

The Complete Swim Lesson Guide for Parents and Participants



SOUTHERN
ADVENTIST UNIVERSITY

**Hulsey
Wellness Center**

Welcome to Southern Adventist University Hulsey Wellness Center Pools

Welcome to the Hulsey Wellness Center Swim Lesson Program!

Thank you for choosing us to be part of your family's swimming journey.

Our goal is to provide a **safe, fun, and inviting learning environment** for all participants. The swim lesson program is designed to build **lifelong aquatic habits**, with a strong emphasis on **water safety, confidence, and foundational swimming skills**. Our student instructors are dedicated to creating a positive and engaging experience for every swimmer.

An **Aquatics Program Coordinator (APC)** is available during lessons to help guide the program and ensure classes run smoothly. Please don't hesitate to reach out to the APC with any questions or concerns. We also encourage open communication with your child's swim instructor to help maximize progress and comfort in the water.

Your experience at the Hulsey Wellness Center is very important to us. We welcome your feedback and are always happy to assist—please feel free to contact us at any time.

Sincerely,
Tamara Ritterskamp
Aquatics Director

Jessica Fortune
Aquatics Program Coordinator

Conner Fortune
Private Lessons Coordinator

*Southern Adventist University
Hulsey Wellness Center*

Group Swim Lessons Overview

REGISTRATION

Group Swim Lesson registration is to be completed through our online system. This must be completed, with payment, prior to the first day of swimming lessons. **No day of registration will be accepted. We only allow a maximum of 6 students per level,** and registration is on a first come first served basis. Your spot in the level is not reserved until payments are received.

Please note that if the section you need to register in is full, you will join a wait list and be moved into a space if/when one becomes available in the order that you registered. If you registered your child in the wrong level and they must be moved on the first day of lessons, they will be placed if there is space available. If there is a wait list for that level, they will be placed at the end of the wait list.

FIRST DAY OF LESSONS

On the first day of lessons the Aquatic Program Coordinator will meet parents and swimmers in the pool area prior to the beginning of class, to help guide you to the area where your child will find their instructor. The APC will have class information available for parents and swimmers.

MISSED LESSON POLICY

We do not offer credit or make-up lessons for missed group swimming lessons.

WHAT TO BRING TO LESSONS

Swimsuit: Appropriate swimsuits are required. We ask that all girls wear a one-piece swimsuit.

Towel: Towels are not provided for swim lesson participants. Each child must have their own towel.

Goggles: Goggles are strongly recommended for swimmers in Levels 2-6. Preschool levels up to level 1 need to be able to open their eyes in the water and acclimate for safety so goggles are not used. Snorkel/SCUBA masks are not allowed as the students cannot breathe through their nose with the mask on.

Positive attitude: Swimming can be challenging, but all participants will benefit from maintaining a positive attitude.

DURING LESSONS

After students are changed and ready for their lesson, they will sit on a bench close to where their class will meet. Once the instructor is ready to begin the lesson, they will then give permission for the students to enter the water.

We ask parents to sit on the benches that are spread out around the pool deck to watch your participant. We also ask that parents and swimmers practice outside of formal lessons.

Please refrain from approaching your child during swimming lessons. It can disrupt your child's concentration, the concentration of other participants, and keep the instructor from being able to accomplish all lesson goals.

AFTER LESSONS

At the conclusion of each lesson, feel free to address any questions you may have to your participant's swim instructor.

LAST DAY OF LESSONS

Each group lesson participant will receive an Achievement Sheet. This sheet indicates the skills they have completed, if they have passed, and if are moving up. The Achievement sheet will be helpful when registering for another session at the Hulsey Wellness center.

Private Swim Lessons Overview

SCHEDULING and REGISTRATION

To request a private lesson please complete the online interest form where you will find prices as well. We will then find an instructor whose schedule works with the requested lesson and level. The private lesson coordinator will then connect you and your child with their instructor.

