

LWU Campus Recreation: Aquatics Programming Schedule Fall 2026

*A Group/Video-Led Water Aerobics Class is available to HWC members
most MWF from 11-12*

AUGUST

- RED CROSS Lifeguarding Class: Reprequist Testing (swim, tread, deep brick retrieval)
W 26th 5:00 pm —on pool deck

SEPTEMBER

- Lifeguard Class Instrustruction
W 9th , 6-9pm— MPR in HWC (multiple purpose room)
TH 10th, 6-8pm — on pool deck
S 12th, 12:30-7:30pm
Sun 13th, 1-5:30pm
COST: \$400 (no special rates)
- Lifeguard Recertification Session
Sun 13th, 3:00-5:00 pm
COST: \$100
- Group Swimming Lesson: Fall '26, Session 1
T/THs 6:00-6:30 & 6:35-7:05
15th, 17th, 22nd, 24th
COST: \$50 (no special rates)
Register with QR Code or contact LWU
- Parent & Me Water Fun Class (for infants & toddlers—at least 1 parent in the water)
THs 10:30-10:50am
17th, 24th, (October 1st, 8th)
COST: \$25 (paid at first session) [no special rates]
- AquaFit Classes (no swimming, but intense cardio workout in the water)
M 6-6:30pm
21st, 28th, (October 5th, 12, 19)
COST: \$25 OR \$5 per session (Free to LWU students, faculty, staff)
- Competitive Swim Clinic for Ages 11-18
S 19th – 9-12 and/or 1-3:30
Register with QR Code or at the door
COST: \$120 for both sessions or \$65 for 1 session
\$10 discount for dual session, early registration participants
\$10 discount for all ACHS swimmers (dual session only)

*For any questions OR to sign up without the QR Code contact
Assistant Swim Coach & Aquatics Director, Tom Radtke at radtke@lindsey.edu, (o) 270 384 _ Aquatics
Director, Alicia Kemnitz at kemnitza@lindsey.edu*

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OCTOBER

- Parent & Me Water Fun Class (for infants & toddlers—at least 1 parent in the water)
THs 10:30-10:50am
1st, 8th (continuation from September session)
COST: \$25 (paid at first session) [no special rates]
- AquaFit Classes (no swimming, but intense cardio workout in the water)
M 6-6:30pm
5th, 12th, 19th (continuation from September session)
COST: \$25 OR \$5 per session (Free to LWU students, faculty, staff)
- Adult Learn to Swim Class (max 6 people, private sessions during closed hours)
Sun 2:30-3:15
4th, 11, (continuation to Nov. 1, 8)
COST: \$60 (free for LW students)
- AquaZEN (great for recovery, stretching, rehabilitation)
W 6:30-7am
21st, 28th (November 4th, 11th continuation)
COST: \$25 OR \$5 per session (Free to LWU students, faculty, staff)
- Group Swimming Lessons: Fall Session 2
T/THs 6:00-6:30 & 6:35-7:05
T/TH 20th, 22nd, 27th, 29th
COST: \$50 (no special rates)
Register with QR Code or contact LWU

NOVEMBER

- Adult Learn to Swim
Sun 2:30-3:15 pm
1st & 8th (continuation from October)
COST: \$65 (register with a QR Code or contact LWU)
- Group Swimming Lessons: Fall Session 3
M/T/W/TH on 6:00-6:30 & 6:35-7:05
9th, 10th, 11th, 12th(M-TH)
COST: \$50 (no special rates)
Register with QR Code or contact LWU
- Belly Flop Contest
TH 5th, 8:30 pm
*registration & swim test TBA
- AquaZEN (great for recovery, stretching, rehabilitation)
W 6:30-7am
4th, 11th
COST: \$25 OR \$5 per session (Free to LWU students, faculty, staff)

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