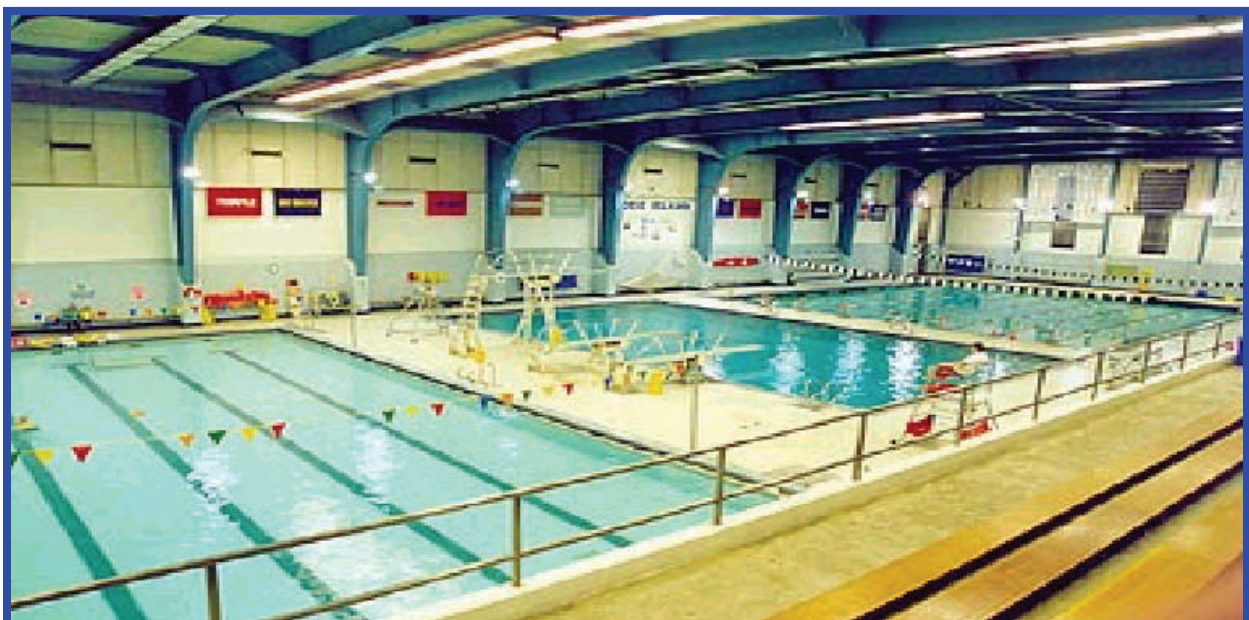


# The University of Rhode Island

## TOOTELL AQUATIC CENTER

### FACILITY & PROGRAM BROCHURE



***Our goal is to make your aquatics experience with us ~***

***a positive one!***

*The Department of Recreational Services is committed to offering the best available aquatic program. We strive to stay on the cutting edge of aquatics and safety programs offered to URI students, faculty, staff, and alumni and families within the surrounding community.*

*Please keep this brochure as a reference to use in conjunction with future aquatics program/class schedules.*

*Please note, all information in this brochure is subject to change.*



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**Employment Opportunities**

URI students can apply year-round to work in one of the following areas:

- Lifeguards
- Office Assistants
- Party Facilitators
- Instructors (Learn to Swim & Safety Classes)
- Lifeguard Leadership positions

Pick-up an application at the Recreation Main Office, Tootell Aquatic Center or call 874-4653. Application is also available on the Recreational Services website.

**Directions to URI**

**From the North:** Take Interstate 95 S to exit 9 (Route 4 S). Follow Route 4 until it merges and becomes Route 1 S. Continue on Route 1 S to Route 138 W. Travel 5 miles on Route 138 W thru two traffic lights. The entrance to the Athletic Complex parking lot is on the right just before the tennis courts.

**From the South:** Take Interstate 95 N to exit 3A (Route 138 E). Follow for seven miles through four traffic lights. The entrance to the Athletic Complex parking lot is on the left just past the tennis courts.

**Parking**

URI Parking and Information Services will enforce the University's policy requiring ALL vehicles on campus to display a parking pass and park in the correct parking area. The designated parking lot for REC/TAC members is the lot adjacent to the Boss Ice Arena and Beck Baseball Field. REC/TAC pass holders with a current/valid membership and swim program registrants will be issued a parking pass at no cost to display in their vehicle. Only one (1) pass will be issued per family. **All entrances except the Mackal Field House main lobby are secured after 6:00 p.m. on weekdays (5:30 p.m. - Summer) and on weekends and holidays.** There is **NO PARKING ALLOWED** in front of or behind the Mackal-Keaney-Tootell Complex. Do not **DRIVE** or **PARK** on the sidewalk in front of the Mackal-Keaney-Tootell Complex. Any questions or concerns regarding parking or parking policies around the Athletics Complex should be referred to URI Parking and Information Services at 874-9281.

**Hours of Operation (Subject to Change)**

The pool operates on a shared use basis between URI Varsity Athletics, Recreation Programs and Kinesiology classes.

Please be advised that the schedule listed is subject to change on a weekly basis due to swim meets, home football games and/or special pool events. Hours vary during final examination weeks and URI holiday and vacation periods due to the non-availability of our student lifeguard and instructor staff. For precise information on facility availability, patrons are urged to check the open recreation swim schedule available at the Mackal Rec Service Center or by calling the Rec Hotline at (401) 874-4343 for a daily recording of pool hours.

**Adult Swim**

All facility users (URI Students & persons 18 years and older) swim at their own risk.

