



## WATER DOGS SWIM CLUB

### 4 WEEK SESSIONS

Wednesdays and Fridays - 5:30 - 6:15 pm

- **Students learn how to swim efficiently in a safe and inclusive environment**
- **Improve on the 4 basic swim strokes.**
- **Using a pace clocks**
- **Rotary breathing and timing**
- **Prevention and response to water related emergencies.**

**\*All swimmers must pass a level 2 swim test.** Consisting of a 25 yard independent swim using front crawl and back crawl, with a 30 second back float or tread.

## BECOME A SWIM INSTRUCTOR EARN COMPETITIVE WAGES AND IMPACT LIVES

APU offers American Red Cross Swim Instructor trainings twice a year, (Spring and Fall.)

Eligible candidates must be at least 16 years old and pass a swim test to attend the class.

There are 2 levels of certification

- **Basic Swim Instructor**
- **Water Safety Instructor**

Trainings require between 26 - 34 hours of lecture and skills sessions and teach backs.



## ARE YOU WHISTLE WORTHY?

APU offers American Red Cross Lifeguard trainings twice a year, (Spring and Fall.) Eligible candidates must be at least 15 years old by the end of the class and pass a swim test to attend the class.

There are 3 levels of certification

- **Shallow Water Lifeguard**
- **Deep Water Lifeguard**
- **Waterfront Lifeguard**

Lifeguard trainings require between 26 - 35 hours of lecture and skills scenarios





## SWIM LESSONS AND WATER SAFETY EDUCATION FOR STUDENTS IN KINDERGARTEN TO ADULTHOOD.

### LEARN-TO-SWIM PROGRAM

Students of varying ages and abilities learn how to swim skillfully and safely. Each level includes basic water safety education and skills are taught in a logical order at the student's pace to reach personal goals.

**Level 1: Introduction to Water Skills**

**Level 2: Fundamental Aquatic Skills**

**Level 3: Stroke Development**

**Level 4: Stroke Improvement**

**Level 5: Stroke Refinement**

**Level 6: Swimming and Skill Proficiency**

To learn more about  
APU programs, contact:

Michele Cateson  
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Recreational Programs

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907-564-8239

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### GROUP SWIMMING LESSONS

Eight 45 minute lessons in a setting of  
1:4 Instructor to student ratio  
Wednesdays and Fridays

### PRIVATE SWIMMING LESSONS

Lesson packages from 2 to 8 lessons  
Each lesson is 30 minutes  
1:1 Instructor to student ratio  
Flexible schedule

### SEMI-PRIVATE SWIMMING LESSONS

Lesson packages from 2 to 8 lessons  
1:2-3 Instructor to student ratio  
Flexible schedule



ALASKA  
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A CONFIDENT COMMUNITY WITH  
AQUATIC PROGRAMS



HONORING ALASKA'S  
INDIGENOUS HERITAGE,  
EXEMPLIFYING EXCELLENCE,  
AND PREPARING PATHS.