

**West Chester University  
of Pennsylvania**

**GOLDEN RAM  
SWIMMING LESSONS**

*Spring & Summer 2007*

*(All sessions run Monday-Friday)*

**Spring Sessions**

**I. Apr. 2-13**  
*(4 & 5 p.m.)*

**II. April 16-27**  
*(4 & 5 p.m.)*

**III. May 7-18**  
*(1, 2, 4 & 5 p.m.)*

**IV. May 21-June 1**  
*(1, 2, 4 & 5 p.m.)*

**Summer Sessions**

**I. June 4-15**  
*(9, 10, 11 a.m., 2:30, 3:30, 4:30, 5:30 p.m.)*

**II. June 18-29**  
*(9, 10, 11 a.m., 1:30, 2:30, 3:30, 4:30, 5:30 p.m.)*

**III. July 2-13**  
*(9, 10, 11 a.m.)*

*Lessons will be held on July 4*

**IV. July 16-27**  
*(9, 10, 11 a.m.)*



Registration begins at 9:00 AM on  
**Tue., Jan. 30, 2007.**  
In-person only!!

**Registration forms are also available at:**

[www.wcupagoldenrams.com](http://www.wcupagoldenrams.com)

**DIRECTOR**

**Jamie Rudisill** 610-436-2127  
[jrudisill@wcupa.edu](mailto:jrudisill@wcupa.edu)

Jamie Rudisill is the head men's and women's swimming coach and also the aquatics director at West Chester University. He has taught infants, children, teenagers and adults how to swim for more than 30 years. He personally trains all instructors in a self-developed technique that places an emphasis on efficient drown proofing and gradual integration of proper stroke technique.

**ABOUT the PROGRAM**

The philosophy of the WCU Swimming Lessons program is to aggressively and lovingly build confidence by helping the nonswimmer confront fear head-on. One major goal is for the nonswimmer to eventually be comfortable around and then to enjoy the water.

Results will be the first priority. Instructors will consist of graduate and undergraduate personnel with the swimmer-to-instructor ratio an ideal 5/1. Classes will run 45-60 minutes, depending on how much progress is made each day. No waterwings will be used.

**FACILITIES**

The swimming lessons will be conducted at the Graham Natatorium located adjacent to John A. Farrell Football Stadium on WCU's South Campus.

**Important Information & Dates**

**In-Person Registration**

**January 30 & January 31**

**(Immediate Confirmation of Times)**

**Drop-in Registration Begins February 1**

**Monday - Friday (9 a.m. - 5 p.m.)**

\*There will be lessons on July 4

\*There are no makeups for missed lessons

\*All 2 & 3 year olds must wear water diapers

**WEST CHESTER UNIVERSITY  
Swimming Lessons Application**

Please bring the application and waiver forms to the pool lobby to register. **Please write only one (1) check** for each session (multiple children in same two-week session may be included on one check).

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell/Business Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

**Tuition: \$155 per child**

***Please make checks payable to: WCU Swimming***

**Spring Sessions**

<b>(X) Mark Session</b>	<b>Circle Time</b>			
____ I. (Apr. 2-13)	4	5		
____ II. (April 16-27)	4	5		
____ III. (May 7-18)	1	2	4	5
____ IV. (May 21-June 1)	1	2	4	5

**Summer Sessions**

<b>(X) Mark Session</b>	<b>Circle Time</b>			
____ I. (June 4-15)	9	10	11	
	2:30	3:30	4:30	5:30
____ II. (June 18-29)	9	10	11	1:30
	2:30	3:30	4:30	5:30
____ III. (July 2-13)	9	10	11	
	<i>(There will be lessons on July 4)</i>			
____ IV. (July 16-27)	9	10	11	

**Skill Level**

*Please check desired session(s) & indicate time*

\_\_\_\_ Beginner \_\_\_\_\_ Advanced I  
\_\_\_\_ Advanced Beginner \_\_\_\_\_ Advanced II  
\_\_\_\_ Intermediate

**WCU Athletic Department Use Only**

Check # \_\_\_\_\_

Amount Paid: \_\_\_\_\_

Check Date \_\_\_\_\_

## Waiver Form

I wish to participate in the West Chester University ("WCU") Swim Lesson Program, including (*list activities*)\_\_\_\_\_.

I am informed that the activities are conducted by individuals who may be University employees or who may volunteer their services to the program. I recognize that risk of accident and/or injury are possible consequences of participation in any activity, and that no amount of reasonable instruction and supervision will prevent every and all type of injury. I also realize and understand that severe injuries are possible. I appreciate the character of the risks involved and I voluntarily assume all risk of injury. I have carefully considered how the possible consequences of injury may impact my life, and choose to accept this risk and to participate in the designated activities.

In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of WCU, the Pennsylvania State System of Higher Education, the Commonwealth of Pennsylvania, and the employees, officials or agents of any and all of the foregoing, pertaining or related to, or arising from, in any manner, injuries to my person as a result of participation in this activity.

Parent/Guardian \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

### Medical Information

Please list any pertinent medical information of which our staff should have knowledge:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Authorization to consent to medical treatment for a minor child

I, \_\_\_\_\_ (parent/guardian name), state that I am the natural parent and/or have legal custody of (child's name)\_\_\_\_\_.

