

# AQUATICS

LEARN TO SWIM  
AQUATIC SAFETY  
AQUATIC RECREATION

# 2019



**MT** *Campus Recreation*

MIDDLE TENNESSEE STATE UNIVERSITY

## LEARN TO SWIM



### American Red Cross Learn-to-Swim Program

Join the Learn-to-Swim program for everyone 6 months to 99+ years!

Starting at 6 months, we offer two levels of parent and child aquatics and three levels of preschool aquatics. Six levels of Red Cross Learn-to-Swim courses and three levels of teen and adult swim classes are offered. Other American Red Cross courses include Water Safety Instructor, Lifeguard Instructor, Lifeguard Training, and Safety Training for Swim Coaches.

**Parent and Child Aquatics** Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills. The two levels are fun filled and help introduce water safety concepts, encouraging a healthy recreational habit. See [mtsu.edu/camprec/aquatics/lessons.php](https://mtsu.edu/camprec/aquatics/lessons.php) for full level descriptions.

#### PCA (Parent and Child Aquatics) Level 1, for children 6 months to 3 years

Basic skills of buoyancy on front and back, entries and exits, and submersions are taught to parents and children to help orient them to the water and to help them develop a level of comfort in the water.

#### PCA (Parent and Child Aquatics) Level 2, for children 6 months to 3 years

Builds upon the skills learned in Level 1 and provides experiences and activities to develop advanced skills without support from parents.

#### Preschool Aquatics (approximately 4–5 years old)

Throughout the three levels, preschool-age children are taught basic aquatic safety and progressive swimming skills, while increasing their comfort level in and around the water with age-appropriate skills. See [mtsu.edu/camprec/aquatics/lessons.php](https://mtsu.edu/camprec/aquatics/lessons.php) for full level descriptions.

#### Preschool Aquatics Level 1

Orients children to the aquatic environment and helps them gain basic aquatic skills.

#### Preschool Aquatics Level 2

Helps children gain greater independence in their skills and develop more comfort in and around the water.

#### Preschool Aquatics Level 3

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Learn-to-Swim (children approximately 6 years to teens)** Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival, and swim skills. See [mtsu.edu/camprec/aquatics/lessons.php](https://mtsu.edu/camprec/aquatics/lessons.php) for full level descriptions.

#### Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water and includes skills such as entry/exit, floating, supported gliding, and basic water safety rules.

#### Level 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills including breath holding, retrieving objects, combined stroke, front and back floating with minimal support, and personal safety and rescue skills.

#### Level 3: Stroke Development

Builds on skills in Level 2 and includes deep water skills, diving from a kneeling position, back and survival floats, tread water, and flutter and dolphin kicks (no support).

#### Level 4: Stroke improvement

Develops confidence in skills learned and improves other aquatic skills such as swimming underwater and various strokes (elementary backstroke, breaststroke, sidestroke, and butterfly).

#### Level 5: Stroke Refinement

Provides further coordination and refinement of strokes. Includes skills such as sculling, stride jump entry, tuck and pike surface dives, front and back flip turns while swimming.

#### Level 6: Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses. Options include Fitness Swimming, Personal Water Safety, and Fundamentals of Diving.

#### Adult Swim (teens through adults)

American Red Cross Adult Swim is intended for teens and adults who wish to improve their aquatic knowledge and skills. There are three (3) Adult Swim courses offered: Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness. See [mtsu.edu/camprec/aquatics/lessons.php](https://mtsu.edu/camprec/aquatics/lessons.php) for full descriptions.

**Refund notice:** 100% 14 days before class, 50% 8–13 days before class, no refund one week before class.

Fees	Students	MTSU Employees	Guests
PCA Class Lessons 30-min.	\$35	\$45	\$55
Swim Lessons 50-min.	\$65	\$75	\$85
Private Lessons 30-min.	\$30	\$35	\$35

## AQUATIC SAFETY



### American Red Cross Lifeguarding courses and Basic Safety Training Courses

All ARC Lifeguarding courses and instructor courses taught are Blended Learning Courses (combination of classroom, pool, and online teaching). Blended Learning includes hours online. Participants must successfully complete a prerequisite skills test, a written test, and a skills test. Age requirements are age 15 for lifeguard courses and age 17 for instructor courses on or before the last day of class.