Monday-Thursday:	7:00 a.m. to 2:00 p.m. 7:00 p.m. to 9:30 p.m.
Friday:	7:00 a.m. to 2:00 p.m. 6:00 p.m. to 9:00 p.m.
Saturday:	12:30 p.m. to 4:00 p.m.
Sunday:	1:30 p.m. to 5:00 p.m.

**Community Swim**

Available to all eligible users including patrons under 18 years of age. Lifeguards will be on duty.

Monday-Thursday:	7:00 p.m. to 9:30 p.m.
Friday:	6:00 p.m. to 9:00 p.m.
Saturday:	12:30 p.m. to 4:00 p.m.
Sunday:	1:30 p.m. to 5:00 p.m.

***Pool hours during Reading, Finals & Summer session follow a different schedule and will be posted a minimum of 8 days before they take effect.***

**Pool Descriptions (3 Separate Pools)**



***Recreational / Instructional (warm water)  
4-lane, 75' long, 3.5-4 ft. deep***



***Diving Well  
60' long x 35' wide; 14 ft. deep***



***Lap Swim (competitive 8-lanes)  
75' long; 4.5-7.5 ft. deep***

**Lost & Found**

Any items lost and found in the Tootell Aquatic Center will be held for one week. Any items not claimed will be delivered to a charitable organization or discarded. Items of significant value (watches, wallets, jewelry) found in the Tootell Aquatic Center are immediately delivered to the Recreational Services Main Office and secured until claimed. **The URI Department of Recreational Services assumes no responsibility for lost or stolen articles. Patrons are encouraged to secure all belongings before entering the Tootell Aquatic Center.**

**PLEASE SAVE THIS PROGRAM BROCHURE TO UTILIZE IN CONJUNCTION WITH FUTURE CLASS SCHEDULES.**

**PLEASE CALL THE REC HOTLINE: 401/874-4343 for the daily pool hours.**

## TAC Pass Membership

All passes **MUST** be presented to the URI Lifeguard on duty each time entering the pool facility. Pool passes may be purchased at the Mackal Rec Service Center during all open hours. During the academic year, URI students are admitted free of charge by presenting a current valid/encoded student ID card to the lifeguard. URI Employees and Alumni holding REC Pass memberships may use the Aquatic Center by presenting their current membership card to the lifeguard on-duty. All other individuals are required to purchase a daily, individual, family, or senior pool pass and **MUST** present it to the lifeguard on duty. URI Students must have paid the Summer Recreation fee to utilize the facility from May - August.

## TAC Pass Membership Rates

TAC Pass memberships entitles the bearer to utilize **ONLY** the Tootell Aquatic Center and locker rooms. Other facilities within the Mackal-Keaney-Tootell Complex are not included unless the patron has a full Complex membership. Rates are not pro-rated.

Daily (no in/out privileges)	\$5.00 per swim
MEMBERSHIP TYPE	RATE
<b>FULL YEAR (September - August)</b>	
Individual	\$200.00
Family *	\$275.00
Senior Citizen (55 years & Older) **	\$110.00
<b>SEMESTER: (Fall, Spring, Summer)</b>	
Individual	\$75.00
Family *	\$100.00
Senior Citizen (55 years & Older) **	\$40.00

### ALL FEES ARE SUBJECT TO CHANGE

- \* = Immediate family members only (partner & children under the age of 18).
- \*\* = Appropriate identification may be required.

*The Department of Recreational Services policy is that NO CREDIT will be given for lost time due to unforeseen emergencies and/or problems/maintenance. Neither the University nor the Department of Recreational Services shall be held responsible. The Department of Recreational Services will do all it can to ensure patrons are aware when facilities areas are closed, however, situations will no doubt come up with prior notice - we ask for your cooperation and understanding.*

## Benefits of a TAC Pass Membership

- ◆ Receive discounted rates for all aquatic programs.
- ◆ Have priority registration for the next session of aquatic programs (in-person and on-line).
- ◆ Come swim with us during Open Rec Swim times.
- ◆ Eligible for Towel and Locker Service.
- ◆ If patron is a current semester TAC Pass holder and would like to register for aquatic programs which continues into the next semester - *still receive the discounted program rates.*

## Pool Rental & Group Use

Outside groups and organizations of 15 or more who wish to use the URI pools during scheduled Community Swim hours must get approval from the Director of Recreational Services beforehand. Please call (401) 874-2141 during normal business hours to secure permission at least **three weeks in advance**. The Tootell Aquatic Center is available for rental on a limited basis throughout the year.

## Child Supervision in Pool

During community swim times, a parent or guardian of children under 12 years of age must remain in the Aquatic/Spectator area while their child(ren) uses the pool. Children under 7 years of age must be supervised by their parent or guardian who must be suited to swim and on the pool deck. Children 4 years and under must be accompanied in the water on a one-to-one basis by their parent or guardian. Children using approved floatation devices must be supervised by an adult within one arms distance from the child. Inflatables are not allowed.

## Child Supervision in Locker Rooms and Family Changing Rooms

If in need of locker rooms for children of the opposite gender, please utilize the family changing room, located across the west hall from the pool on deck level. The lifeguard on duty will be happy to give you directions. There are toilets and sinks at the bottom of each ramp leading to the deck and the women's shower room has private shower stalls which are available. We request that you not take children of the opposite gender into the locker rooms and do not have them change in the hallways.

