Paddling Panthers

**Session 1:** January 27th – April 6th
Saturdays
9:15am, 10:15am, 11:15am
Levels offered:
Parent/Child, Preschool, Levels 1-6
*Lessons will not occur on: March 9th, 16th, & 30th

**Session 2:** March 19th – April 11th
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 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 1st – April 24th
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.

Questions? Contact Us!
Ella Hilbrant & Emily McNamara
Swim Lessons & Certifications
Program Assistants
(319) 273-7263
swimlessons@uni.edu

**Fees**

**Registration**

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

**Location**

Paddling Panthers
Private Lessons
Adult Lessons

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.