Spring 2018
Harvard Swim & Dive School Scholarship

SCHOLARSHIP INFORMATION:

WHAT: Seven (7) scholarships available for swimming and seven (7) scholarships available for diving (see page 2 for level descriptions).

WHO: Adults and children aged 5 and up who are Harvard Ed Portal members. Please note: divers must be able to swim and at least 7 years old.

COST: Upon notification of receipt of a scholarship, a $50 non-refundable program registration fee will be required.

APPLICATION DEADLINE: Wednesday, March 21 by 7:00pm to the Harvard Ed Portal.

WHEN: Swimming classes meet at Blodgett Pool on Saturday mornings for four weeks: March 24 | March 31 | April 14 | April 28

Diving classes meet at Blodgett Pool on Saturday mornings for four weeks: March 24 | March 31 | April 14 | April 28

DECISION NOTIFICATION: Thursday, March 22 at 5:00pm
**Will be notified by phone from the Ed Portal

DEPOSIT DEADLINE: Friday, March 23, 5:00pm

SWIM & DIVE SCHOOL INFORMATION:

WHERE: Harvard University’s Blodgett Pool is located at the corner of N. Harvard St. and Soldiers Field Rd. Access to the Pool is through the Murr Athletic Center, 65 N. Harvard St., Allston. Please use the door on the right-hand side of the building.

The Malkin Athletic Center entrance is at 39 Holyoke Street, Cambridge, MA 02138. At the top of the stairs, use the door to the right.

INSTRUCTORS: Instruction is taught by members of the Harvard swimming and diving teams, under the supervision of the varsity coaching staff. The purpose of the school is to give individualized and small group instruction to participants.

For more information, please visit: harvardswimschool.org

APPLICATION CHECKLIST:

☐ Swim School registration form (Please see reverse for course level descriptions.)

☐ Return completed application to:

Harvard Ed Portal
244 Western Avenue
Allston, MA 02134
Allston_EdPortal@harvard.edu

Questions? Please email: allston_edportal@harvard.edu or call (617) 496-5022.
### SWIM AND DIVE LEVEL DESCRIPTIONS

Youth classes (Levels 1-4) are 30-minute lessons for younger students; adult and diving classes are 45 minutes.

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
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<tbody>
<tr>
<td><strong>S1 (YOUTH ONLY):</strong> Non-Swimmer</td>
<td>No swimming experience necessary. Ages 5-18</td>
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<tr>
<td><strong>S2 (YOUTH ONLY):</strong> Beginner</td>
<td>The swimmer can submerge face in the water. Student should be able to swim about ten feet.</td>
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<tr>
<td><strong>S3 (YOUTH ONLY):</strong> Advanced Beginner</td>
<td>Swims approximately twenty-five yards freestyle with face in water. Can swim backstroke.</td>
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<tr>
<td><strong>S4 (YOUTH ONLY):</strong> Intermediate</td>
<td>The swimmers should be able to complete at least 25 yards, which is one length of the pool, freestyle and backstroke, unassisted and without stopping. This level transitions to the deep water and the focus will be on learning the correct technique for freestyle and backstroke, and introducing breaststroke and butterfly.</td>
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<tr>
<td><strong>S4–6 (ADULTS ONLY):</strong> Intermediate through Advanced</td>
<td>The swimmer can complete at least 100 consecutive yards of freestyle and/or backstroke. This class assumes basic knowledge of all four competitive strokes and provides instruction on their proper technique. We will group swimmers loosely based on proficiency levels.</td>
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<tr>
<td><strong>D1</strong> Beginning Diving</td>
<td>Divers must be at least 7 years old and must be able to swim approximately 20 yards (the width of the diving area) unassisted. No diving experience needed.</td>
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<tr>
<td><strong>D1</strong> Intermediate Diving</td>
<td>Beginning and younger divers have the option of diving at 9:10 or 10:00 a.m. for up to 45 minutes. Each lesson will include approximately 5 minutes of warm-up and drills on the ground, followed by a combination of water and deck instruction to teach the fundamentals of body alignment, positions (tuck, pike, straight), boardwork and entries. As divers become more proficient at these skills, they will start to learn easy dives and progress to more difficult ones when they are ready.</td>
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Harvard Swim School
Registration Form

Please use this form for all applicants in your family.

Participant’s Name

Parent/ Guardian’s Name

Phone

Address

Email address (please print clearly):

Please select from the following class schedules and indicate your preferences below:

<table>
<thead>
<tr>
<th>CLASS LEVELS</th>
<th>CLASS SCHEDULES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth Swimming Levels 1-4</td>
<td>3 class times offered: 9:00, 9:35 and 10:10am (30 mins)</td>
</tr>
<tr>
<td>Adult Swimming Levels 1-6 (Combined)</td>
<td>One class time only: 10:00am (45 mins)</td>
</tr>
<tr>
<td>Youth Diving Levels 1-3</td>
<td>Levels 1-2: 9:10 &amp; 10:00am</td>
</tr>
</tbody>
</table>

I, ________________________________, for my heirs, assigns, executors and administrators, in consideration of Harvard University permitting the enrolled student to use certain facilities and property in order to participate in the Harvard University Swim School, do hereby waive and release any and all rights and claims for damage I may have against the President and Fellows of Harvard University, their agents, representatives, successors or assignees for any and all injuries to me or the enrolled student resulting from the participation in said program.

Signature of Parent or Guardian ________________________________ Date: ________________________________