ARC Lifeguard Training Course*+	21 hours, 55 minutes + 7 hours online
ARC Waterfront Lifeguard Course*+	5 hours, 45 minutes + Lifeguarding Course
ARC Water Park Lifeguard Course*+	3 hours, 45 minutes + Lifeguarding Course
Shallow Water Attendant	19 hours, 35 minutes + 7 hours online
ARC Lifeguard Instructor Course (Blended Learning)	21 hours, 05 minutes + 2 hours online
ARC Blended Learning WSI	23 hours, 30 minutes + 7 hours online

\*Includes updated CPR/AED and First Aid for the Professional Rescuer and Health Care Provider.

+Includes ARC Lifeguard Training

## Water Safety Instructor Training

Program teaches skill progressions, course and lesson planning, how to recognize common skill errors and provide corrective feedback. Participants will also be taught motor learning, hydrodynamic principles, and be trained in cultural diversity, fitness training, and various disabilities. **Blended Learning** (combination of classroom, pool, and online teaching): 23 hours, 30 minutes on-site + 7 hours online.

## Lifeguard Management

Trains individuals to recruit, train, and support effective lifeguard teams. Online only ([redcross.org/courses/index](http://redcross.org/courses/index)). 3.5 hours. No prerequisites.

## Lifeguard Instructor (includes e-learning)

Certifies individuals to teach the American Red Cross Lifeguard Training courses outlined above. 21 hours, 55 min. + 7 hours online.

## Safety Training for Swim Coaches

This course teaches swim coaches and other aquatic professionals how to help maintain a comfortable and safe environment for swimmers. Two options:

- (1) Blended Learning (combination of classroom, pool, and online teaching) **Instructor-led** course: 6 hours. \$40
- (2) **Online Course**, 3 hours + in-water session, 3 hours. \$20

## Basic Water Rescue

Ideal for public safety personnel, parents and camp staff, this course provides participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. (4 hours) \$60

Fees	Students	MTSU Employees	Guests
Water Safety Instructor Course	\$170	\$175	\$180
Lifeguard Instructor Course	\$170	\$180	\$185
Lifeguard Training Course	\$165	\$175	\$185
Lifeguard Training Review	\$120	\$120	\$125
Class Options for CPR/AED for CPRO			
(1) Full Course	\$125	\$130	\$135
(1) Review	\$110	\$115	\$120
(1) Challenge	\$100	\$105	\$110

## AQUATIC RECREATION



Water is reenergizing, restorative, and promotes health and wellness. Submersion in water feels good and is good for your body! We offer a wide variety of activities in our pools.

### Indoor Pool

The indoor pool is 33 meters x 25 yards (108' x 75') and more than 8,000 square feet! Pool depth ranges from 3.5' to 13' with approximately 425,000 gallons of water for you to enjoy. An accessibility ramp, step entrance, and 90-foot water slide are at the shallow end. At the deep end, there is a one-meter diving board.

**Open Swim.** The pool is open for water activity of choice, depending on available space in the pool area.

#### Guidelines for areas of the pool open:

- One (1) lifeguard on duty = 1/3 of pool open
- Two (2) lifeguards on duty = 2/3 of pool open
- Three (3) lifeguards on duty = All of pool open

**Lap Swimming.** Check the posted pool schedule at the pool and online. Training equipment such as kickboards, pull buoys, hand paddles, bar buoys, and buoy belts are available for use.

**H2O Fit.** Shallow water classes are offered 5:00–6:00 p.m. Tuesday and Thursday. Water exercise has many health benefits over land-based exercise. Adding the use of equipment may increase resistance to the water and provide benefits similar to weightlifting. Instructors will lead you through a great workout.

## Swim Across Tennessee

Swim-Across-Tennessee (SAT) allows participants to set goals and visually assess how much effort they have put into their workouts. Progress across the state of Tennessee is charted on a display map starting at Memphis and ending in the Tri-Cities area. Participants may document their mileage/time by going to [mtsu.edu/camprec/sat](http://mtsu.edu/camprec/sat) and following the instructions. After each 100-mile trek is accomplished, participants earn a free t-shirt.