**ON - LINE REGISTRATION IS NOW AVAILABLE FOR ALL TOOTELL AQUATIC CENTER PROGRAMS**

COME VISIT US AT



[www.uri.edu/recservices](http://www.uri.edu/recservices)

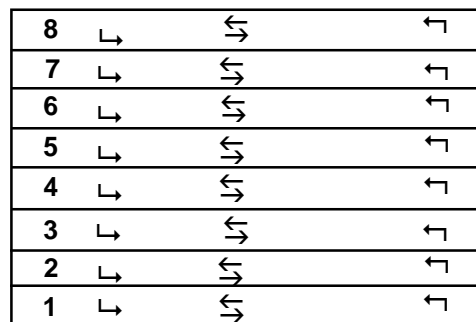
## LAP SWIMMING ETIQUETTE & PROTOCOL



- Lap swimmers have the right of way. The Recreational/Instructional Pool may be better for leisure swim.
- Swim mid-lane only when there are less than 8 lap swimmers.
- Split lane swimming with only 2 swimmers per lane and no one is waiting.

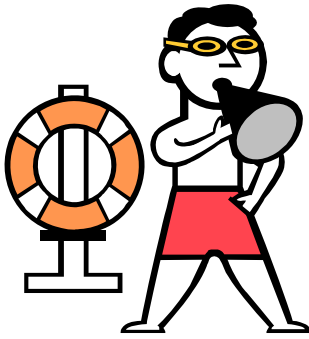
- All other times **circle swim** - stay to the right (prone) of the center line, turn on the targets, push off to the right and stand or rest off target next to the lane line at the end of the pool.
- Outside lanes are for leisurely swimming/activities and as you move to the middle lanes, speed increase with the fastest swimmers in middle lanes.
- Select the correct lane for your speed, enter feet first and wait off target until the other swimmer(s) has turned and pushed off to at least 1/3 pool length, then push off.

**PASS AT THE END OF THE LANE FOR SAFETY REASONS WHEN CIRCLE SWIMMING.**



Entry End

**Do not stop mid-pool or obstruct others workout.  
Do not hang on lane lines.  
Thank you.**



*The following rules and regulations are designed for your safety, health and comfort as mandated by the State of Rhode Island Health Department and the Department of Recreational Services. Any patron disregarding these rules and regulations will be asked to leave the Mackal-Keaney-Tootell Complex and may be subject to loss of facility privileges.*

*The Coordinator of Aquatics, Aquatics Specialist, on-duty Facility Supervisor and/or Lifeguard(s) have sole discretion as to the potential danger and/or inappropriateness of any patron's actions or attire.*

1. URI students who are registered as a matriculating student are admitted free of charge with a current valid/encoded student I.D. card. Faculty, staff and alumni holding a REC Membership may use the Aquatic Center by presenting their current REC Pass Membership card to the Lifeguard on-duty. All other individuals can purchase a daily swim pass or a TAC Pass Membership at an individual, family or senior rate, at the Rec Service Center located in the Mackal Field House. **Patrons MUST present their daily pass/members pass to the URI Lifeguard on duty each time they enter the pool facility.**
2. All State of **Rhode Island Health Department** rules are in effect.
3. All facility users do so at their own risk. There may be only one Lifeguard on duty during times other than Community Swim Hours.
4. **A long whistle blast signals an emergency and/or safety issue. Look to the lifeguards for further instructions.**
5. **Children under 7 years of age MUST be supervised on the deck or in the pool(s) by their parent or guardian who must be suited to swim. Parents/Guardians of children under 12 years of age must remain on the pool deck/spectator area while children are swimming.**
6. **Children 4 years and under may only use the facility if they are accompanied in the water on a one to one basis by their parent or guardian.**
7. Individuals with open wounds and/or communicable diseases are not allowed in the pools. No band-aids or casts may be worn in the pools.
8. Practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers. Germs can spread to surfaces and objects in and around the pool and spread illness.
9. Infants and young children not in control of bodily functions **must wear plastic pants or swim diapers designed specifically for pool use**. Diapers are not be changed on the pool deck.
10. All swimmers must enter the pool through the appropriate locker room and are required to take a thorough (soap) shower before entering the pool. If in need of locker room for children of opposite gender, please utilize the Family Changing Room.
11. Proper swimming attire is required. **Street shoes are NOT allowed on the pool deck.**
12. URI owned floatation/teaching devices other than kick boards, barbells and noodles are **NOT** to be used except under direct supervision of URI instructors during scheduled Recreational Services classes and programs. Only approved U.S. Coast Guard personal floatation devices are permitted under the direct supervision of a parent/guardian who is water skilled and must be within arms distance of the user. **Inflatables (such as "water wings" "styrofoam bubbles" or floats sewn into swim suit) are not allowed.**
13. Snorkels, masks and fins may be used by adults 18 years or older. Scuba gear is allowed only during academic sponsored class or approved Department programs.
14. **Horseplay is not tolerated.** Running, pushing, dunking, water fighting, chicken fights, etc... are dangerous and are prohibited. Please walk on pool deck.
15. Chewing gum, food and drinks are NOT allowed on the pool deck or in the pools. No glass containers are allowed on the pool deck, seating area or locker rooms. Only fluid replacement drinks in un-breakable containers are allowed on the pool deck.
16. Only one diver at a time is permitted on a diving board. **Dive or jump straight ahead.** Swim directly to the nearest ladder and exit pool immediately.
17. Diving is not permitted into the instructional pool. Caution should be used when diving into the lap pool. Diving or jumping deemed unsafe in the judgement of pool personnel will be prohibited.
18. Pool personnel reserve the right to assign any swimmer(s) to a lane(s) or pool according to ability. Lifeguard may ask children to leave the lap pool if he or she is unable to continuously swim laps or interrupts others.
19. Private lessons may not be given by non-URI Aquatic staff at any time.



