

# *Student Life Recreational Sports at Ohio State*

## *Learn to Swim Offerings*

### ***Learn to Swim Group Lessons***

Community Programs offers swim lessons for 6 month olds through adults. Learn-to-Swim teaches skills in a logical progression, allowing participants to swim and play safely in and around the water.

The Learn-to-Swim Program provides an increased emphasis in the areas of drowning prevention and water safety and an inclusive approach to swimming and water safety through the American Red Cross. Please review the course selection guide carefully to choose the correct placement for your child.

### ***Adapted Aquatics***

Children's Adapted Aquatics (CAA) teaches skills in progression, allowing participants to swim and play safely in the water. Participants, with one-on-one instruction, will be individually assessed on their swimming skills.

For more information, class times and pricing please visit our website at [go.osu.edu/communityprograms](https://go.osu.edu/communityprograms) or call

our community programs office at **614-688-8787** To register visit us online at [recregister.osu.edu](https://recregister.osu.edu)