I authorize \_\_\_\_\_(head coach/camp director) to consent to any examination, anesthetic, x-ray, medical or surgical diagnosis or treatment, and/or hospital care to be rendered to this minor under the general conditions of special supervision and on the advice of any physician or surgeon licensed to practice when efforts to contact me are unsuccessful. This consent form is granted for the period of\_\_\_\_\_.

Parent/Guardian Name \_\_\_\_\_

Signature \_\_\_\_\_

# **WEST CHESTER UNIVERSITY SWIMMING LESSONS 2007**

## **TUITION**

**All Lessons \$155 per child**

Tuition for each session includes liability insurance, instruction, and other lesson amenities. The total amount is due with registration.

**Please make checks payable to: WCU Swimming**

## **ELIGIBILITY**

Ages for West Chester University Swimming Lessons range from 2 1/2 to 14.

## **REGISTRATION**

**Important: DO NOT MAIL OR E-MAIL YOUR REGISTRATION. No registration will be accepted by phone, mail or e-mail.**

To ensure your reserved spot and to more efficiently process your registration, we are requiring you to come to the South Campus pool lobby - located next to John A. Farrell Football Stadium - to sign up for registration.

On the first two days of registration only (**January 30 & 31**), forms and checks will be collected by athletic department personnel who will immediately confirm your date and time selection.

**No confirmation calls will be made!**

**Drop-in Registration** begins **February 1** and will run **Monday-Friday (9 a.m. - 5 p.m.)**. Self-help tables will be set up in the pool lobby with instructions, session and time slot openings, and a lock box into which you will drop your registration form, signed waiver form, and check. **You will receive a phone call within two business days ONLY if your selected date and time are no longer available.**

**No confirmation calls will be made!**

## **REFUND POLICY**

Due to the popularity of the WCU Swimming Lesson program, **ABSOLUTELY NO FULL REFUNDS** will be issued once the registration form has been received. If you cancel - **FOR ANY REASON** - from the time you register until the end of your child's first Wednesday of class - you will receive a partial refund of **\$110 per child**. After the classes conclude on Wednesday, there will be no refunds.

*WCU reserves the right to use photographs of the summer camp in future promotional material.*

## **AS ALWAYS**

Parents may switch from a reserved session to a different, open session for no charge if done by the Friday before the original session begins. If done later than that Friday, the REFUND POLICY takes effect. Such a switch must be done by e-mail (jrudisill@wcupa.edu). **This will not be done over the phone.** There are no make-up lessons. There are no partial credits.

## **SKILL LEVELS**

**BEGINNER:** Any children 2 1/2-5 years old who cannot swim across the pool on their backs are "beginners" in this program. Beginners will work on floating and drown-proofing techniques, while gaining confidence around the water. **All 2 & 3 year olds must wear water diapers.**

**Goal:** To jump in, surface on back, and swim the width of the pool (approximately 35 feet) without being assisted by an instructor.

**ADVANCED BEGINNER:** Advanced Beginners will work on freestyle skills with proper rhythmic breathing. The backstroke will be introduced.

**Goal:** To swim freestyle with proper breathing the width of the pool. Approximately 90% of all beginners will achieve this goal in two weeks.

**INTERMEDIATE:** The Intermediate level is designed to refine freestyle stroke efficiency and endurance to swim 25 yards. The backstroke, diving, and proper hyper-extension off the wall will be included.

**ADVANCED I:** The Advanced I class will review and sharpen the backstroke and freestyle skills to the competitive level.

**ADVANCED II:** The Advanced II class will offer the same features as the Advanced I class, placing an emphasis on butterfly and breaststroke styles. Advanced I is not a prerequisite.

### **Registration Notice**

Registration 9:00 AM-5:00 PM Mon-Fri beginning Tuesday, January 30, 2007.

In-person only!!

**Registration forms are also available at:**

[www.wcupagoldenrams.com](http://www.wcupagoldenrams.com)

## **DIRECTIONS TO WCU**

**From Philadelphia & Delaware County:** Take Rte. 3 West to Rte. 202 South. Follow 202 and exit at High St. Follow High St. to the second traffic light and make a left onto Rosedale Ave. Follow Rosedale to first light and make left onto New St. Follow New St. to Graham Natatorium on South Campus.

**From Delaware & South:** Take Rte. 202 North to Rte. 926 West. Turn left onto 926 and go approximately one mile to New St. (first road). Make a right and follow New St. North to the Graham Natatorium.

**From Exton, Downingtown & Coatesville:** Take Rte. 30 East to Rte. 100 South to Rte. 202 South. Follow 202 to the High St. exit. Follow High St. to the second light and make left onto Rosedale Ave. Follow Rosedale to first light and make left onto New St. Follow New St. to Graham Natatorium.

**From Southern Chester County:** Take Rte. 1 to Rte. 52 North toward West Chester. Make right onto Tigue Rd., which is located just past Birmingham Rd. Follow Tigue to New St. Turn left onto New St. and follow North to Graham Natatorium.

## **Directions To Graham Natatorium**

*Graham Natatorium is located at the back of the Sturzebecker Health Sciences Center next to the football stadium.*

*Two stories of glass mark the pool lobby/sign-up area.*