

SUMMER 2022 SWIM LESSONS

SUMMER SWIM LESSON SESSION DATES

Session	Start Date	End Date	Lesson in Session
1	June 6	June 9	4 (Mon-Thurs)
2	June 13	June 16	4 (Mon-Thurs)
3	June 20	June 23	4 (Mon-Thurs)
4	June 27	June 30	4 (Mon-Thurs) <i>No afternoon classes</i>
5	July 11	July 14	4 (Mon-Thurs)
6	July 18	July 21	4 (Mon-Thurs)
7	August 1	August 4	4 (Mon-Thurs)

SUMMER SWIM LESSON SCHEDULE

Time	Classes Offered		
11am-11:30am	Parent Child	Preschool Level 1-3	Preschool Level 1-3
11am-11:45am	School Age Level 1-3	School Age Level 1-3	School Age Level 1-3
11:45am-12:30pm	School Age Level 1-3	School Age Level 1-3	School Age Level 4-6
12:00pm-12:30pm	Preschool Level 1-3	Preschool Level 1-3	n/a
5:00pm-5:30pm	Parent Child	Preschool Level 1-3	Preschool Level 1-3
5:00pm-5:45pm	School Age Level 1-3	School Age Level 1-3	School Age Level 1-3
5:45pm-6:30pm	School Age Level 1-3	School Age Level 4-6	Adult
6:00pm-6:30pm	Parent Child	Preschool Level 1-3	Preschool Level 1-3

LESSONS FOR CHILDREN OF ALL AGES

ALSO OFFERING ADULT FUNDAMENTALS AND FITNESS LESSONS

Learn to Swim Levels and Descriptions

Parent Child Lessons (Ages 6 Months - 3 Years / Ratio 1:10)	
Parent & Child	Orients children to the water and prepares them for Preschool lessons
Preschool Lessons (Ages 3 - 5 Years / Ratio 1:5)	
Preschool Level 1	Orients children to a pool environment and teaches them the basic skills
Preschool Level 2	Builds upon skills learned in Level 1 to gain more comfort and independence
Preschool Level 3	Helps children start to gain basic swimming propulsive skills
School Age Lessons (Ages 6 - 12 years / Ratio 1:6)	
Level 1: Introduction to Water Skills	Children will learn how to feel comfortable in the water and safely enjoy it.
Level 2: Fundamentals of Aquatic Skills	Children will learn basic swimming skills.
Level 3: Stroke Development	Additional guided practice will help students improve their skills.
Level 4: Stroke Improvement	Children will gain confidence, improve stroke and gain additional aquatic skills.
Level 5: Stroke Refinement	Children will refine strokes and become more efficient swimmers.
Level 6: Swimming and Skill Proficiency	Children will learn ease, efficiency, and how to swim smoothly for endurance.
Adults Lessons (Ages 12+ / Ratio 1:8)	
Adult: Fundamentals	Adults will learn basic swimming strokes and skills needed for safety.
Adult: Fitness	Adults will learn to refine their basic strokes and turns to build endurance.

GROUP SWIM LESSON PRICING INFORMATION

UT Member (Student/Employee)	Guest	Parking Pass (Good for 1 month)
\$25.00	\$35.00	\$40.00

PRIVATE SWIM LESSON PRICING INFORMATION

UT Member (Student/Employee)	Non-Member
\$105.00	\$125.00



For more information (such as times, locations, and to help decide which class is best for you and your child) visit <https://recsports.utk.edu/aquatics/swim-lessons/> or call 865-974-5167.