

Youth Swim Lesson FAQ

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

When can you register for swimming lessons?

- You can begin registering for swimming lessons two weeks before they start on the RecSports website. Spots fill up quickly, so to secure a spot we encourage you too as soon as possible.
- **Registration for Summer B** opens Sunday, June 25th @ 12:00AM and closes Monday, July 10th @ 11:59PM

How do I sign up?

- Sign up via [Rsconnect.recsports.ufl.edu](https://rsconnect.recsports.ufl.edu) utilizing the Aquatics tab.
- Visit the Membership Services Desk at Southwest Recreation Center, 3150 Hull Rd. between 8am - 5pm Monday through Friday to register in person.

How long are the lessons?

- Lessons are 30 minutes in length.
- Summer A = 6 weeks
- Summer B = 5 weeks

How often do we host swimming lessons?

- We are currently only offering lessons in the summer.

Do we provide private lessons?

- We do not provide private lessons currently. But check the RecSports website in the future for updates.

Can a participant sign up for multiple time slots?

- Space is very limited in each level and our goal is to serve as many people as possible.
- Only register your children for a single level and class based on the level description and child's swimming experience.

Example - If a child is 3 years of age and has never swum before they would be best suited for Preschool Level 1. They should NOT be signed up for similar levels concurrently nor should they be signed up for any level higher prior to completing the exit skills for the previous level.

What if the level/class I want to register for is full?

- You can register and you will be placed on the waitlist. Should there be an opening in the class due to a registrant dropping, you will be sent an e-mail with a unique link inviting you to register. You will have approximately 24 hours to register. If you do not register in that 24-hour window, the opportunity will be offered to the next person on the waitlist.

How many instructors are there?

- We pride ourselves on offering a better instructor to participant ratio than the industry standard. For most classes this means 1 instructor for 4 participants. For the Parent and Child classes it will be 1 instructor for 9 participants.

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.

Where do swimming lessons take place?

- Florida Pool

Where do I park?

- All lessons take place at Florida Pool, attached to the Student Recreation and Fitness Center.
 - Enter through the west gate which will be located in between Florida Pool and Ben Hill Griffin Stadium.
 - Please refer to [UF Parking Services](#) 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.

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?

- Refunds will be handled on a case-by-case basis by the Aquatics admin. Please email RSAquatics@ufsa.ufl.edu when inquiring about refunds.

Can I transfer classes?

- Transfers are permitted so long as the participant has not attended more than 15% of the classes in the current session and there is an opening in a similar level class in either the current session or upcoming session. Please email RSAquatics@ufsa.ufl.edu to when inquiring about transferring.

When are make-up lessons?

Summer A: Saturday, July 1st

Summer B: Friday, August 11th

These dates will ONLY be utilized for those lessons that are canceled due to inclement weather or a facility issue.

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 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.

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

- You miss/lose those classes and are not eligible for make-up lessons.

How much do swimming lessons cost?

- Cost can be viewed on [RSconnect.recsports.ufl.edu](https://rsconnect.recsports.ufl.edu).

How do I know which class to sign up for?

Read the level description. If you have follow-up or additional questions, email RSAquatics@ufsa.ufl.edu

Parent & Child

For children ages 6 months to 3 years. Child must be at least 6 months old on or before the first day of the session. A parent or guardian is required to accompany the child in the water and participate in the class. This course is designed to familiarize children with the water and teach swimming readiness skills. Parents will learn techniques they can use to help orient their child to the water and are provided with additional water safety information.

* Parents must be comfortable standing in water that is approximately 4.5 feet high.*

Preschool Levels 1 - 3

For children ages 3 to 5 years. Children must be at least 3 years old on or before the first day of the session.

Introduces basic aquatic skills, which will be built upon as your child progresses through the Preschool Aquatics (PSA) and Learn-to-Swim levels. Children start developing positive attitudes and safe practices around the water.

PSA Level 1 - No skills prerequisites are required.

PSA Level 2 - Further develops basic aquatic skills learned in PSA Level 1. Children begin to perform these skills at a slightly more advanced level. A successful demonstration of PSA Level 1 exit skills is required on the first day.

PSA Level 3 - Children increase proficiency in previously learned skills & learn to perform all skills independently. Successful demonstration of PSA Level 2 exit skills is required on the first day.

Learn-To-Swim Level 1

For children ages 5 and over. Children must be at least 5 years old on or before the first day of the session.

Level 1 introduces basic aquatic skills, which will be built upon as your child progresses through the Learn-to-Swim levels. Children start developing positive attitudes and safe practices around the water. Skills taught in this level overlap with skills taught in Preschool levels 1 & 2.

No prerequisite skills are required for this class.

Learn-To-Swim Level 2

For children ages 5 and over. Children must be at least 5 years old on or before the first day of the session.

This level builds on the skills learned in level 1. Participants will learn to glide and float without support, further develop arm and leg actions on the front and back and lay a foundation for future strokes. Prerequisite skills: demonstrate completion requirements of Level 1.

Learn-To-Swim Level 3

For children ages 5 and over. Children must be at least 5 years old on or before the first day of the session.

Level 3 participants learn and practice front crawl with side breathing, elementary backstroke, back crawl, scissor and dolphin kicks, treading water, and headfirst entries. Participants who successfully complete this level are considered to have achieved basic water competency in a pool environment.

Prerequisite skills: demonstrate completion requirements of Level 2.

Learn-To-Swim Level 4

For children ages 5 and over. Children must be at least 5 years old on or before the first day of the session.

Participants refine performance of all six strokes, work to increase endurance, and learn flip turns on the front and back. Prerequisite skills: demonstrate completion requirements of Level 3.

Learn-To-Swim Level 5

For children ages 5 and over. Children must be at least 5 years old on or before the first day of the session.

Level 5 participants refine the performance of all six strokes, work to increase endurance, and learn diving techniques.

Prerequisite skills: demonstrate completion requirements of Level 4.