

Sea Gull Swim Club Membership

Membership in the Sea Gull Swim Club entitles members to scheduled use of the Maggs Aquatic facility Monday, June 8 – Saturday, August 8, 2009. The Sea Gull Swim Club is operated from funds generated by pool memberships, swimming lessons and use by the Office of Conference and Planning. Some overlap of these groups may occur. The Maggs Aquatic area includes a 25 meter, six lane swimming pool and a large patio area located just outside the pool doors that may be used for sunbathing or relaxing.

Membership Options

Option 1 - Full time SU faculty, staff, students (current SU identification card required) and IRP members.

Individual - \$60 *Family - \$90

Option 2 - Friends of the University

Individual - \$95 *Family - \$165

Option 3 - Sea Gull Punch Card -For the occasional swimmer or guest, this option allows 20 visits (not 20 days) for \$70.

The Sea Gull Punch Card does not entitle the holder to discounted swim lesson rates.

*Family memberships Include up to four members; additional family members \$10 each.

**Guests passes are available to members from the aquatic office.

Replacement Fee - A fee of \$25 will be charged to replace lost pool membership and punch cards.

Membership cards are not transferable and may be revoked without refund for misuse.

Recreation Hours

Membership begins Monday, June 8, and ends Saturday, August 8, at 5 pm. SU reserves the right to suspend (without refund) the swimming privileges of any member for improper behavior, language or abuse of the pool rules.

Please note: All children 14 years of age and under must be accompanied and supervised by an adult at all times while in the pool area.

Occasional variations in the pool schedule may occur due to unforeseen and/or uncontrollable circumstances. The pool is closed July 4.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	XXXXX	XXXXX
11 -1:00pm	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
2:30 - 4pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim 1 – 5 pm	Open Swim 1 – 5 pm
6 – 7 pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	XXXXX	XXXXX

- 6 – 7 pm open swim will be shared with swim lessons
- Weekends 1 – 2 pm and 4 – 5 pm may be shared with Gull Card holders and conference guests.

With a current SU I.D., students, faculty, staff, UMES faculty, and cooperating SU/UMES students may use the pool free of charge **only** at the following times: 4:00 – 5:00 pm (limit 30). This time may be shared with conference guests. Use of the pool at all other times will require the purchase of a membership.

Flotation Devices

All life vests and flotation devices must be USCG approved. Children needing a flotation device must be accompanied in the water by an adult. It is recommended you supply your own equipment to assure availability and proper fit.

Membership and punch cards will not be available until June 8. Membership and punch cards should be picked up during your first visit to the pool.

Sea Gull Swim School

A wide variety of aquatic courses are available through the Sea Gull Swim School. If you have further questions about our programs please visit the campus recreation web page at www.salisbury.edu/campusrec (click on aquatics) or call the pool at 410 543-6357.

Young Beginner (Ages 6 months - 5 years) Limit 15 students per session. \$70 non-members/\$60 members
Instruction to aid children in becoming comfortable in the water. Skills taught through games, song and fun include rhythmic breathing, prone float and glide, back float and glide, flutter kick, turning over, changing direction and basic safety principles. Parental participation required for children 3 and under, optional for 4 and 5 year olds.

Session 1	Monday through Thursday	June 29 – July 9	6:00 – 6:45 p.m.
Session 2	Monday through Thursday	July 13 - July 23	5:00 – 5:45 p.m.

Children's Lessons - Levels 1 - 6 Sessions limited to 25 students \$70 non-members/\$60 members
Level 1 - 6 classes described below are designed for children 5 – 15 years of age and will be held Monday – Thursday unless indicated otherwise. Sessions are limited to 25 students each. Time slots are indicated on the registration form.

Level 1 – Introduction to Water Skills

Designed to help students feel comfortable in the water and to enjoy the water safely. Your child should also be able to listen and follow directions from the instructor and be independent from their parent.

Level 2 – Fundamental Aquatic Skills

Emphasis is on student success with fundamental skills such as floating without support and on developing the foundation for future swimming strokes. The child should be able to comfortably place face and head in the water, be capable of entering and exiting the pool unassisted and perform front and back float for 3 seconds with support.

Level 3 – Stroke Development

Students learn to coordinate front and back crawl, are introduced to more advanced swimming strokes and begin diving instruction. The child should be able to float unsupported for at least 5 seconds on their front and back and swim 5 meters of front and back crawl and tread water for 30 seconds.

