



Active Terps Live Well



DIVISION OF
STUDENT AFFAIRS
UNIVERSITY RECREATION & WELLNESS

Group Class Pricing

	UMD Student/ RecWell Member	Non-Member/ Community
Group Classes	\$66.00/session	\$82.50/session

*Note the individual registering for lessons must be the member in order to receive member pricing.

Group Class Descriptions

Class Type	Class Description
Parent & Tot (ages 6 months - 3 years) Class length- 30 minutes Class size- 10 Parent participation required	This class is designed to introduce infants & toddlers to the joys of swimming. Parents learn water adjustment techniques to help orient their child to water including bubble blowing and underwater exploration. Infants & toddlers will be encouraged to blow bubbles, play with water toys, float on front and back, and experience reaching and kicking, later leading to proper stroke development.
Preschool (ages 2.5 - 3.5 years) Class length- 30 minutes Class size - 4 Parent participation is not permitted	This class is designed for toddlers who are independent and ready to explore the water. Skills taught include bubble blowing, supported front and back kick, supported arms on front and back, supported front and back glide, and water safety.
Preschool (ages 3.5 - 5 years) Class length- 30 - 40 minutes Class size- 4 Parent participation is not permitted	This class is designed for young children to learn water adjustment and water exploration. Skills taught include bubble blowing, supported front and back kick, supported arms on front and back, supported front and back glide, and water safety.
Level 1- Introduction to Water Skills (ages 3.5 - 8 years) Class length- 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed to allow children to become more comfortable with the water. Skills taught include supported float, supported kicking, supported arm movement and basic personal water safety.
Level 2- Fundamental Aquatic Skills (ages 5 - 11 years) Class length- 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed for children who are comfortable in the water and ready to build on skills learned in Level 1. Skills taught include unsupported kicking, floating and arm movement on front, treading water and finning.



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Level 3- Stroke Development (ages 6 - 12 years) Class length- 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed to provide additional guided practice to help students coordinate front crawl and elementary backstroke. Skills taught include front crawl, elementary backstroke and to introduce the dolphin kick, scissor kick and diving
Level 4- Stroke Improvement (ages 6.5 - 13 years) Class length- 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed to place emphasis on stroke development and increasing endurance. Skills taught include front and back crawl, elementary backstroke, butterfly and introduction of breaststroke.
Level 5- Stroke Refinement (ages 8 - 14 years) Class length- 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed to increase endurance, coordination and refinement of strokes. Skills taught include open turns and flip turns and breaststroke.
Level 6- Skill Proficiency (ages 8 -14 years) Class length - 40 minutes Class size- 6 Parent participation is not permitted.	This class is designed to further refine strokes so students may swim with more ease, efficiency and power over longer distances. Students will learn how to use training equipment like fins and hand paddles.
Beginner Adult- Introduction to Aquatic Skills (ages 15+ years) Class length- 40 minutes Class size- 10	This class is designed for beginners who want to be comfortable in and around the aquatic environment. Skills presented include front and back floats, breath control, rhythmic breathing, front and back crawl and elementary backstroke.
Intermediate Adult- Fundamental Aquatic Skill & Stroke Development (ages 15+ years) Class length- 40 minutes Class size- 10	This class is designed to build on the skills of the Beginner Adult course. Participants will learn breaststroke and butterfly while refining the front and back crawl.