



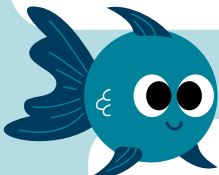
SWIM LESSONS



WINTER TERM

PRESCHOOL, YOUTH,
PRIVATE AND SEMI-PRIVATE

A RED CROSS SWIM PROGRAM



PRICES

OSU STUDENTS &
REC SPORTS MEMBERS

Starts at \$49

GENERAL PUBLIC

Starts at \$89

OSU COMMUNITY

Starts at \$79



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Oregon State
University

PRE-SCHOOL SWIM LESSONS

Swim lessons for children aged 3-6 focus on water safety, building confidence and introducing foundational techniques such as floating, kicking and basic strokes, all within a supportive environment.

YOUTH SWIM LESSONS

These swim lessons aim to equip participants aged 6-14 with the skills and knowledge to develop various swimming techniques and general water safety. Key skills include combining arm and leg movements, rotary breathing and performing flip turns.

GROUP SWIM LESSONS

Preschool:

- Session 1 (5:30-6 p.m.)
 - Mon/Wed, Jan. 13-Feb. 10 (no class Jan. 20)
 - Tue/Thu, Jan. 14-Feb. 6
- Session 2 (5:30-6 p.m.)
 - Mon/Wed, Feb. 17-March 12
 - Tue/Thu, Feb. 18-March 13
- 8 Week Session (3:30-4 p.m.)
 - Sundays, Jan. 12-March 9 (no class Jan. 19)

Youth

- Session 1 (6:10-6:50 p.m.)
 - Mon/Wed, Jan. 13-Feb. 10 (no class Jan. 20)
 - Tue/Thu, Jan. 14-Feb. 11 (no class Jan. 30)
- Session 2 (6:10-6:50 p.m.)
 - Mon/Wed, Feb. 17-March 12
 - Tue/Thu, Feb. 18-March 18 (no class Feb. 20)
- 8 Week Session (4:10-4:50 p.m.)
 - Sundays, Jan. 12-March 9 (no class Jan. 19)

PRIVATE LESSONS

1 instructor, 1 swimmer

SEMI-PRIVATE LESSONS

1 instructor, 2 swimmers

- **Levels:** American Red Cross 1-6
- **Age Range:** 3-14 Years old.
- **Scheduling:** Swimmers must book an initial appointment for their first lesson and a follow-up appointment for future lessons.

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Accommodations for disabilities may be made by contacting recsports.accommodation@oregonstate.edu or 541-737-6766.