Level 4 – Stroke Improvement

In this level students develop confidence in their strokes and increase endurance by swimming greater distances. Advanced swimming skills introduced in the previous level are refined. Students should be able to swim 15 meters of front crawl using rhythmic breathing and be able to swim 15 meters of back crawl and tread water for 30 seconds.

Level 5 – Stroke Refinement

All swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) are refined while advanced skills such as front and back flip turns are introduced. Child should be able to swim 25 meters of front and back crawl, 15 meters of breaststroke and elementary backstroke and tread water for 1 minute.

Level 6 – Swimming and Skill Proficiency

Students learn to swim with ease, efficiency, power and smoothness over greater distances. This level allows students to focus on preparing to participate in advanced aquatic activities such as Water Safety Instructor, Lifeguard Training or competitive swimming. Child should be able to continuously swim front and back crawl for 50 meters, breaststroke and elementary backstroke for 25 meters and tread water for 2 minutes.

Lifeguard Training (\$230.00 per student)

Students must be 15 years of age and able to pass a rigorous pre-test including a 300 meter continuous swim using specified strokes and object retrieval from the deep end of the pool. Students who successfully complete all skill and requirements will receive American Red Cross Lifeguard Training certification. CPR and First Aid training will take place on Tuesday, Wednesday and Thursday at the Lower Shore Chapter of the American Red Cross from 1 to 4 pm during the week. Price includes all books and training materials.

Register Early By Mail! All Sea Gull Swim School classes operate on a first come, first served basis. A full refund will be issued if the class you have registered for is full. A letter of confirmation will be sent for classes, membership and punch cards.

Please make check payable and mail or return with the completed registration form to Salisbury University, Cashiers Office, PO Box 2195, Salisbury, MD 21802 -2195. The Cashier's Office is located in Holloway Hall room 219. NO REFUNDS.

Application Form: The enclosed Pool Membership Application Form must be completed with the registration form and returned before registration is complete.

SEA GULL SWIM CLUB MEMBERSHIP APPLICATION 2009

Name _____ EmpID if an SU affiliate _____

Address _____
 _____ City _____ Zip _____

Phone No. _____ Emergency Phone _____

Membership Option (please check)

____ Option 1 SU Affiliate _____ \$60 Individual ____ \$90 *Family of Four
 ____ Option 2 Friends of the University _____ \$95 Individual ____ \$165 *Family of Four
 ____ Option 3 Punch Card _____ \$70 for 20 visits

*Additional family members \$10 each

List the names (and ages if under 18) of **all** members who will be receiving membership cards.

Name	Age
_____	_____
_____	_____
_____	_____

Membership amount \$ _____ Signature _____ Date _____

SEA GULL SWIM SCHOOL REGISTRATION 2009

Parent's Name _____ EmpID _____

Address _____
 _____ City _____ Zip _____

Phone No. _____ Emergency Phone _____

Name, age and level of children participating in lessons:

Name	Age	Level
_____	_____	_____
_____	_____	_____
_____	_____	_____

Indicate preferred course and time slot (lessons are on a first come, first served basis)

No. Enrolling	Class	Day	Time	Dates
_____	Young Beginner	M-R	6:00 – 6:45 p.m.	June 29 – July 9
_____	Young Beginner	M-R	5:00 – 5:45pm	July 13 – July 23
_____	Children's Lessons	M-R	9:00 – 9:45 am	June 29 – July 9
_____	Children's Lessons	M-R	10:00 – 10:45 am	June 29 – July 9
_____	Children's Lessons	M-R	5:00 - 5:45pm	June 29 – July 9
_____	Children's Lessons	M-R	9:00 – 9:45am	July 13 – July 23
_____	Children's Lessons	M-R	10:00 – 10:45 am	July 13 - July 23
_____	Children's Lessons (limit 18)	M-R	6:00 – 6:45 pm	July 13 - July 23
_____	Children's Lessons	M-R	9:00 - 9:45 am	July 27 - August 6
_____	Children's Lessons	M-R	10:00 - 10:45 am	July 27 - August 6
_____	Lifeguard Training (limit 16)	M-F	8:00 am - Noon	June 22 – June 26

Lessons Amount \$ _____ Parent's Signature _____ Date _____

Mail or return completed application and/or registration with check payable to Salisbury University, Cashiers Office, PO Box 2195, Salisbury, MD 21802 - 2195. The Cashier's Office is located in Holloway Hall room 219. NO REFUNDS.