Swim n Gym
A 12 lesson program. Participants choose Monday or Wednesday to attend for the semester. First hour is Swimming: including both instruction with certified instructors and free time then they transition to the Gymnastics area on the 3rd floor for the next hour for gymnastics skills and coordinated movement.

Check in at Front Desk daily

1:30-2:20pm Swim Lessons/Play
2:30-3:30pm Gymnastics

Monday Dates:
Jan 23, 30, Feb 6, 13, 27,
Mar 6, 13, 27, Apr 3, 10, 17, 24

Wednesday Dates:
Jan 25, Feb 1, 8, 15, 22,
Mar 1, 8, 15, 29, Apr 5, 12, 19

Youth Swim Club
The Andrews University Youth Swim Club is designed to create a fun and non-competitive atmosphere. Members will improve endurance, speed, efficiency for various swim strokes, and overall fitness. Personal bests are encouraged for our swimmers! Ages 17 or younger. Must be able to swim a full lap on front and on back with No assistance OR Demonstrate a Level 4 + Swimming Ability.

Jan 23-Apr 26
5:30-6:30pm Monday & Wednesday

Learn To Swim
A 12 lesson program of group swim lessons for children of all abilities. Participants choose Sunday, Tuesday, or Thursday to attend for the semester. Children are placed in levels based on previous swimming experience or often a placement test may be taken with the coordinator during designated times. Bonus May Session offered for free to all participants.

● Online Registration Required at www.andrews.edu/pool/
● Check in at Front Desk daily

Session 1:
Sunday: Jan 22, 29, Feb 5, 12, 26, Mar 5
Tuesday: Jan 24, 31, Feb 7, 14, 21, 28
Thursday: Jan 26, Feb 2, 9, 16, 23, Mar 2

Session 2:
Sunday: Mar 12, Apr 2, 9, 16, 23, 30
Tuesday: Mar 7, 14, 28, Apr 4, 11, 18
Thursday: Mar 9, 16, 30, Apr 6, 13, 20

Junior Lifeguarding
A 14 lesson program that builds a foundation of knowledge and skills in preparation for Lifeguarding certification. Students learn about CPR, First Aid, and prepare for the physical pre requisites for Lifeguarding as well as an introduction to rescue skills. Participants Must be Age 11-15 and have at least a level 5 swimming ability.

- Check in at Front Desk daily
* Wednesday 4:00-5:30pm

Dates:
Jan 18, 25, Feb 1, 8, 15, 22,
Mar 1, 8, 15, 29, Apr 5, 12, 19, 26

Water Safety Instructor
An American Red Cross 2 year certification for Water Safety Instructors. This University course includes online blended learning material. Participants must be 16 years old to participate and successfully pass the physical swimming pre-recs on the first day of class. Classes run Monday and Wednesday 4:00-5:30pm. Dates Run January 23-Apr 26. CPR Certification required by the end of the course. Check in at the Front Desk Daily.