*URI Aquatics provides the best aquatic programming in the community. We strive to stay on the cutting edge of aquatic and safety programs, offering courses as an authorized provider for the American Red Cross and through sanctioned Arthritis Foundation Aquatic programs, National Swimming Pool Foundation Certified Pool Operator and United States Water Fitness Association programs.*

*Class and program descriptions in this brochure are generic to allow utilizing the best possible combination of instructors, scheduling, and materials.*



**SENIOR WATER EXERCISE PROGRAM**

A safe non-jarring water aerobics exercise program which improves stamina, strength and flexibility. These programs are designed to meet the needs of individuals over the age of 55 years. This class consists of a full-hour of water exercise using a variety of aquatic exercise equipment, music and movements designed to work each muscle and joint.

**HYDROAEROBICS**

A fast-paced class which provides a challenging cardiovascular workout. Water provides extra resistance on the muscles, but also reduces the impact of movements on the joints. No swimming skills required. This class can accommodate beginners & advanced participants.

**DEEP WATER JOGGING**

Water Jogging is deep-water exercise programs designed to both strengthen muscles and build endurance. Utilizing a water-walking belt for flotation, participants perform various moves and combination of moves while running in deep water. Positive results are generally noticed within only a few weeks of taking the course. In addition, there is a muscle strengthening and stretching component at the beginning and end of each class.

**ON - LINE REGISTRATION IS NOW AVAILABLE FOR ALL TOOTELL AQUATIC CENTER PROGRAMS**

**COME VISIT US AT**



[www.uri.edu/recservices](http://www.uri.edu/recservices)

Private lessons offered on a one-on-one basis at times that fit your schedule! Our qualified instructors make learning more enjoyable for all skill abilities from non-swimmer through advanced/competitive levels. Days and times are coordinated with your personal instructor in conjunction with the Aquatics Specialist. Some instructors are trained to work with individuals with disabilities.



Sign-up for your initial private swim lesson at the Recreation Office in Mackal, Monday-Friday 3:00 p.m. - 5:00 p.m. Sorry no phone registrations accepted until enrolled in program and then only from 3:00 p.m. - 5:00 p.m. Monday through Friday using any major credit cards.

Maximum of 2 participants  
\* Only offered during academic year.

**ON DEMAND / TAILORED PROGRAMS**

■ **DESIGN-A-PROGRAM**

URI Tootell Aquatics will customize a program for your group, day care, preschool, nursery, charter, home schooled, etc. Participant minimum of 6 is required. Classes will consist of at least five separate thirty minute lessons. A URI instructor will be provided (assistant instructors may be required for larger classes).



■ **ON DEMAND** First-Aid/CPR/AED and Lifeguarding Training classes can also be designed. All programs are contingent on space and personnel availability. For more information and scheduling contact (401) 874-7035.

■ **ON DEMAND** Scout Merit/Badge - A Red Cross WSI Instructor will work with local troops and councils to assist scouts in earning their swimming and/or first aid badges. All programs are contingent on space and instructor availability. For more information, please call (401) 874-7035.

**GIFT CERTIFICATES ARE AVAILABLE!**

- ◆ TAC PASS MEMBERSHIPS
- ◆ LEARN TO SWIM PROGRAMS
- ◆ DAILY SWIM PASS (BOOKLET OF 5)

Stop by the Recreation Main Office or  
**CALL FOR INFORMATION**  
**401-874-2029**

The TAC Aquatics program offers aquatic and safety courses as an authorized provider for the American Red Cross.

Our Learn to Swim Program/Classes provide instruction to help swimmers of all ages and abilities, develop their swimming and water safety skills. It is designed to give students a positive learning experience, and to teaches aquatic and safety in, on and around the water.

There are five areas in the Learn to Swim section of our program:

- \* Private Lessons
- \* Parent & Child <6 months - 5 years>
- \* Preschool <3 years - 6 years>
- \* Children & Youth <6 years - 16 years>
- \* Adult <17years & Up>

### LENGTH OF LEARN TO SWIM COURSES

The length of each course is designated in the class schedule. Some classes may require meeting at different times. These changes are generally due to home athletic contests or other University events. **It is the University's desire that most Learn to Swim classes meet five times per session.** Should it be necessary to reschedule class, Tootell Aquatics will make every attempt to call you. Balance on accounts are not given for classes missed by a student unless caused by the University or the instructor and result in the total number of classes being reduced to less than four. Call the Rec Hotline to confirm cancellations at 874-4343.

Beginning with Preschool lessons, the purpose and content of each level is the same with variation in approach due to maturity levels or age differences. Private, Parent & Child, and Preschool lessons are 25 minutes in length. Children & Youth and Adult lessons last 40 minutes. Descriptions that apply to each category are listed later in more detail.

### IMPORTANT NOTES

- To ensure the quality of our program, the Coordinator of Aquatics and/or Aquatic Specialist determine class size. Class sizes are determined on an individual basis and vary depending on class level and instructor experience. **PLEASE DO NOT ASK AN INSTRUCTOR TO MAKE EXCEPTIONS, IT IS NOT THEIR PREROGATIVE.**
- Plan to attend the dates and times for class(es) as listed on your registration form. Due to class size, we are unable to switch these classes for make-up. **Classes are not made up** unless the class did not meet due to unforeseen University emergencies.
- Due to the university schedule, low class enrollment or lack of qualified instructors, some classes may not be continued in subsequent sessions. While every effort will be made to place your child in an applicable class, you may find our private lesson program helpful and a good option to replace or supplement group lessons.
- Your child may be switched from one instructor's class to another by the Aquatic Specialist only if both instructors agree that it would be beneficial to your child, it will not infringe on current students in the receiving class and the switch will not violate class size restriction.
- Children should meet the instructor by the star located on the southwest corner of the pool deck prior to each class.

