BU AQUATICS
Adult Swim Lessons

Welcome to our adult swim lessons with BU Aquatics! We are pleased you have chosen Boston University as your facility to increase your swimming and water safety skills. The BU adult swim lesson program is based on the American Red Cross Adult Learn to Swim levels.

- Beginning Swim – Learning the Basics
  - Beginning Swim for Women
- Stroke Improvement – Improving Skills and Swimming Strokes
- Fitness Swim

Beginning Swim:
Introduces basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants strive for stroke performance at the level indicated in the Learn-to-Swim Level 3 outline and stroke performance charts. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.

Stroke Improvement:
Seeks to improve participants’ proficiency in basic aquatic skills and the six basic swimming strokes. (The butterfly stroke is optional.) The instructors will teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Skills to be covered include: refinement of front crawl, backstroke, and breaststroke, introduction to butterfly, and continued practice for comfort in deep water. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency.

Fitness Swim:
Workouts will focus on improving technique and building endurance. More advanced workouts will be provided for swimmers who enjoy swimming as a method of improving cardiovascular performance and maintaining their fitness level. The class will focus on applying the basics of fitness swimming, including technique drills, flip turns, reading a pace clock, interval training and creating a personalized workout. The instructors will critique students’ strokes and offer stroke feedback. (The butterfly stroke and turn are optional.) Participants also learn skills and concepts needed to stay safe around water.

Here are some helpful guidelines to make the lesson experience a positive one:
1. All participants **MUST** shower prior to entering the water. If the instructor believes the participant did not rinse, they will be asked to revisit the shower.

2. Due to class size, pool availability, and instructor-swimmer ratios we do not allow **make up lessons**.

3. Participants 15 years old and younger must be accompanied by an adult at all times in the building. Parents must remain in the building during their child’s entire swim lesson.

4. All participants should be in a secure swim suit. Basketball shorts, gym shorts, t-shirts, cut-offs, or under garments are not allowed.

5. Swimmers with hair longer than ½ inch long buzz cut must wear a swim cap. It is up to the discretion of the lifeguard on duty to determine if the length of hair requires a cap. Children under the age of 13 do not need to wear a swim cap.

6. No walking across the bulkhead or swimming under the bulkhead.

7. Please do not leave bags, street shoes or clothes on the pool deck or benches. Use the day lockers in the pool hallway.

8. Goggles are permitted at swim lessons but please note that the instructors will lead some skills without the use of goggles. Goggles are available for sale at our ProShop. Swim masks that cover the nose are not permitted.

9. A swimmer cannot participate in swim lessons if they have a fever or infection. Any unexplained sores or rashes should be checked by a doctor before entering the water. Allow 24 hours after any signs of vomiting or diarrhea before entering the pool again.

10. Cell phone use is not permitted in the pool area or locker rooms. Pictures and videos are not allowed in the Fitness and Recreation Center at any time unless otherwise specified.

11. Locker Rooms:
   - a. Locker rentals are available at the Pro Shop and through the FitRec website on a first come/first served basis.
   - b. Personal locks are prohibited and will be removed from the locker rooms.
   - c. The Fitness and Recreation Center suggests that children five (5) years of age or older not enter the locker room of the opposite sex. Family changing rooms are available for members with small children of the opposite sex. Please use discretion when bringing children of the opposite sex into the locker room with you.
d. There are four (4) private changing rooms on the lower level of FitRec, in the hallway leading to the Aquatics Center, which serve as both Gender Neutral and Family Changing Rooms. All families with children ages five and under should use the general locker rooms. These changing rooms are intended to be gender neutral and for parents with children of the opposite gender over five years old. Please limit use of these changing rooms to under 10 minutes per party. Please respect others’ right to privacy and right to use these changing rooms.

12. For parking information and special event schedule please go to:  
http://www.bu.edu/fitrec/directions-parking/. Metered street parking is available on Commonwealth Ave and surrounding areas. Please note the garage is not always available depending on special events.

13. If you have further questions about swimming lessons or the Aquatic Center, please contact the Aquatics Office at swimming@bu.edu. We look forward to serving you and having a fun and rewarding experience!

CONTACTS:
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