Group Swim Lesson Programs

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

Spring Session 2 April 11th – April 27th
Registration Deadline April 7th

Spring Session 3 May 9th – 25th
Registration Deadline May 5th

ENROLLMENT FOR THE SUMMER SESSIONS BEGINS MAY 9TH

Summer Session 1 June 6th - June 22nd
Registration Deadline June 2nd

Summer Session 2 July 11th - July 27th
Registration Deadline July 7th

ENROLLMENT FOR THE FALL SESSIONS BEGINS JULY 11th

Fall Session 1 August 15th – 31st
Registration Deadline August 11th

Fall Session 2 September 12th – 28th
Registration Deadline September 8th
**Adult Swim School**
Like our children’s swim school, this program will help adults learn to swim with and 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

**Spring Session 2 April 11th – April 27th**
Registration Deadline April 7th

**Spring Session 3 May 9th – 25th**
Registration Deadline May 5th

**ENROLLMENT FOR THE SUMMER SESSIONS BEGINS MAY 9TH**

**Summer Session 1 June 6th - June 22nd**
Registration Deadline June 2nd

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**ENROLLMENT FOR THE FALL SESSIONS BEGINS JULY 11TH**

**Fall Session 1 August 15th – 31st**
Registration Deadline August 11th

**Fall Session 2 September 12th – 28th**
Registration Deadline September 8th
**Parent & Me**

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 10:00 – 10:30 am

**April 2nd – April 23rd**  
Registration Deadline: March 31st

**April 30th – May 21st**  
Registration Deadline: April 28th

**June 4th – 25th**  
Registration Deadline: June 2nd

Dates for July, August, and September pending

Members: $60  
Non-members: $80

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.

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.

$50 per hour
Package of 6 – $270
$25 per half hour
Package of 6 – $135

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

**Prices:**
- $60 per hour
- Package of 6 – $325
- $30 per half hour
- Package of 6 – $160