**ON - LINE REGISTRATION  
IS NOW AVAILABLE FOR ALL  
TOOTELL AQUATIC CENTER  
PROGRAMS**

**COME VISIT US AT**



[www.uri.edu/recservices](http://www.uri.edu/recservices)

## PROGRAM COMPARISON GUIDE

### INFANT, PRESCHOOL, CHILDREN, YOUTH & ADULT LESSONS

The chart below is designed to provide a general guide for placement into Tootell Aquatic Center classes.

*Place your child/self in this class if . . .*

*If they were in this class . . .*

#### **RED CROSS / URI CLASSES**

- Parent & Child (Ages 6 months - 6 years)
- 

#### **YMCA**

- Skippers
- Shrimp 6-18 mo./Kippers 18-24 mo.
- Inias 24-30 mo./Perch 30-36 mo.

#### **Preschool (Ages 3 - 6)**

- Preschool - Level 1: Introduction to Water Skills
- Preschool - Level 2: Fundamental Aquatics Skills
- Preschool - Level 3: Stroke Development
- Preschool - Level 4: Stroke Improvement

- Pike 3-5 yrs.
- Eels 3-5 yrs.
- Ray 3-5 yrs.
- Starfish 3-5 yrs.

#### **Children & Youth (Ages 6 - 16)**

- C & Y - Level 1: Introduction to Water Skills
- C & Y - Level 2: Fundamental Aquatics Skills
- C & Y - Level 3: Stroke Development
- C & Y - Level 4: Stroke Improvement
- C & Y - Level 5: Stroke Refinement
- C & Y - Level 6: Swimming & Skill Proficiency

- Low Polliwog
- High Polliwog
- Guppy
- Minnow
- Fish
- Flying Fish
- Shark/Porpoise

#### **Adults (Ages 17 - Up)**

- Adult (Beginner) Levels 1, 2 & 3
- Adult (Intermediate) Levels 4, 5 & 6

- Adult Beginner
- Adult Intermediate

*Please refer to the exit skills on page 6 for each Level as a guide when registering your child(ren).*



*Parent & Child Aquatics  
(Ages 6 months - 6 years)*

Designed for children 6 months to 5 years of age, the program builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kick, back floating, underwater exploration and more. Once children reach the age of 3 and can perform basic skills without parental assistance, they may begin Pre-School level 1.

Pre-School: (Ages 3 - 6 years) Levels 1 - 4

Children & Youth: (Ages 6 - 16 years) Levels 1 - 6

Adult: (Ages 16 & up) Beg: Levels 1 - 3  
Int.: Levels 4 - 6

*Level 1:  
Introduction to Water Skills*

**Purpose:** Help students feel comfortable in the water and to enjoy the water safely.

- \* Basic water safety rules
- \* Submerging mouth, face and eyes
- \* Opening eyes under water and picking up submerged object
- \* Swimming on front and back using arm and leg actions
- \* Using a life jacket
- \* Exhaling underwater
- \* Recognizing a swimmer in distress and getting help
- \* Floating front and back

**EXIT SKILLS:**

1. Enter Water unassisted, move 5 yards, bob 5 times to chin and safely exit the water.
2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

*Level 2:  
Fundamental Aquatics Skills*

**Purpose:** Help students feel comfortable in the water and to enjoy the water safely.

- \* Moving in the water while wearing a life jacket
- \* Front and back glide
- \* Recognize a swimmer in in distress and getting help
- \* Submerging entire head
- \* Bobbing in water
- \* Treading water using arms & legs
- \* Swimming using combined stroke on front and back

**EXIT SKILLS:**

1. Step from side into chest deep water, move into front float for 5 seconds, roll over to back float, return to standing position, then move back to back float for 5 seconds and return to standing position.
2. Push off and swim using a combination of arm and leg actions for 15 feet on the front: push off using a combination of arm and leg actions for 15 feet on the back.

*Level 3:  
Stroke Development*

**Purpose:** Build on the skills in Level 2 by providing additional guided practice.

- \* Reaching assist
- \* Front & back glide
- \* Survival float, back float
- \* Kneeling or standing dive
- \* Submerging & retrieving an object
- \* Front and back crawl
- \* Butterfly kick and body motion
- \* Rotary breathing in horizontal position

**EXIT SKILLS:**

1. Jump into chest deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

*Level 4:  
Stroke Improvement*

**Purpose:** Development confidence in the strokes learned and improved other aquatic skills.

- \* Basic diving rules
- \* Dive from stride position or shallow dive
- \* Front and back crawl
- \* Throwing assist
- \* Feet first surviving dive
- \* Survival float, back float
- \* Elementary backstroke, breast stroke & butterfly

**EXIT SKILLS:**

1. Perform a feet first entry into chest deep water, swim from crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

*Level 5:  
Stroke Refinement*

**Purpose:** Provide additional coordination and refinement of strokes

- \* Survival swimming
- \* Standing dive
- \* Front and back crawl
- \* Front flip turn and backstroke flip turn
- \* Elementary backstroke, butterfly, breaststroke, sidestroke
- \* Performing rescue breathing
- \* Tuck surface dive & pick surface dive
- \* Open turns on front & back

**EXIT SKILLS:**

1. Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes, in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

*Level 6:  
Swimming and Skill Proficiency*

**Purpose:** Refines the stroke so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing the students to participate in more advanced courses, such as Water Safety Instructor and Lifeguard Training.

