

Swim Lesson FAQ/SOP

When in doubt tell them to check the RecSports website and/or email RSAquatics@ufsa.ufl.edu

When can you register for swim lessons?

- You can begin registering for swim lessons two weeks before they start on the RecSports website. Spots fill up quickly, so to secure a spot we encourage you to as soon as possible.

How long are lessons?

- Lessons are 30 minutes in length. Each session has four lessons over four weeks.

How often do we host swim lessons?

- We offer between 2-3 sessions every semester. Check the RecSports website.

Do we provide youth lessons?

- We do offer youth swim lessons. Check the RecSports website for dates and registration.

Do we provide private lessons?

- We do not provide private lessons at this time. But, check the RecSports website in the future for updates.

Can youths sign up for adult lessons?

- No, we are only able to teach folks that are over 18.

Can a participant sign up for multiple time slots?

- Technically yes, but we encourage them to just register for one because of the limitations of the space and our goal to serve as many people as possible. Extenuating services permitted.

How many instructors are there?

- We have one instructor for every four to five participants, as mandated by the Red Cross.

What are the qualifications for the instructors?

- All UF instructors are required to be Red Cross certified Water Safety Instructors. They have passed a teaching course, they are swimmers, and they all have experience teaching.

If I am a beginner can I register for Intermediate/advanced?

- No, please sign up for the level you are best suited for. This ensures that instructors are teaching to a consistent level during their classes. If you are out-of-level you will not be served as well as you could be.

How do I sign Up?

- Sign up on the RecSports website under the Aquatics tab.

Where do I go when I get to the pool?

- Your instructor will meet you in the shallow end of the pool by the classrooms and tot docks.

Can I get a refund?

- Yes, refunds are coordinated through Aquatics admin and the Membership services deck.

Can I transfer classes if I sign up for the wrong one?

- Yes, although you may be limited based on the size of the class, check with recsports admin to see if this is available.

When are make-up lessons?

- The last Friday of the session. Registration for this class is open on the RecSports website, free of charge.

Can I attend a class if someone misses the class and there will be a spot available for me?

- We are not able to welcome folks to a class they are not registered for, even if there is a spot available. This is a safety and a quality assurance policy. We need to limit the class to those who are registered because it allows instructors to deliver the highest quality lessons to those who have signed up and ensures that no confusion occurs.

When will RecSports be taking applications for Water Safety Instructors?

- We will most likely be hiring in Spring of 2023.

What happens if I miss a lesson because I am sick/out of town/have a conflict?

- You will not be penalized for this. We understand that life happens. You are able to make up this lesson during our specific make-up lesson period.

Will the water be too cold during winter months lessons?

- No, during months with colder weather we will host lessons at the O'Connell Center Pool. This is an indoor pool with temperature-control capabilities.

Does RecSports offer weekend lessons?

- Right now, we do not offer a weekend session. But that is something we can consider moving forward.

How much do swim lessons cost?

- \$27 for UF-affiliated folks and \$35 for non-UF-affiliated folks.

