ISU Swim and Gym is a ten-week, after school physical activity program for children that meets twice a week in both the fall and spring semesters. The program provides an hour of gym time and half an hour of swimming lessons during each session. Undergraduate students pursuing a degree in physical education staff the program. Aquatic activities are staffed with lifeguards and swim instructors.

Jenny Smith-Wittrock, M.S. of the Department of Kinesiology at Iowa State University is the program director. The program has been offered consistently on the ISU campus for 17 years. Programming takes place in the Forker Building.

The program is transitioning to online intake form to gather registration information related to permissions, liability, medical information, etc. The completion of this document will allow administration to collect information and reserve space for your child in the fall 2021 session of the program. The online registration will be released later in August and must be completed by September 10, 2021 prior to the start date of the program.

Parent and Guardian Name(s): ____________________________________________

Email Address(es): _____________________________________________________

Phone numbers that can be reached during program hours: __________________________

Mailing Address: ________________________________________________________

City: ___________ Zip Code: _______________
The instructional aspect of the program is designed to meet the needs of children by considering their abilities, maturation, and developmental levels. All children are provided the opportunity to be successful in the various movement activities. Children of varying skill abilities will be able to interact effectively within the framework of the program's activities.

Participants will be placed in groups based on age/grade level. The younger girls and boys will take part in activities that facilitate the acquisition of basic movement skills and provide an awareness of their physical abilities. The older children will participate in more activities associated with individual and team sports. All activities are conducted with fitness and/or motor skill development goals in mind.

At this time, completion of the enrollment for will hold a space for your child or children. It may be returned electronically, sent via the US Postal Service, or brought directly to the Forker Building. You are welcome to provide payment with the provision of this form or pay at a later time. Payment is due by the first day of the program on September 14, 2021. Payment is allowed via check or money order and should be directed to Iowa State University.

**Program Fee:**

Cost per Child $100.00

**Contact Information:**

Jenny Smith-Wittrock, M.S.
243 Forker Building, ISU
Ames, Iowa 50011
(515) 294-1762
Email: gavsmom@iastate.edu

Due to the need to limit group sizes, **registration is restricted to the first 60 children.**

https://kin.hs.iastate.edu/outreach/outreach-programs/youth-programs/swim-and-gym/

ISU Swim & Gym has been offered for 17 years! Thank you for considering this physical activity-based program for your child. You are helping the Department of Kinesiology further prepare physical education teacher candidates and helping your child establish healthy habits early in life.

*This is not an Ames Community School District publication, nor is it in any way endorsed or sponsored by the District. This publication is being provided only to inform you of other community activities and opportunities*