- \* Lifeguard Readiness / Personal Water Safety
- \* Fundamentals of Diving
- \* Synchronized Swimming
- \* Fitness Swim (pre-competitive)
- \* Fitness & Fun

**EXIT SKILLS:**

1. Swim 500 Yards continuously using the following strokes in order: front crawl, 100 yards; back crawl, 100 yards; breast stroke, 50 yards; elementary backstroke, 50 yards; sidestroke, 50 yards; butterfly, 50 yards; and choice, 100 yards.
2. Jump into deep water, perform survival float for 5 minutes, roll onto back and perform back float for 5 minutes.
3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a minimum depth of 7 feet, return to surface and return to starting point.

**Please refer to insert for Class Offerings/Registration Dates for each Session.  
Or Visit us at [www.uri.edu/recservices](http://www.uri.edu/recservices)  
874-5926.**



**Safety / Leadership class registration must be made at least 3 days in advance of the class start date.**

Some classes may have early cut-off dates as indicated. This allows the instructor to prepare for the class to ensure that all books and materials are available for the participants. If minimum enrollment is not met 3 days before the class start date, the class will be cancelled. Participants who had enrolled in the class will be notified of the cancellation and a full refund will be issued to the participant.

**Safety Course and Review Courses**

Safety and professional courses are offered by the URI Aquatics in several formats: full length and/or review. There are different prerequisites and participant preparations required for each course. These requirements will be followed with **NO EXCEPTIONS!** There are exiting requirements for all classes in which a certificate is issued. The University complies with all standards of the American Red Cross. A refund will not be issued to an individual who signs up, pays and meet the prerequisites for the course and then fails the exit requirements.

**Review Courses**

The purpose of a review class is to provide individuals with the opportunity to review the course content with a formal class setting. Individuals registering for a review course **must present a copy of their current American Red Cross certification**, in the subject area of the review, to the instructor **at the first class**. Instructors are not permitted to allow participation without the appropriate valid certification being presented. Both instructor and participants are responsible for preparation for the final written and skill testing. The participants will view all video segments, which were shown in the full-length course. Participants must perform all required skills to the minimum level of mastery. Minimal remediation is permissible while preparing for the final student demonstration, but the skill must be performed without any help on the final attempt. If a student is having trouble with a skill or group of skills, and will not be able to perform to the minimum level of mastery in the designated time frame for the course, they shall not sit for the written final and will be referred to a full length course. No refund or credit will be issued. Finally, the candidate must pass all sections of the written examination with a score of 80% or higher. Upon successful completion of all portions of the review the candidate will have their name submitted for certification. Individuals failing any section of the skill or written final will be referred to a full-length course and no refund or credit will be issued.

*COMMUNITY SAFETY COURSES*  
*AMERICAN RED CROSS*

**Adult CPR (4 hours)**

For the person who only needs adult CPR training, this hands-on skills training prepares them to respond to breathing and cardiac emergencies in victims aged 12 and above.

**Adult AED (2 hours)**

This course teaches participants how to recognize and care for cardiac emergencies using an Automated External Defibrillator (AED) on individuals over age 8 or more than 55 pounds. Prerequisite: current Adult CPR certification.

**Infant and Child CPR (4.5 hours)**

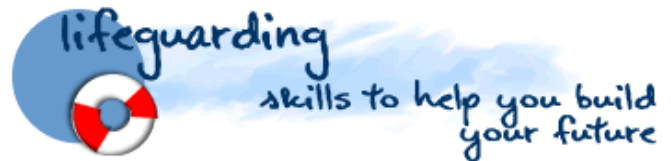
Designed for those who care for children, either full time or occasionally, this course teaches participants how to recognize and care for breathing and cardiac emergencies infants (under the age 1) and children (ages 1 - 12 years).

- Adult & Child CPR / AED & Infant CPR (7 hours)
- Adult CPR / AED (4.5 hours)
- Adult & Child AED (2 hours)
- Adult, Child & Infant CPR (5 hours)

**Standard First-Aid (4 hours)**

This course combines lectures, demonstrations and video with hands-on training and practice. Participants in this course learn to recognize and respond to emergencies including cold emergencies, sudden illnesses and poisonings. Additionally, participants will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

- First-Aid w/ Adult CPR (5.5 hours)
- First-Aid w/ Adult CPR/AED (6.5 hours)



PROFESSIONAL RESCUER COURSES  
AMERICAN RED CROSS

Professional rescuer courses are designed for people with job-related or volunteer duties in emergency preparedness and response. This includes nurses, law enforcement and EMS personnel, fire fighters, business and industry response teams, lifeguards, coaches, flight attendants, and others who must take action in emergency situations.

**CPR / AED for the Professional Rescuer (8 hours)**

Teaches a variety of skills including one and two rescuer CPR, use of resuscitation masks and bag-valve masks for ventilating victims, and how to respond in special rescue situations such as drowning. Participants learn the importance of AEDs, and how to use an AED properly. **This is the recommended CPR course for Lifeguards.**

**CPR/AED for the Professional Rescuer Review (5.5 hours)**

Students must present a copy of their current Red Cross CPR / AED for the Professional Rescuer Certification at the first class.

**Standard First-Aid (4 hours)**

This course combines lectures, demonstrations and video with hands-on training and practice. Participants in this course learn to recognize and respond to emergencies including cold emergencies, sudden illnesses and poisonings. Additionally, participants will learn first aid for everything from cuts and scrapes to muscle, bone and joint injuries.

**Lifeguard Training (37 hours)**

**Prerequisite:** Swimmers age 15 years on or before the final scheduled session of this course. There is a 550 yard swim and a 10 pound brick tow as an entry test.

Includes CPR for the Professional, First-aid and Lifeguarding skills. Professionalism, surveillance, victim recognition, equipment based rescues and caring for head, neck and back injuries. Candidates successfully passing this course may be awarded American Red Cross certifications in CPR, Lifeguard Training and First-Aid.

