The renovations to the pool at Nelson Field House are now complete and our Learn To Swim Program is back! We are very excited about the opportunity to help the community by offering a fun and comprehensive program.

Our instructors include the coaching staff and members of the Bloomsburg University swim team. Everyone involved is excited to share their love of the water with you and your child.

The main focus of the program is to give each swimmer as much individual attention as possible. We will aim to have a 5:1 student/teacher ratio. This might limit the number of students we can handle per session. We will do our best to accommodate everyone.

**REGISTRATION**

Registration will take place over two days at the Nelson Pool on May 19-20, from 4:00 - 7:00 pm. In order to place your child in the appropriate class, we ask that you bring them with you for a short swim test. Bring a suit and towel!

**OVERVIEW**

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**CLASSES**

**PARENT AND CHILD**

This morning class is for parents and their infants or toddlers to become acclimated in the water. Parents are required to get in the water with their child where both can become comfortable and learn basic aquatic safety skills.

**LEVEL I - NOVICE**

This class is for young children still learning to become more comfortable in the water. Skills learned at this level include: entering the pool safely, going under the water, holding their breath, floating, kicking and retrieving submerged objects.

**LEVEL II - INTERMEDIATE**

This class is for children who are already comfortable going under the water. They will learn the basics of swimming, including: kicking on both back and stomach, streamlining off the wall, rhythmic breathing and the introduction of other strokes.

**LEVEL III - ADVANCED STROKES**

Designed for swimmers who have mastered the skills of Level II listed above. Students will build on their knowledge of all four competitive strokes.

**INDIVIDUAL LESSONS**

Individual lessons for any age are available upon request.

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**Huskies Swimming**

...is committed to affirmative action by way of providing equal educational and employment opportunities for all persons without regard to race, religion, gender, age, sexual orientation, disability or veterans status.

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**Additional Information**

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