MAKE WAVES

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 GROUP FEES

<table>
<thead>
<tr>
<th></th>
<th>UNI Students, Staff, Faculty, &amp; WRC Paid Users</th>
<th>UNI Alumni</th>
</tr>
</thead>
<tbody>
<tr>
<td>One child</td>
<td>$50/session</td>
<td>$50/session</td>
</tr>
<tr>
<td>Two children</td>
<td>$100/session</td>
<td>$100/session</td>
</tr>
</tbody>
</table>

PRIVATE LESSON FEES

<table>
<thead>
<tr>
<th></th>
<th>UNI Students, Staff, Faculty, &amp; WRC Paid Users</th>
<th>UNI Alumni</th>
</tr>
</thead>
<tbody>
<tr>
<td>One 30-minute lesson</td>
<td>$16</td>
<td>$16</td>
</tr>
<tr>
<td>Two separate back-to-back 30-minute lessons</td>
<td>$26</td>
<td>$26</td>
</tr>
</tbody>
</table>

ADULT SWIM LESSONS

<table>
<thead>
<tr>
<th></th>
<th>UNI Student</th>
<th>Non-UNI Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>One child</td>
<td>$40</td>
<td>$50</td>
</tr>
</tbody>
</table>

MAKE WAVES

Paddling Panthers

Session 1: September 25 – November 13
Saturdays
9:15am, 10:15am, 11:15am
Parent/Child, Preschool, Levels 1-6

Session 2: October 5 – October 28
Tuesdays and Thursdays
5:45pm, 6:30pm
Levels offered:
Parent/Child, Preschool, Levels 1-3

Session 3: Mar. 20 – Apr. 12
Tuesdays and Thursdays
5:30pm, 6:15pm
Levels offered:
Parent/Child, Preschool, Levels 1-3

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

October 11 – November 3
Mondays and Wednesdays
6:30pm – 7:30pm
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!
Madeline Ludwig,
Swim Lessons &
Certifications
Program Assistant
(319) 273-7263
swimlessons@uni.edu
recreation/uni.edu/aquatics

UNI University of Northern Iowa.
Recreation Services