

Group Lessons Registration 2017

Registration online:

You can ONLY pay with CREDIT CARD registering online

1. Search in google: Shop campus rec
 - a. It will be your first option to choose from it will say: Welcome to Campus Recreation - Valdosta State University.
2. Click: shop campus rec
3. Click: shop campus rec again (a different webpage)
4. Click: programs
 - a. On the left side panel choose aquatics.
 - b. From here you are able to choose: morning or afternoon sessions
 - c. Choose a lesson
5. Create a fusion account
 - a. To register for a swim lesson you will need to create a fusion account.
 - b. If they are a VSU student they are able to use their MYVSU account.
 - c. If they do not have an MYVSU account they must create a fusion account.
6. Pay for the lesson
 - a. Once an account is created they will be able to pay for their lesson

Registration at the Rec:

able to pay using CASH, CHECK, or FLEX

- See if Katie (TL of Swim Lessons) is in the office to help assist with registration
1. Click Registration
 - a. Make sure aquatics is picked
 2. Search name in fusion
 - a. If they do not have a fusion account fill out information to create one.
 3. Choosing a session
 - a. Which session?
 - b. Morning or afternoon?
 - c. Pick a level: hand them the level form so they know which level to choose for their child.
 4. Pay for the lesson

Group Lesson Level Description

Ages:

Parent and Tot: 6 months-3 years old

Preschool: ages 3-5

Grade School: ages 6-11

Adult: 18+

Class Description:

Beginner:

Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

Intermediate:

Swimmers will work on: independent front and back floating , independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

Advance:

Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

Parent Tot:

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

Adult:

Adults overcome their fear of the water and to learn the basic skills to achieve a minimum level of water competency and comfort.

Group Lesson Times:

Morning: 9am-11:30am

9am-9:30am

- PS & GS Beginner

9:40am-10:10am

- PS & GS Intermediate

10:20am-10:50am

- PS Beginner & GS Advance

11am-11:30am

- GS Beginner & Parent tot

Afternoon: 12pm-2pm

12pm-12:30pm

- PS & GS Beginner

12:40pm-1:10pm

- PS & GS Intermediate

1:20pm-1:50pm

- PS Beginner & GS Advance

2pm-2:30pm

- GS Beginner & Parent tot

**PS= Preschool

**GS= Grade School