

Lock Haven University
Official Release

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Release Date: 21 October 2011

**Little swimmers make a splash
LHU students practice swimming instruction skills with young children**

If you want to learn how to swim, you need to get into the pool. And if you want to teach swimming, you need to get into the pool, too. The result: good instruction and lots of fun for all!

On October 18 and 20, students in Lock Haven University's Water Safety Instructor class welcomed area infants and pre-schoolers to the LHU pool for one-on-one instruction and water play.

In class, LHU students practice support holds and skills with dolls and with each other. Assistant Professor Martha Rowedder said, "Having the opportunity to work with real children is wonderful." Most of the children," she said, "are very willing to try anything and have fun doing it. Some are not so sure they want to try, which challenges my students to come up with solutions for the child."

Parents of infants and toddlers were required to get into the water with their children. "In the end," said Rowedder, "little swimmers, parents and HPE students have a good time and come away with a valuable experience."



Left picture: Student Brian Zysset (l.) and LHU instructor Charles Campisi (r.) help Joy Capisi learn the basics of swimming. *Right picture:* LHU students, little swimmers and their parents enjoy a group activity.