Please note, you may request private lessons but due to this being a university setting we cannot always guarantee instructor availability.

FIRST DAY OF PRIVATE LESSONS

Please pay at the front desk upon arrival and request a copy of your receipt to then give to the instructor. The swimming instructor will meet you at the pool area at the start of your private lesson.

LAST DAY OF PRIVATE LESSONS

The last day of private lessons is based on a mutual agreement between you and your swimming instructor. Please confirm the last day with your private swimming lesson instructor in advance. When deciding on your last day of private lessons, please keep in mind that all swim instructors are student employees and may not be available for private lessons during SAU's breaks, holidays, finals week and summers.

CANCELATIONS

Contact your instructor at least 24 hours in advance to cancel swim lessons. **Failure to cancel your lesson at least 24 hours prior or showing up over 15 minutes late to the start will result in a loss of the lesson and you will not be reimbursed.**

RESCHEDULING PRIVATE SWIM LESSONS

If you must re-schedule a private swimming lesson for a time other than your regularly scheduled time, your swim instructor must first confirm the new day/time with the instructor to ensure there is not a conflict with regularly scheduled pool activities. This must be done before the start of the new lesson.

CONTINUING PRIVATE LESSONS

If you plan to continue private lessons with your same instructor, there is no need to re-submit a request to the APC. Your swim instructor will confirm your private lesson day/time with the APC, prior to continuation, to make sure your lessons do not conflict with changing pool hours during intersession or other scheduled pool activities.

Hulsey Wellness Center Policies

PAYMENT and REFUNDS

The Hulsey Wellness Center accepts Visa, Mastercard, Cash or Check. All swimming lessons must be purchased prior to the lessons.

Fall/Spring Group Swim Lessons are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the **first week** for any reason.

Summer Group Swim Lessons are purchased as a complete session. No pro-rating, refunds, or make-up lessons will be provided for missed classes or participant withdrawal after the **first 2 days** for any reason.

Private Swim Lessons can only be purchased after a date, time, and instructor has been confirmed by the APC. Private swimming lessons may be purchased one at a time or by purchasing up to 8 lessons per participant. Private swim lesson instructors are required to track lessons purchased and used. They will be able to inform you when you need to purchase more lessons. Receipt is required for proof of purchase to continue lessons. **There are no refunds for private lessons.**

LOCKER ROOMS and the FAMILY CHANGING ROOM

As with all other activities at the Hulsey Wellness Center, children must be supervised in the locker-rooms. For patron comfort, children of the opposite sex are NOT allowed in locker rooms at any age. The Family Changing room is available for children/parents of the opposite sex.

SWIMMING BEFORE and AFTER LESSONS

Children are not permitted to swim before or after their swimming lessons. Children may enter the pool under the supervision of their swimming instructor. **HWC members** are permitted to stay and practice after their lesson under the following conditions:

- ✓ Family swim times Sunday – Thursday 5-8pm
- ✓ Children under 12 years of age must be supervised by an adult and are not allowed in the Coolidge pool without an adult. Any child under the age of 6 is only allowed in the pool with a parent and the parent must be in the water with their child.
- ✓ Children who are unable to swim must be always within arm's length of an adult (whether they can touch the bottom or not).

Selecting a Level

HOW TO SELECT A LEVEL FOR YOUR PARTICIPANT

Your participant's current swimming level is the level that most accurately describes their swimming abilities. Swimming levels are listed below and on the next page for your reference. If your participant cannot perform all the activities listed in a level description, then they should register for that level with the aim of completing *all* the skills listed. If your participant can perform all the skills listed in a level, then they are ready to move up to the next level.

IMPORTANT:

The levels are not designed for specified ages. Each level has different skill requirements which will determine the level of the child. We are more concerned with your child's endurance, maturation and safety than simply completing skills. Therefore, your child may repeat a level multiple times even though progress is made.

Already taken lessons at Hulsey? Please refer to the level written on the report card given to your child after the end of their last lesson.

