We are happy to help you learn to swim or improve your swimming skills. Here is general information you may find helpful.

If you are new to lessons or have not completed a waiver in the past year, complete the included waiver and return to your instructor or to the Campus Recreation Main Office in SRC 360.

If you have any questions or concerns, feel free to contact me.

See you on deck!

Karen Homstad, Aquatics Director
ISU Campus Recreation
(208) 282-6152, homskare@isu.edu

INSTRUCTOR NAME_____________________________________________________

INSTRUCTOR PHONE____________________________________________________

EMAIL_______________________________________________________________

<table>
<thead>
<tr>
<th>OTHER CONTACTS</th>
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<tr>
<td>Campus Recreation Main Office.....</td>
<td>208-282-4854</td>
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<tr>
<td>Campus Recreation Front Desk weekends &amp; after 4:30pm.....</td>
<td>208-282-4383</td>
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ABOUT OUR PRIVATE LESSONS PROGRAM

One-on-one or semi-private instruction available for all ages and abilities in ISU’s Reed Gym swimming pool. Our ability to offer private lessons is based on instructor and pool availability. Once you are matched with an instructor, participants work directly with the instructor to arrange for meeting times.

Signing up for private lessons
Once you complete the Google Form, providing us with your preferences, an instructor will reach out to set up the lesson.

Scheduling your private lesson
Instructors communicate directly with the lessons participants/parents to set up a time that works for all parties. Private lessons are taught during off-peak lap swim times and combo swim. This is generally after 1pm weekdays and 1-4pm on weekends, but other times may be available.

About our instructors
Private instructors are ISU students. They are chosen from our group instructors or come to ISU with previous experience and strong recommendation. Most are lifeguards, some have American Red Cross Water Safety Instructor certification (WSI), and many have competitive swimming experience.

Private lessons fees & payment
Payable to Idaho State University. Payment accepted at the Student Recreation Center Front Desk via cash, check, Visa, or Mastercard.
- $15 for 30 minutes (private or semi-private)
- $30 for 1 hour (private or semi-private)
- Private lessons are pay-as-you-go; we do not have lesson packages or prepayment options.
- Arrive 5-10 minutes early to have time to pay at the front desk of the Student Recreation Center. This desk is located past the pool and Reed’s Main Gym (at the end of Reed’s east hallway) and is the entrance to the new building housing the student workout facility.
- Complete a lesson slip at the Student Rec Center front desk at time of payment and bring the slip back to the pool for the lifeguard.

Cancelling your private lesson
Emergencies and sickness do occur. If you need to change or cancel a lesson time, we request you contact the instructor directly using the agreed upon method of communication with as much notice as possible. If necessary, contact the Aquatics Director, Campus Recreation Main Office, or Student Recreation Front Desk.

Generally, if a private lesson “no call/no shows” for a private lesson more than once, the instructor reserves the right to drop that lesson. Our instructors are student employees who do not get paid if their lesson fails to shows up, so repeated, unannounced cancellations are an unproductive use of their time.

If you need to an extended break (holidays, too busy, vacations, etc), communicate your schedule with the instructor.
PRIVATE LESSONS FAQ

Where is the swimming pool?
The swimming pool is located on the east end of Reed Gym, 1291 Martin Luther King Jr Way in Pocatello.

When are private swim lessons available?
Private lessons are taught during off-peak lap swim times and combo swim. This is generally after 1pm weekdays and 1-4pm on weekends. Instructors work with participants to teach lessons at a time that works for both parties. Private lessons cannot be taught during peak lap swim times—which are 6-7am and 11am-1pm—nor during SSPE classes or Open Kayak.

What pool space is available for teaching private lessons?
During combo swim...
- Beginners and intermediate swimmers are taught in the open area.
- We often use our in-water teaching platform for younger swimmers or those shorter than 48”.
- More advanced swimmers can use a lane for instruction if it does not displace a lap swimmer.

