**LEARN-TO-SWIM | REGISTRATION**

Classes held Monday thru Friday. Schedules subject to change. For updates and more information, visit the Campus Rec office or website at mtsu.edu/camprec/aquatics

<table>
<thead>
<tr>
<th></th>
<th>PCA</th>
<th>PCA 2</th>
<th>PRE</th>
<th>PRE 2</th>
<th>LTS</th>
<th>LTS 2</th>
<th>LTS 3</th>
<th>LTS 4-6</th>
<th>Adult Swim**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 10–21</td>
<td>3-3.30pm</td>
<td>3-3.30pm</td>
<td>4-4.50pm</td>
<td>4-4.50pm</td>
<td>6-6.50pm</td>
<td>6-6.50pm</td>
<td>6-6.50pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 16–29</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 30–April 16</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 12–22</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>May 26–June 5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 8–19</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>June 22–July 3</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 6–17</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 20–31</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sept. 16–26</td>
<td></td>
<td></td>
<td>1–3.30pm</td>
<td></td>
<td>4-4.50pm</td>
<td>4-4.50pm</td>
<td>6-6.50pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oct. 19–26</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OTHER SCHEDULES**

Indoor pool opens during semesters, varying with University holidays and academic breaks. Outdoor pool opens in May. Check our website at mtsu.edu/camprec/hours for pool schedules and updated availability. All classes are subject to change.

**How to Register**

Visit the Campus Rec office between 7:30am. and 5pm. Monday–Friday or visit our website at mtsu.edu/camprec/aquatics to register and pay.

**Parking Permits**

MTSU requires a parking permit for all vehicles on campus. Bring your license plate number with you when you come to register (or before your first session) and you will be issued a temporary parking permit for the length of your course.

**Questions?**

Call us at 615.981.2104 or visit mtsu.edu/camprec/aquatics

---

**AQUATICS**

**LEARN-TO-SWIM**

**AQUATIC SAFETY**

**AQUATIC RECREATION**

---

**Classes held Monday thru Friday. Schedules subject to change.**

---

**Adult Swim**

---

**Kayak Skills Clinic**

Wed. 6–8pm

---

Excel Swim Team

Mon.–Fri. 4–7pm

---

STAC Swim Team

Mon.–Fri. 3:30–6:30pm

Sat. 9:30–11pm

---

Swim Xpress Class

June 3–8, 11–16, 19–24, 27–32

Summer only

July 6–11, 13–17, 20–24, 27–31

---

Middle Tennessee State University does not discriminate against students, employees, or applicants for admission or employment on the basis of race, color, religion, creed, national origin, sex, sexual orientation, gender identity/expression, disability, age, status as a protected veteran, genetic information, or any other legally protected class with respect to all employment, programs, and activities sponsored by MTSU. The Assistant to the President for Institutional Equity and Compliance has been designated to handle inquiries regarding the non-discrimination policies and can be reached at Cope Administration Building 116, 1301 East Main Street, Murfreesboro, TN 37132; Marian.Wilson@mtsu.edu; or 615-898-2185. The MTSU policy on non-discrimination can be found at mtsu.edu/iec.
Learn-to-Swim Program

Our Learn-to-Swim program is unique compared to other learn-to-swim programs. Participants range in age from children over 6 months up to adults. Students progress through the levels at their own pace, mastering the skills at their own level before advancing to the next.

AQUATIC SAFETY | CERTIFICATION COURSES

Tide water safety is critical and certification from the American Red Cross (ARC) designed to help. The American Red Cross (ARC) designed

Aqua Courses

All ARC courses taught are blended learning courses (combination of classroom, pool, and online teaching).

Certifications are valid for two years. Courses include Lifeguard Training (LFD) and First Aid and Health Care Provider.

The in-water lesson is 2 hours long and includes the following:

1. Review
2. Full Course

Participants must successfully complete a prerequisite skills test, written test, in-water skills and skill test. Age requirements are 15 years old for Lifeguard courses and 17 years old for the Lifeguard Training program. Certifications are valid for two years.

Level 2: Fundamental Aquatic Skills

Level 2: Aquatic Skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Level 1: Introduction to Water Skills

Learning the Basics

Improving Skills and Swimming Strokes

Swimming for Fitness

Private lessons are for those seeking one-on-one swimming instruction. Private lessons are held in a small group setting.

Lifeguard Instructor

Certifies individuals to teach the American Red Cross Lifeguard Training Certification courses outlined above.

Level 3: Stroke Improvement

Provides further coordination and refinement of stroke techniques. Participants will gain a better understanding of the proper body position and timing of the strokes.

Level 4: Stroke Improvement

Builds on skills in Level 2 and includes deep-water entry, tuck and pike surface dives, and front and back flip turn while swimming.

Level 5: Swimming and Skill Proficiency

Level 6: Swimming and Skill Proficiency

Leaves the pool and online. Training equipment such as kick boards, pull buoys, hand paddles, bar and buoy, and belief in the buoyancy of water.

Outdoor Pool

The outdoor pool has free floats and measures 25 yards by 50 feet. The zero-depth entry allows the pool accessible to everyone. The pool is usually open May through Labor Day. Check the posted schedule online or at the pool.

Swim Xpress Competitive Skills Class

This course teaches swim coaches and other aquatic professionals how to help maintain a comfortable and safe environment for swimmers. Age requirement is 15 years for professional and volunteer swim coaches. Pack of six sessions:

Swimming for Fitness

For 6-year-olds to teens.

Level 6: Swimming and Skill Proficiency

Builds upon the skills learned in Level 1 and includes basic swimming skills, diving, and entry. Trend scores (elementary backstroke, breaststroke, sidestroke, and butterfly).

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.

Swimming for Fitness

Basic skills of buoyancy on front and back, developing a kick and building confidence in the water. Participants are introduced to the kicking and buoyancy skills they will need in Level 1. Students will develop their swimming skills and become more comfortable in the water.