We offer group lessons for any child 3 and up.

If you have questions regarding your participant's swim level, please contact jessicaf@southern.edu

Swim Level Descriptions

Swim Lesson Progression: What Comes Next?

STARFISH SWIMMERS

Introduction to water

Our **Starfish Swimmers** is an introduction to water class that is designed to help young swimmers feel safe, confident, and excited in the pool. This level focuses on building comfort with the aquatic environment while teaching essential beginner skills through gentle, age-appropriate instruction.

What your child will learn:

- Blowing bubbles
- Safe ways to enter and exit the pool
- Front float and back float fundamentals
- Basic body positioning and water movement
- Overall confidence and ease in the water

Classes are held on the shallow ramp in the Hulsey pool, giving children a secure space to explore and practice skills independently while still receiving close instructor support. This setup helps swimmers develop confidence at their own pace before progressing to deeper areas.

OTTER FLOATERS

Comfort & Submersion

This level builds on the foundational skills learned in **Starfish Splashers**, helping swimmers gain greater confidence in the water. Through hands-on instruction, children develop comfort with submersion and movement while learning new skills that prepare them for more independence in the water.

New skills children will learn:

- Putting their face in the water with confidence
- Retrieving objects from the bottom of the pool
- Introduction to rotary breathing
- Safe jumping entries into the water

Classes take place on the ramp in the Hulsey pool, where the gradual depth change allows swimmers to practice skills safely while progressing into deeper water at their own pace.

Instructors provide strong support and guidance as swimmers become stronger and more comfortable in the water.

CLOWNFISH KICKERS

Bubble Support & Self Rescue

In this level, swimmers continue building on the skills learned in **Otter Floaters** as they gain confidence and beginner confidence in the water. With a balance of support and semi-independent practice.

What your child will learn:

- Swimming short distances with a bubble for support
- Floating on their front and back with decreasing assistance
- Introduction to breaststroke arm movements
- Independent self-rescue skills:
Jump in → resurface → roll to a back float → kick on their back to the wall → exit the pool independently

This self-rescue sequence is essential for safety and prepares swimmers for the expectations of higher-level classes. Through greater endurance, and readiness by practicing lap swim.

TURTLE GLIDERS

Final Bubble Level

This level builds on the foundations learned in **Clownfish Kickers** and helps swimmers transition toward full independence in the water. As the final level that uses bubbles, the focus is on safely phasing out flotation support while developing technique and confidence.

New skills your child will learn:

- Treading water with proper technique
- Sitting dives and safe entry skills
- Open turns used in lap swimming
- Gradual transition out of the bubble to swim independently
- Retrieving objects from the bottom in water up to 5 feet deep

By the end of this level, swimmers will demonstrate greater endurance and readiness through practicing lap swim.

SEAHORSE SPRINTERS

Independent Swimming Begins

This level builds on the skills learned in **Turtle Gliders**. Swimmers are expected to swim short distances independently and confidently without the use of a bubble. **Bubbles are not used in this class.**

New skills your child will learn:

- Introduction to basic swim drills
- Introduction to the side stroke
- Kneeling and sitting dives
- Continued development and mastery of the elementary backstroke

This class focuses on improving stroke control, coordination, and overall water confidence as swimmers progress toward stronger, more efficient movement in the water.

DOLPHIN DIVERS

Lap Swimming and Skill Expansion

This level builds on the skills learned in **Seahorse Sprinters**. Swimmers are expected to be able to swim a **minimum of one full lap independently.**

New skills your child will learn:

- Dolphin kick
- Two new dives: tip-in dives and standing dives
- Introduction to new swim drills

The expectation in this level is for swimmers to continue improving their front crawl, back crawl, side stroke, and breaststroke, with a focus on stronger technique, endurance, and control in the water.

MANTAS

Stroke Expansion & Endurance

This level builds on the skills learned in **Dolphin Divers**. Swimmers should be able to swim all strokes independently. Technique is being refined at this level but is not expected to be perfect.