## Aquatic Exercise Classes

Classes are offered on Tuesdays and Thursdays:

- **Fast Break** (semesters only) 12:00–12:30 p.m. Challenging Metabolic Workout. Exercise Intervals of moderate/vigorous
- **Aquatic Mix** (summer only) 5:00–6:00 p.m. Moderate Intensity with some vigorous intensity.

Both classes are meeting “The Physical Activity Guidelines for Americans” set up by the American Medical Association

## Swim X-Press – Summer Program

Competitive skills program for ages 8–14 with focus on stroke techniques, swim drills, and dry-land conditioning.

## Basic Diving

The ARC Fundamentals of Diving Level VI course teaches basic diving with emphasizes on springboard techniques Swim times TBD.

## Outdoor Pool

The outdoor pool has five fountains and measures 25 yards x 50 feet with a 0–5 foot depth. The zero-level entry makes the pool accessible to everyone. The pool is usually open May through Labor Day. Check the schedule posted at the pool and online.

## Sundeck and Volleyball

Adjacent to the outdoor pool is a beautiful sundeck. Three outdoor lawn volleyball courts are available. With the outdoor pool close by, it's the next best thing to the beach!

## Special Events

Our pools are used year-round for special events, group rentals, and birthday parties. Lane rental is \$12 per lane. Pool-rental rates vary according to group size and requested time. Call our office to reserve space for your event.

## HOW TO REGISTER

Visit the Campus Rec office between 7:30 a.m. and 5:00 p.m. Monday through Friday to register, or visit our website ([mtsu.edu/camprec/aquatics](http://mtsu.edu/camprec/aquatics)) to register. Credit cards accepted.

## PARKING PERMITS

MTSU requires a parking permit for all vehicles on campus. Bring your license plate number with you when you come to register and you will be issued a temporary parking permit for the length of your activity.

**QUESTIONS? Call us at 615-898-2104 or visit [mtsu.edu/camprec/aquatics](http://mtsu.edu/camprec/aquatics).**



# Get in the water! Get to the Rec!

Level descriptions and times subject to change.

## 2019 Aquatic Red Cross Brochure ARC Course Listings, ARC Swim Classes

**Dates:** February 4–15, March 11–22, April 1–12

Course Level	Class Meets	Time
Parent Child Level 1 (ages 6–36 months)	Monday–Friday	3:00–3:30 p.m.
Parent Child Level 2 (ages 6–36 months)	Monday–Friday	3:30–4:00 p.m.
Preschool Level 1–3 (ages 3–5 years)	Monday–Friday	4:00–4:50 p.m.
LTS Levels 1, 2, and 3	Monday–Friday	4:00–4:50 p.m.
LTS Levels 4, 5, and 6 (PWS/F.I.T.)	Monday–Friday	6:30–7:20 p.m.
Adult Beginner/Intermediate/Advanced	Monday–Friday	6:30–7:20 p.m.

**Dates:** May 6–17, May 20–May 31, June 3–14, June 17– June 28, July 1–12, July 15–26

Course Level	Class Meets	Mornings	Afternoons	Evenings
Parent Child Aquatics Level 1 (ages 6–36 months)	Monday–Friday	9:00–9:30 a.m.	4:00–4:30 p.m.	
Parent Child Aquatics Level 2 (ages 6–36 months)	Monday–Friday	9:30–10:00 a.m.	4:30–5:00 p.m.	
Preschool Level 1 (ages 3–5 years)	Monday–Friday	9:00–9:50 a.m.	4:00–4:50 p.m.	6:00–6:50 p.m.
Preschool Level 2 (ages 3–5 years)	Monday–Friday	9:00–9:50 a.m.	4:00–4:50 p.m.	6:00–6:50 p.m.
Preschool Level 3 (ages 3–5 years)	Monday–Friday	9:00–9:50 a.m.	4:00–4:50 p.m.	6:00–6:50 p.m.
LTS Levels 1, 2, and 3	Monday–Friday	9:00–9:50 a.m.	5:00–5:50 p.m.	
LTS Levels 4, 5, and 6 (PWS/F.I.T.)	Monday–Friday	10:00–10:50 a.m.		6:00–6:50 p.m.
Adult Beginner/ Intermediate/Advanced	Monday–Friday	11:00–11:50 a.m.		6:00–6:50 p.m.