During lap swim...
- Use an outside lane to teach private lessons.
- If there is more than one private lesson occurring, instructors will share one lane to provide space for lap swimmers.

Regarding advanced swimmers in combo swim lap lanes...
Instructors may teach in the lap lanes during combo swim if it suits a more advanced swimmer; however, lessons instruction is required to defer to lap swimmers. Instructors must move to the open area when the lap lanes have two or more people (total in both lanes), so that the incoming third lap swimmer has his or her own lane. Lap swimmers should not have to split or circle (share a lane) due to private instruction. Recreational pool activities—such as diving for rings, playing with toys, playing water games, cavorting, etc—are not allowed in lap lanes.

Can my child swim prior to the lesson and/or stay to play after the lesson?
Children should not enter the water without their instructor present. The fees paid for the lesson are not an open swim ticket. Campus Rec drop in fees and policies apply if you and/or your child would like to swim before or after a lesson.

Can I get a refund if my swimmer doesn’t feel like swimming?
We do not offer refunds, except in the case of emergencies and other extenuating circumstances. If your child is sick and cannot swim, please cancel with your instructor as soon as possible.

Do you offer a private lessons package?
No. Private lessons are pay-as-you-go.
Where should I park?
- ISU enforces parking restrictions year round—with variation in ticketing hours depending on day of the week and between summer and fall/winter/spring. Handicapped spaces require an ISU handicapped-parking permit.
- You can purchase a parking permit for spaces close to Reed Gym, or use the parking meters on the south side of Reed during ticketing hours.
- For information about parking, contact 208-282-2625 or visit isu.edu

Where do I meet my instructor?
The instructor will meet you on deck at the pool. Typically, you pay first at the Campus Recreation (Student Recreation Center) front desk and then meet your instructor at the pool.

Where do I change? Can I use the showers?
There is a men’s or a women’s locker room directly off the pool for changing. There are showers for use. You are welcome to store your items in a day use locker and should bring your own lock, if so. Children must be supervised in the locker rooms. Please note our locker room age restrictions: children over age 6 are not allowed in the locker rooms of their opposite gender. Consider changing prior coming to the pool if your older child requires assistance in the locker room. Families can use the single/unisex handicapped bathrooms behind the weights area by the dance room in the Student Recreation Center if necessary.

Are there family changing areas?
No. Reed Gym was built in 1951 and does not have family changing areas. Consider changing prior coming to the pool if your older child requires assistance in the locker room. Families can use the single/unisex handicapped bathrooms behind the weights area by the dance room in the Student Recreation Center if necessary. Please note our locker room age restrictions: children over age 6 are not allowed in the locker rooms of their opposite gender.

Can I sit on deck and watch my lesson?
You are welcome to sit on deck and observe the lesson if you’d like. Communicate with your instructor about where you should sit. Sometimes, parents who hover can impact a child’s ability to listen and practice; other times, it may be helpful for a parent to sit close by.

Can a parent get in the water to assist the instructor?
For new, fearful, or very young participants, it may be beneficial to have a parent in the water initially or occasionally. Communicate with your instructor about this option. There is no extra charge if the parent enters the water to assist the instructor.

Can I lap swim during my child’s private lessons?
If you are an ISU student, facility, staff, spouse with active card, or a Student Recreation Center member, you can use the pool as a member benefit. However, non-members must pay the daily drop in fee prior to swimming.
Can I leave the pool once lessons have started?
Communicate with the instructor about your plans. You may drop your child off at lessons if the instructor is comfortable with that arrangement, and you arrive on time to pick up your child. Lifeguards and instructors are unable to watch your child after the lesson has concluded.

What swim lessons are available for adults?
We try to keep an instructor on staff who is experienced working with adults. In addition, ISU offers for-credit PE classes during the fall and spring semesters.

