Instructor: Clint Nardoni
Credit: 1
Office HPER
Time: MW 2:00-2:50 pm
Office Hours: MW 11:30-12:30
Room: Pool 1
TR 9:30-10:30
E-Mail: clintnardoni@aggiemail.com

**COURSE FEES**
Course fees in the amount of $33.00 will be used to maintain the pool and pay lifeguards.

**COURSE OVERVIEW**
This course is designed to improve swimming ability, endurance and technique through a program of swim workouts. Emphasis will be placed on safety, fitness, and enjoyment.

**COURSE OBJECTIVES**
1. To improve stroke technique.
2. To introduce various training concepts in relation to swimming.
3. To learn proper movements.

**GRADING**
1. Course is graded Pass/Fail.
2. After THREE (3) absences the students will lose credit and receive an “F” grade.
3. Attendance and participation are the primary grading criteria.
4. Non-participation counts as an absence, unless excused.
5. After THREE (3) tardies an absence will occur.

**OTHER**
ALL swimming pool rules will be enforced. Lockers, towels, and shower facilities are available in the HPER. Reasonable accommodations will be provided for all persons with disabilities to ensure equal participation within the program.

- **DO NOT CALL IN TO TELL ME YOUR GOING TO BE ABSENT**
This is a non-competitive class. All participants should work at their own level. Should you experience any of the following symptoms please stop the activity and alert the instructor.
  * Lightheaded/Dizziness  * Chest Pain/Tightness  * Unusual Fatigue
  * Severe Breathlessness  * Nausea  * Allergic Reactions

**DO NOT SEEK PRIVACY**

**NOTICE**
Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.

*Students MUST sign the release form prior to taking part in any activity class!*