**Dates:** September 19–20, September 30–October 11

Course Level	Class Meets	Time
Preschool Level 1–3 (ages 3–5 years)	Monday–Friday	3:00–5:50 p.m.
LTS Levels 1, 2, and 3	Monday–Friday	4:00–4:50 p.m.
LTS Levels 4, 5, and 6 (PWS/F.I.T.)	Monday–Friday	4:00–4:50 p.m.
Adult Beginner/Intermediate/Advanced	Monday–Friday	6:30–7:20 p.m.

## Indoor Pool Schedule

(Fall and spring hours vary with University holidays and academic breaks.)

### Weekday Schedule

6:00 a.m.–8:30 a.m.	Open Swim
8:00 a.m.–12:00 p.m.	Closed/Aquatic Programming Howard's Hope
12:00 a.m.–4:00 p.m.	Open Swim
4:00 p.m.–6:30 p.m.	Closed/Aquatic Programming
6:30 p.m.–7:30 p.m.	Limited Open Swim/Tues. Only

### Weekend Schedule

Saturday 9:00 a.m.–5:00 p.m.	Open Swim/Swim Teams
Sunday 12:00 p.m.–5:00 p.m.	Open Swim

### Summer

Indoor pool hours are the same except that the pool opens when the facility opens and remains open 8:30–11:30 a.m.

Outdoor pool: Opens in May. Please check our website for opening day and pool hours.

### Springboard Diving

June and July TBD

### Kayak Roll Clinic

School Year–Wednesday 6:30–8:30 p.m.

### Swim X-PRESS

(Competitive training program for ages 8–14)

June 4–7, 10–14, 17–21, 24–28  
July 8–12, 15–19, 22–26

### Scuba - TBD.

### Xcel Swim Team (Semester Schedule)

Monday–Friday 4:00–7:30 p.m.

### STAC Swim Team (Semester Schedule)

Monday–Friday, 3:30–6:30 p.m.  
Saturday, 9:30–11:00 a.m.

### Speed Boats (Semester Schedule)

Monday and Thursday, 6:30–7:30 p.m.

### MTSU Master's Swim Club

TBD

NOTE: All classes are subject to change. Please check updated availability.

## Aquatic Safety 2019 Schedule

### ARC Lifeguard Instructor Class, February 10, 12, 14, 17, 19

February 10 and 17, 12:00–6:30 p.m.; February 12, 14, and 19, 5:00–9:15 p.m.

### ARC Lifeguard Course (Blended Learning)

March 17, 12:00–5:00 p.m.; March 18 and 20, 6:00–9:00 p.m.; March 22, 4:00–9:00 p.m.;  
March 23, 2:00–7:00 p.m.; March 30 and 31, 12:00–6:00 p.m.  
April 2 and 4, 5:30–9:00 p.m.; April 6, 12:00–6:00 p.m.

### ARC Lifeguard Course (Blended Learning)

May 3, 5:00–9:00 p.m.; May 4 and 9, 10:00–5:00 p.m.; May 5, 12:30–5:30;  
May 10, 1:00–6:00 p.m.

### ARC Water Safety Instructor Class (Blended Learning)

March 15, 19, and 21, 5:00–9:15 p.m.; March 17 and 24, 12:00–6:30 p.m.  
May 2, 7, and 9, 4:00–9:00 p.m.; May 5, 12:00–6:30 p.m.; May 12, 2:00–5:30 p.m.

Additional safety modules are available. For more information, check in the office or online at [mtsu.edu/camprec/aquatics](http://mtsu.edu/camprec/aquatics).

## Water Exercise Classes 2019 Schedule

Fast Break	Tuesday and Thursday	12:00–12:30 p.m.
February 5–28	May–No Classes	August–No Classes
March 12–28	June–No Classes	September 3–26
April 2–25	July–No Classes	October 1–29
<b>Aquatic MIX</b>		
May 7–30	June 4–27	July 2–30 (No Class on July 4)
		August–No Classes

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