Fitness Center at 800 Madison Ave, M-F 8am – 7pm

Saturdays 9:30 and 10am

Members: \$60

Non-members: \$80

Parent and Toddler

3 yrs of age

Designed to introduce your toddler to the water or continue from our Parent & Me program, our Parent & Toddler class is a great primer for your little swimmer. The Parent & Toddler class will encourage your toddler to be comfortable in the water in the comfort of The UTHSC Indoor Pool. Your toddler will learn and perfect preliminary skills that will ease their entry to The Swim School with the comfort and stability of parent assisted learning.

To register, please report in person to the UTHSC Fitness Center at 800 Madison Ave, M-F 8am – 7pm

Saturdays 10:30am

Members: \$60

Non-members: \$80

PARENT & ME/PARENT & TODDLER 2020 SCHEDULE

Enrollment for spring is open!

Spring Session 1

March 14 – April 4

Registration deadline March 12

Spring Session 2

April 18 – May 9

Registration deadline April 16

Enrollment for summer opens April 16th

Summer Session 1

May 30 - June 20

Registration deadline May 28

Summer Session 2

July 11 – August 1

Registration deadline July 9

Enrollment for fall opens July 9th

Fall Session 1

August 15 – September 5

Registration deadline August 13

Fall Session 2

September 26 – October 17
Registration deadline September 24

Fall Session 3

October 31 – November 21
Registration deadline October 29

For registration for any of our group lesson programs, please render payment on site at the UTHSC Fitness Center front desk from 8am – 7pm, Monday through Friday. For questions, please contact Aquatics Coordinator Erin Jennings via email at erinjennings@uthsc.edu, or call 901- 448-2766.

Private Swim Program

For information and private session registration, please contact Aquatics Coordinator Erin Jennings via email at erinjennings@uthsc.edu, or call 901- 448-2766.

PRIVATE INSTRUCTION

The UTHSC Aquatics Department will also offer private swim sessions for adults and children. We offer sessions at a variety of levels to meet your individual needs.

Beginning/ Intermediate/ Advanced Children and Adults

With a one-to-one student teacher ratio, each swimmer will move at their own pace with the instructor and work exclusively at their own skill level.

Private lessons provide focus on the individual needs of each swimmer to ensure an efficient approach to teaching and learning.

Member

\$27.50 per half hour

Package of 6 – \$150

\$55 per hour

Package of 6 – \$300

Non-Member

\$30 per half hour

Package of 6 – \$160

\$60 per hour

Package of 6 – \$320

Private Specialty Programs

Competitive Fast Track

These private sessions focus explicitly on teaching children how to meet the minimum requirements for swimming on a competitive team. This includes basic conditioning as well as teaching legal swimming according to standards set by US Swimming.

Prerequisite: Swimmers must be able to swim 10-15 yards comfortably

Advanced Stroke Correction

Stroke correction for competitive swimmers with focus on efficiency within the standards set by US Swimming. This program emphasizes stroke correction in order to drop time during competitive events and prevent injury in competitive swimming.

Prerequisite: Must be able to repeatedly swim 25 yards comfortably

Fitness Swimming for Adults

Fitness swimming for adults will focus on developing skills that will allow the swimmer to build skills that will allow them to swim for fitness and wellbeing. The skill level for this class will target those who are seeking basic fitness swimming skills and light swim workouts.

Prerequisite: Swimmers must be able to swim 25 yards comfortably

Triathlete Coaching

This program offers stroke analysis by experienced coaches in order to diagnose and correct inefficient swimming, precise drills to correct your stroke for more efficient and easier swimming, and training fundamentals for distance and sprint triathlon swimming. For beginning, intermediate, and advanced triathletes.

Prerequisite: Swimmers must be able to swim 25 yards comfortably

Member

\$33.50 per half hour

Package of 6 – \$180

\$65 per hour

Package of 6 – \$360

Non-Member

\$37.50 per half hour

Package of 6 – \$200

\$75 per hour

Package of 6 – \$400