New skills your child will learn:

- Refinement and mastery of the side stroke

- Introduction to surface dives
- Introduction to the butterfly stroke
- Introduction to flip turns

Swimmers at this level should be able to swim multiple laps independently, focusing on improved endurance, control, and efficiency in the water.

BARRACUDAS

Pre-Competitive Training

This level builds on the skills learned in **Mantas**. In this level, swimmers focus on the four core strokes: freestyle, backstroke, breaststroke, and butterfly. Stroke technique should be smooth and coordinated over multiple laps, with continued refinement rather than perfection.

Swimmers are expected to:

- Tread water for a minimum of two minutes
- Demonstrate competency in previously taught dives
- Be introduced to competitive-style dives

Swimmers at this level continue to improve their endurance, confidence, and overall maturity in the water, preparing them for more advanced and competitive swimming environments.

MAKOS

Swim-Team Ready

This level builds on the skills learned in **Barracudas**. Swimmers work toward mastery of all four competitive strokes, with an emphasis on precision, efficiency, and technical excellence.

Swimmers are expected to:

- Tread water for 3 minutes, with at least 1/2 of the time completed without the use of hands
- Perfect all dives, starts, and turns
- Maintain strong stroke efficiency over extended distances, building both endurance and speed in preparation for swim-team–style training

This level also incorporates proper warm-up, workout, and cool-down discipline, helping swimmers develop the habits and structure used in competitive swimming environments.

Frequently Asked Questions

What if my child isn't signed up for the appropriate swim level?

The APC and instructors will be observing the first lesson to make sure that each swimmer is in the appropriate class for their abilities and adjust where possible.

What should I bring to lessons?

Each lesson participant is required to wear proper swim attire. Young children who are not toilet trained must wear swim diapers under their swimsuits. Goggles are recommended for more advanced levels (Early levels require that each participant open their eyes underwater without goggles).

Can I stay and watch the lesson?

Yes! Parents and guardians are welcome to observe lessons from any of the benches on deck. To help create the best learning environment, please refrain from approaching your participant or sitting on the pool edge next to them during the lesson.

It is important for each child to build independence and develop a trusting relationship with their instructor. If a parent's presence on deck becomes disruptive to a participant's learning experience, you may be asked to wait in the Hulsey lobby until the lesson concludes.

If you have questions, comments, or concerns during the lesson, please speak with the Aquatics Program Coordinator (APC) or wait until lessons have ended to connect with your participant's swim instructor.

What if my participant gets cold during lessons?

The Hulsey/Coolidge pools are set at a recreational temperature of 81-82°F. Warm showers are the best option for warming small children safely. Additional clothing layers, such as a rash-guard, may provide insulation for your child. Please note that additional clothing layers must be appropriate swim attire.

What is the temperature of the pool?

81-82°F (*Recreational Pool Temperature*)

Pool Rules

Pool and Spa rules are posted in both pool areas.

POOL RULES

- All patrons must wear 1 piece swim attire.

- All patrons must shower before entering the pool.
- Running, rough play and yelling are prohibited.
- Diving is allowed only along the deep end of the pool (front dives only – no flips).
- Food and drink are prohibited on the pool deck (water is allowed in non-breakable containers)
- No Public Displays of Affection (PDAs) in the pool.
- Non-swimmers or weak swimmers must stay in the shallow end unless they are accompanied by an adult.
- All swimmers under the age of 6 must be accompanied in the water by an adult and must stay within an arm's length of their chaperone.
- Please circle swim if there are 3 or more patrons in a lap lane. (if you are not familiar with circle swim, please ask the lifeguard)

People refusing to obey these regulations may be subjected to removal from the premises.

Contact Information

**Southern Adventist University
Hulsey Wellness Center
4870 University Drive
Collegedale, TN 37363

Phone: (423)236-2850**