Instructor: Paige Carter      Credit:  1
Office:     HPER 111E      Time:     MW 2:00 to 2:50
Hours:      T/R/F 11:30-12:30, W 10:30-11:30   Room:   Pool
E-Mail:    Paige.Ann.M@aggiemail.usu.edu

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 for students to learn basic swimming skills and enhance cardiovascular and muscular fitness.

COURSE OBJECTIVES
1. Improve proficiency in strokes.
2. Improve muscular and cardiovascular endurance.
3. Learn proper movements

CLASS POLICIES
1. Shower before entering pool area.
2. Do not bring food to the pool.
3. **NO GUM CHEWING.**
4. Do not enter the pool or pool area until the instructor is on deck.

LOCKER RENTAL AND SUIT USE
Students may rent a locker for the semester, which includes: locker space, towel and lock for $20.00. Plastic goggles are permitted. Caps must be worn if your hair interferes with your swimming.

GRADING
1. The class is on a Pass/Fail basis.
2. **After three (3) absences, the student will lose all class credit and receive an “F” for the course.** Only three make-ups will be allowed.
3. Attendance, attitude and participation are the primary grading criteria.
4. Non-participation counts as an absence.

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.

This is a non-competitive class. All participants should work at their own level. Should you experience any of the following symptoms, stop all activity and alert your instructor.

*Lightheaded/Dizziness    *Nausea    *Chest Pain/Tightness
*Trouble Breathing    *Fatigue    *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 take the Release Form Quiz on Canvas – BEFORE they can participate!