**Lifeguard Training Review (21.5 hours)**

**Lifeguard Management (7.25 hours)**

**Prerequisite:** NONE, however it is recommended that participants possess a current American Red Cross Lifeguard/First-Aid certificate or a current lifeguarding certificate from another nationally recognized organization. Additionally, it is recommended that participants have either lifeguarding experience or management experience in another occupation.

This course covers responsibilities of a lifeguard supervisor, the selection and training of lifeguards and team building principles of injury prevention, risk management and emergency response planning.

*American Red Cross Instructor Courses*

**Fundamentals of Instructor Training (FIT) (4 - 6 hours)**

This course is usually combined with one of our instructor class listed below.

The purpose of this course is to introduce the instructor candidates to the history, structure and activities of the American Red Cross. Prepare instructor candidates to teach American Red Cross speciality courses to diverse populations and introduce them to the policies and procedures of the ARC to ensure course consistency, quality and appropriate reporting.

**American Red Cross First-Aid and CPR/AED Instructor (18 hours + 4 hours for FIT)**

**Prerequisite:** 17 years old; skills and knowledge pre-test. How to use materials and methods to conduct First Aid, CPR & AED training sessions and evaluate participants skills.

**CPR/AED for the Professional Rescuer Instructor (14 hours + 4 hours for FIT)**

**Prerequisite:** 17 years old; skills and knowledge pre-test. How to use material and methods to conduct CPR/AED for the Professional Rescuer training sessions and evaluate participants' skills.

**Water Safety Instructor Course (30 hours + 4 hours for FIT)**

**Prerequisite:** 16 years old; swimming and safety skills pre-test. Provides candidates with the training they need to plan and conduct courses within the American Red Cross Swimming and Water Safety Program. Covers teaching progressions, course and lesson planning, recognizing common skill errors, providing corrective feedback, motor learning, hydrodynamic principles.

**Lifeguard Training Instructor (27 hours + 4 hours for FIT)**

**Prerequisite:** 17 years old; swimming and lifeguarding skills, and knowledge pre-test. How to use materials and methods to conduct lifeguard training sessions and evaluate participants skills.

**Water Fitness Instructor National Testing Day (6 hours)**

Home study materials on the National Water Fitness Instructors manual and the Anatomy Manual are required to be completed and turned in at the start of the National Testing Day. Passing 100-question exam over the Home Study materials and successful participant presentation in addition to full participation in the day activities are required for certification. For more information, visit the United States Water Fitness Association website at [www.uswfa.com](http://www.uswfa.com).

**Community Swimming Pool Operator (CPO) (16 hours)**

Swimming pool water chemistry, principles of filtration, facility maintenance, procedures and schedules in addition to legal aspects are discussed in simple terms. This two day course provides the basis for maintaining a clean, sanitary and functional facility which complies with common codes and regulations. A written examination is required for issuance of an Operator card. Successful candidates will be issued an Operator card with an expiration date of 5 years.





### BIRTHDAY PARTIES

Parties are hosted by the Tootell Aquatic Center Staff. Games and activities are organized in our three pools during Community swim times and a separate room is available for refreshments. All parties share the pool with other programs. **Two weeks minimum advanced booking is mandatory.** Special arrangements must be made for groups over 12.

**Option A:** 1 hour pool time plus 1 hour party room. Cake, ice cream, juice and party favors are included.

**Option B:** 1 hour pool time plus 1 hour party room. No food or party favors provided.



### “SATURDAY ONLY”

#### REDUCED COMMUNITY SWIM FEE FOR SCOUTS/4-H CLUB

URI’s Tootell Aquatic Center offers troops, individual scouts and 4-H club members the opportunity to earn merit badges, work toward rank achievements and/or to have fun! *\$2.00 off the normal admission price per person in uniform or with Scout/4-H Club I.D. Card on Saturdays only!*



### THANK YOU DAY

Come join in the **FUN** at this **FREE** event as the URI Aquatics staff **THANKS YOU**, our patrons, for your support during the past year. There will be games, activities and water fun for all! Check schedule for date and time.

## LOCKER, LOCK & TOWEL SERVICE



The Department of Recreational Services provides (permanent, assigned and daily), locks and towel service for URI Students, REC and/or TAC pass holders (semester or yearly pass holders). Lockers, locks and towels are available on a first-come, first-served basis. **Note: Locker, lock and towel services are not available to daily swim pool pass holders.**

### LOCK AND TOWEL SERVICE

REC, TAC Pass Holders and URI students may rent lock and towel from the Rec Service Center in Mackal. Locks and towels are available for .25¢ rental per item per day. Towels are also available on a semester basis (Fall, Spring or Summer) for \$15.00 with unlimited usage. If lost or stolen, a replacement charge of \$5.00 for locks and \$8.00 for towels will be assessed to the user.

*If a locker is not renewed (Permanent or Assigned) by the expiration date, lockers will be cleared out and the patron will pay **\$10.00 charge** to collect their belongings. Belongings will only be held for seven (7) days after which they will be discarded.*

*THE UNIVERSITY IS NOT RESPONSIBLE FOR ITEM(S) STORED IN LOCKERS. USERS ASSUME ALL RESPONSIBILITY FOR ANY ITEM(S) BROUGHT INTO THE FACILITY.*

### LOCKER OPTIONS

#### Daily Lockers

Some lockers located in Tootell are available for daily use ONLY. Personal locks or locks rented from the Rec Service Center **MUST** be removed at the end of the day. Locks which are left overnight will be cut off and the contents removed. Owners may reclaim their belongings at the Rec Service Center for a \$10.00 fee. Items will be held for 7 days then donated to charity or discarded.