What if I have problems with my instructor?
We recognize not every match will be a great fit. If you have problems that cannot be solved by communication directly with the instructor, please contact the Aquatics Director to discuss a change. If your instructor fails to show up for a lesson, please let us know immediately, so we can correct the problem.

Is there an ISU affiliate (employees, student, alumni) discount?
There is no affiliate discount for private lessons, but affiliate status does give participants a discount on group swim lessons.

What kind of children’s group swim lessons do you offer?
Our children’s Learn-to-Swim program is designed for all abilities—from beginner to advanced. We focus on breathing, balance, sculling, and water safety. Our objective is safety in, on, and around water. We pride ourselves on providing a structured and positive learning experience.

Our small group lessons offer a ratio of 1 instructor to 3 students in Levels 1 and 2; 1 instructor to 4 students in Levels 3 and 4. Our Advanced Level has one coach to 6 students.

We offer five levels in our program. Levels 1 and 2 introduce students to the water. In Level 3, kids develop basic swimming skills and strokes. Level 4 introduces participants to the four Olympic strokes. Our Advanced Level (Level 5 & 6 combined) helps kids refine strokes and aquatic skills. We also offer special classes depending on the abilities and interests of our instructors. This includes Merit Badge instruction, Teen Swim Camp & Jr. Lifeguard course, and Baby & Me classes.

Summer group lessons are held Monday through Thursday mornings in 2-week sessions. Spring group lessons are held on Saturday mornings and/or Thursday afternoons (depending on instructor availability.) We do not offer group lessons during the fall semester.
MISCELLANEOUS INFORMATION

Parking
ISU parking restrictions are enforced year round—with variation in ticketing hours between summer and fall/winter/spring. For information about parking, contact 208-282-2625.

Locker room age restrictions
Reed Gym does not have family changing areas or restrooms, and children over age 6 are not allowed in the locker rooms of their opposite gender. Consider changing prior coming to the pool if your older child requires assistance in the locker room. Families can use the single/unisex handicapped bathrooms behind the weights area by the dance room in the SRC if necessary.

Pool temperature
As a multi-use facility, Reed Gym Pool's deck and water temperature are kept around 85 degrees F. Your child should wear a fitted, long sleeve swim shirt if he or she gets cold easily or is in a beginning level.

Observation areas for lessons
Parents and spectators are welcome to watch swimming lessons. For private lessons, you may sit as close to the instruction area as you and your teacher are comfortable with. You and the instructor will communicate about the appropriate level of interaction between parent and swimmer during a lesson.

For group lessons, spectators may sit on the bleachers or in the balcony. We do not allow spectators to sit on deck in the shallow end during group lessons. In addition, we request parents allow the teacher to teach and not coach their child over the instructor during lessons.

Welcome to our –OOL! Notice there is no ‘P’ in it...
Please make sure all children use the restroom prior to entering the water. We require children not toilet-trained wear tightly fitted rubber pants as well as a swim diaper. You can purchase swim diapers at the SRC front desk for $1. Swimming when sick with diarrhea is strongly discouraged by all major health resources; if your child is sick, cancel with your instruction with as much notice as possible.

Free family hours
Those with an active Bengal ID are allowed to bring their tax dependent children (to age 19) in to use pool for free during family hours. Free Family Hours are as follows:

- Fall/Spring Semesters: Fridays 3pm-close; Saturday & Sunday all day
- Summer: Weekdays 1pm-close; Saturday & Sunday all day
- Winter, Spring, & Thanksgiving Breaks: All day
- University holidays (MLK, Presidents’, Memorial, Labor, & Independence Day): All day
- During any Combo Swim time (pool only)

Free family hours do not include spouses, siblings, parents, grandparents, friends, neighbors, etc. People purchasing day passes or using a 10-punch pass are not members, and therefore are not allowed to bring in their children for free during family hours. If parents want to bring their children to swim during non-family hours, a daily pass must be purchased for those entering the water—including babies and toddlers. All minors entering under this benefit must stay with and be directly supervised by the member who is with them.