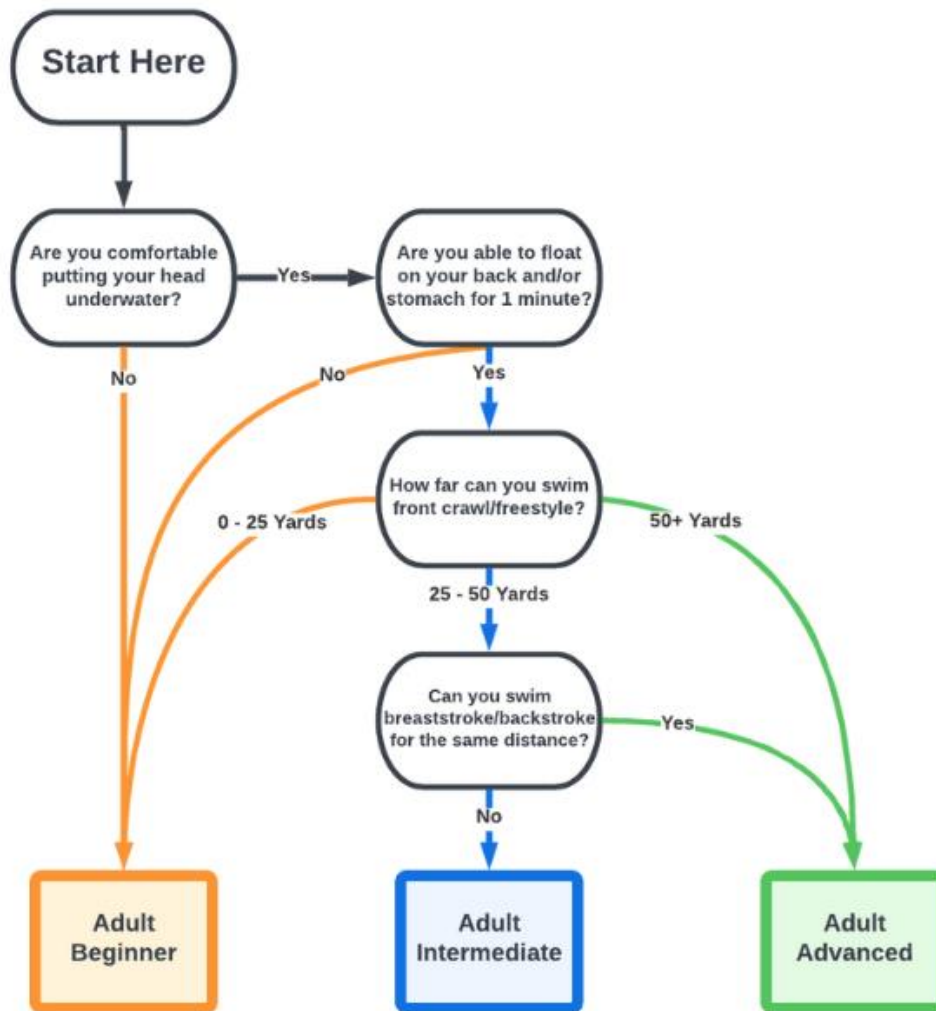
Where do swim lessons take place?

- The shallow end of either Florida Pool or O'Dome.

What if a patron shows up as “no membership?”

- This happens sometimes; have them show you the confirmation email for their class. Allow them to enter the pool deck after that.

How do I know which class to sign up for?



Classes Description -

Beginner -

This class is tailored to the individual with little to no swim experience and may be apprehensive about completely submerging. Instructors work closely with swimmers to increase water confidence by guiding them through the process of basic movement in

the water. The goals of this class are to teach proper breathing while swimming and recovery to a standing position from the horizontal floating position.

Skills Learned:

Front crawl, elementary backstroke, breath control, submerging, rhythmic breathing, floating (on front/back), recovering from floating position.

Intermediate -

Are you confident being in the water and ready to become a stronger swimmer? This class will improve stroke proficiency while increasing your endurance in the water. Participants will learn the basics of all six swimming strokes. Our instructors will provide you with the skill set to add swimming to your exercise plan.

Skills Learned:

Rotary breathing, 50-yard Freestyle swim, Elementary Backstroke, Breaststroke, Butterfly, Back Crawl, Sidestroke, treading water

Advanced -

Take your workout to the next level! Maximize your fitness potential by adding another dimension to your water workout with stroke refinement of Backstroke, Breaststroke, Butterfly, and even flip turns! Sign up to work closely with a certified swimming instructor. This class is available to participants who are comfortable with rotary breathing and can swim at least one stroke for 50 yards without stopping. Individualized stroke refinement is offered during this session with feedback given to improve overall stroke performance..

Skills Learned:

Refinement of: Backstroke, Breaststroke, and Butterfly. Flip Turns, Swim etiquette, basics of writing a swimming workout, introduction to interval training in the water, drills for improving technique

Where do I park?

- All lessons take place at Florida Pool, attached to the Student Recreation and Fitness Center. or the O'Connell Center Pool down the ramp of Gate 3
 - Enter through the east main entrance, which can be accessed by walking through the Student Recreation and Fitness Center.
 - Enter through the ramp next to Gate 3. Enter through the doors that say "Florida Swimming."
- Please refer to [UF Parking Services](#) and attachment to determine the best location for you to park. Parking restrictions are in effect in some areas near to the pool.
 - The closest parking is located by the Stephen C. O'Connell Center.

- Rec Sports is not responsible for any parking tickets you may receive.

When are lessons going to be at ODome?

- Lessons will be at O'Dome during the colder months. Specifically November, December, January, and February.