



# BUCKNELL SWIMMING & DIVING SPRING LESSONS & CLINIC PROGRAM

March 24<sup>th</sup> – April 28<sup>th</sup> at KINNEY NATATORIUM

**Swim lessons:** We will be offering 3 levels of lessons on the following Saturday mornings and Monday evenings:

**Saturdays:** March 24<sup>th</sup>, March 31<sup>st</sup>, April 21<sup>st</sup>, April 28<sup>th</sup>      **Mondays:** March 26<sup>th</sup>, April 2<sup>nd</sup>, April 9<sup>th</sup>, April 16<sup>th</sup>, April 23<sup>rd</sup>

These lessons are geared towards young swimmers age 4 and up and will be conducted in half-hour sessions, either 9-9:30 or 9:30-10am on Saturdays or 6-6:30pm on Mondays. We will offer three levels of swimming lessons, please register your child for the appropriate level. Lessons will be offered as packages of 3, 4, 5, 7 or 9 lessons in any combination of dates (prices are listed below).

**Level One:** For young swimmers who have little or no swimming experience. We will focus on basic water safety and skills such as blowing bubbles, becoming comfortable putting their face in the water, front and back float, and swimming fundamentals.

**Level Two:** For swimmers who possess the fundamentals and are comfortable with their face in the water. We will be focusing on teaching front crawl and back crawl, introducing the breaststroke kick as well as basic diving skills.

**Level Three:** For swimmers who can swim front and back crawl. We will be focusing on fine tuning these strokes as well as teaching the breaststroke, butterfly, and introducing flip turns and other swimming skills.

**Stroke Clinic:** The stroke clinic will be offered from March 24<sup>th</sup> to April 28<sup>th</sup> on the Saturdays below from 9-10am. Clinic participants age 18 and under should be able to legally swim all four strokes and have some competitive swimming background. Each week will focus on a different stroke and work to fine tune that stroke and teach appropriate starts, turns, and finishes for that stroke. The clinic will be run by members of the Bucknell Swimming & Diving coaching staff.

**March 24th: Freestyle    March 31st: Backstroke    April 21st: Breaststroke    April 28th: Butterfly**

**Registration:** Please detach the portion below and return with payment. Payment must be received by Wednesday, March 21<sup>st</sup> in order to confirm your place in the lesson or clinic. Please make checks payable to Bucknell University and include Swimming & Diving in the memo line. No cash please! Please send checks to: Jillian Hancock - Bucknell Swimming & Diving

701 Moore Ave  
Lewisburg PA, 17837

**\*\*NOTICE: Children 12 years or younger must have a parent or guardian present at all lesson or clinic dates.\*\***

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Lessons Program:**

**Level:** \_\_\_\_\_      **Number of lessons:** 3 at \$45 \_\_\_\_\_ 4 at \$60 \_\_\_\_\_ 5 at \$70 \_\_\_\_\_ 7 at \$90 \_\_\_\_\_ 9 at \$110 \_\_\_\_\_

**Dates:** Please circle the dates corresponding to the number of lessons indicated above

March 24<sup>th</sup>    March 26<sup>th</sup>    March 31<sup>st</sup>    April 2<sup>nd</sup>    April 9<sup>th</sup>    April 16<sup>th</sup>    April 21<sup>st</sup>    April 23<sup>rd</sup>    April 28<sup>th</sup>

**Times:** Please circle your preference (if you chose a combination of Saturdays and Mondays please choose a time for both days)

Saturdays 9am    Saturdays 9:30am    Mondays 6pm

**Stroke Clinic:**

March 24 Freestyle: \_\_\_\_\_ = \$ 40    March 31 Backstroke: \_\_\_\_\_ = \$ 40    April 21 Breaststroke: \_\_\_\_\_ = \$ 40    April 28 Butterfly: \_\_\_\_\_ = \$ 40

All Four strokes: \_\_\_\_\_ = \$ 120