#### Permanent Lockers with Towel Service

##### (Men’s Tootell Locker Room Only)

There are a limited number of full-length lockers with built-in combination locks that are available to rent in the Tootell Men’s Locker Room. Rental of these lockers includes towel service with unlimited usage can be for semester or full year beginning in September:

**Semester Locker w/ Towel Service:** \$25.00 (Fall, Spring or Summer)

**Full Year Locker w/ Towel Service:** \$50.00 (September - August)

To rent a permanent locker, you must see a Rec Service Center attendant to select a locker and process payment for the rental. At that time, you will receive the locker combination and a towel.

#### Assigned Lockers (Women’s Tootell Locker Room Only)

Some lockers located in the Tootell Women’s locker room can be assigned for a semester (Fall, Spring or Summer) or the full year. Patrons must supply their own lock and can leave contents in their assigned locker overnight. To reserve an assigned locker, please see a Rec Service Center attendant in Mackal.



- **It is the University's desire that each learn to swim course meets five times per session. The exact number of class periods is indicated on the session schedule.** Should it be necessary to reschedule class due to unforeseen emergencies, URI Aquatics will attempt to call you. Credit is not given for classes missed by a student unless it is caused by the University or the instructor resulting in the total number of classes being reduced to less than four. Call the Rec Hotline at 874-4343 to confirm cancellations.
  - Plan to attend the dates and times for class(es) as listed on the course schedule. Classes are not made up unless the class did not meet due to unforeseen University emergencies. Registration and class changes are not accepted after the third class.
  - All Classes will meet according to printed days and times. Classes will not meet on University holidays, and/or when either the University or South Kingstown School District closes due to inclement weather and other dates that may be unavailable due to shared usage with URI Varsity Athletics, Recreation Programs and Kinesiology.
  - Safety/Leadership class registration must be made at least **3 days in advance of the class starting date.** Some classes may have early cut-off dates as indicated. This allows the instructor to prepare for the class and ensure that all books and materials are available for the participants. If minimum enrollment is not met 3 days before the class start date, the class will be cancelled. Participants who had enrolled in the class will be notified of the cancellation and a full refund will be issued to the participant.
- NOTE:** There is no guarantee that the class will be offered at a later date. All attendance standards are mandated by the issuing agency and are followed by the URI Aquatic Program.
- If programs are cancelled due to low enrollment, credit and/or full refunds will be made available.
  - URI Aquatic Program course offerings listed in this brochure may not be offered every year, depending upon instructor availability, expressed patron interest and available pool time.
  - Fees are **NOT** prorated. Programs are filled on a first-come, first served basis.
  - All checks or money orders should be made out to the University of Rhode Island. All other major credit cards are accepted.

**REFUNDS:** No refunds will be given by the Department of Recreational Services. All transactions will be applied to the Client's account, following the proper Withdrawal Fees. There will be no expiration date for this balance and will remain on the account until it is used by the Client (balances are non-transferable and must be used within a family).

**WITHDRAWAL FEE:** A withdrawal fee will be assessed to the Clients account as follows:  
10% of registration fee = If cancellation is made prior to the first class/first week  
50% of registration fee = If cancellation is made prior to the second class/second week  
100% of registration fee = After the second class/week meets, no account balances will be given

**TRANSFER FEE:** There is a \$5.00 administrative fee for each transfer made from one class to another. All transfers must be made at the Rec Service Center.

**CANCELLATIONS:** If your instructor is unable to honor an appointment (illness, family emergency, etc.), URI Aquatics will make every effort to notify you in advance. URI Aquatics reserves the right to cancel a class at any time due to unforeseen maintenance and/or chemical problems. We will make every effort to contact you if your class has been cancelled or changed.

***The Department of Recreational Services policy is that NO CREDIT will be given for lost time due to unforeseen emergencies and/or problems/maintenance. Neither the University nor the Department of Recreational Services shall be held responsible. The Department of Recreational Services will do all it can to ensure patrons are aware when facilities areas are closed, however, situations will no doubt come up with prior notice - we ask for your cooperation and understanding.***



# TAC IMPORTANT NUMBERS

Come visit us at [www.uri.edu/recservices](http://www.uri.edu/recservices).

Aquatic Program Registration on-line available at:



<b>GENERAL INFORMATION / REC SERVICE CENTER</b> .....	<b>874-5926</b>
<b>RECREATION HOTLINE</b> .....	<b>874-4343</b>
<i>(Daily Recording of Open Rec Hours)</i>	
<b>TOOTELL AQUATICS POOL DECK</b> .....	<b>874-2008</b>
<b>RECREATION - FAX</b> .....	<b>874-4829</b>
<b>PRIVATE LESSON REGISTRATION</b> .....	<b>874-4870</b>
<i>Monday - Friday; 3:00 p.m. - 5:00 p.m.</i>	
<b>TBA</b> .....	
<i>Coordinator of Aquatics</i>	
<b>SHEILA O'CONNOR</b> .....	<b>874-7035</b>
<i>Aquatics Specialist</i>	<i>smoconnor@mail.uri.edu</i>
<b>JODI HAWKINS</b> .....	<b>874-2141</b>
<i>Director of Recreational Services</i>	<i>jhawk@uri.edu</i>
<b>CHRISTINE DIAS</b> .....	<b>874-5451</b>
<i>Supervisor, Recreation Facilities</i>	<i>christine_dias@mai.uri.edu</i>
<b>JILL BLANEY</b> .....	<b>874-2029</b>
<i>Recreation Main Office Secretary</i>	<i>jwaller@uri.edu</i>

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