in the Wellness/Recreation Center pools, which consist of an eight-lane 25-yard lap pool, a leisure pool, and a spa. Aquatics programs range from Paddling Panthers swimming lessons and American Red Cross Lifeguarding and Water Safety courses to adult swim lessons, water aerobics, and lap and recreational swimming.

**Paddling Panthers**

Session 1: January 28 – April 1

Saturdays

9:15am, 10:15am, 11:15am

Levels offered:

Parent/Child, Preschool, Levels 1-6

*Lessons will not occur on: March 11 & March 18

Session 2: January 31 – February 23

Tuesdays and Thursdays

5:30pm, 6:15pm

Levels offered:

Parent/Child, Preschool, Levels 1-4

Session 3: March 21 – April 13

Tuesdays and Thursdays

5:30pm, 6:15pm

Levels offered:

Parent/Child, Preschool, Levels 1-4

Paddling Panthers swim lessons include all levels of the American Red Cross Learn-to-Swim Program. Lessons are held in the WRC natatorium and are taught by American Red Cross-certified Water Safety Instructors. All sessions are comprised of eight lessons. Each lesson is 40 minutes with the exception of Parent/Child and Preschool, which are 30 minutes. All participants in this program will be assessed on the first day of class to ensure proper class level enrollment. Lessons are available to family members of UNI students, faculty, staff, and alumni.

**Private Lessons**

Private lessons may be taken at any skill level. These lessons are separate from group lessons, are offered any time the WRC is open for open rec hours, and are based on instructor availability. There is a one participant to one instructor ratio. Lessons are 30 minutes long. Students must be at least three years old to enroll. Please contact us at swimlessons@uni.edu for more information concerning private lessons.

**Adult Lessons**

April 3 – April 26

Mondays and Wednesdays

6:10pm – 6:55pm

Leisure Pool

A small personalized class for people of all abilities who want to learn basic swimming skills or for those looking to become more comfortable in the water. This class also offers an environment for students preparing their swimming skills for a lifeguarding or water safety instructor course.

**Registration**

To register or view registration policies and swim level information, visit recreation.uni.edu/aquatics.

**Questions? Contact me!**

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