



**SWIM LESSONS AND  
WATER SAFETY  
EDUCATION FOR STUDENTS  
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 students' pace to reach personal goals.

**Level 1: Introduction to Water Safety**

**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:

Moseley Sports Center  
907-564-8314  
4400 University Drive,  
Anchorage, AK 99508

**Group Swim Lessons**

Each lesson is 45 minutes  
1:4-6 instructor to student ratio  
Ages 5+

**Private Swim Lessons**

Each lesson is 30 minutes  
1:1 instructor to student ratio  
Flexible schedule  
Ages 5+



**ALASKA  
PACIFIC  
UNIVERSITY**

**A CONFIDENT COMMUNITY  
WITH AQUATIC PROGRAMS**

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





American Red Cross  
**100+ YEARS**  
OF WATER SAFETY

Proud Participant in the  
Centennial Campaign

## BECOME AN AMERICAN RED CROSS SWIM INSTRUCTOR

## EARN COMPETITIVE WAGES AND IMPACT LIVES

APU offers onsite training!  
Eligible candidates must be at least  
16 years old and pass a swim test  
to register.

There are two levels of certification  
**Basic Water Instructor**  
**Water Safety Instructor\***  
Swim Instructor trainings require  
between 26 - 35 hours of classroom  
and pool sessions.

*\*Water Safety Instructor Training requires travel  
to another facility with at least 9 feet of water.*



Become a Lifeguard - Gain Leadership Skills - Have Fun!

**ARE YOU  
WHISTLE  
WORTHY?**

LIFEGUARD TRAINING & HIRING

APU offers American Red Cross  
Lifeguard Training. Eligible candidates  
must pass a swim test to attend and be  
at least 15 years old by the end of the  
class to achieve certification.

There are two levels of certification  
Shallow Water Lifeguard (up to 5')  
Deep Water Lifeguard\*

Lifeguard trainings require between  
26 - 35 hours of classroom and pool  
sessions. Schedules vary.

*\*Deep water training, requires travel to another facility  
with at least 9 feet of water.*

