



Hello and welcome to Gopher Swim School!

In this packet you will find everything you need to know about your swim lessons, swim team, or swim clinic. If after reading this packet you have any questions, please don't hesitate to contact the following:

- gss@umn.edu is the Gopher Swim School email run by GSS Student Program Assistants.
- 612-625-3794 is the GSS Office.
You can expect a response in 2-4 days if no one is in the office.
- urban232@umn.edu is Bethany Hirschi, the Aquatic Programs Coordinator.
Please email Bethany only if you have an urgent need.

Waivers: If you did not sign a waiver upon registration, please email urban232@umn.edu and Bethany will send you one! If you have any questions about waivers, please email Bethany and let her know.

For information on GSS Family Swim, membership, and all things RecWell, please [click here](#) to visit the Recreation and Wellness Center website.

St.Paul Gymnasium

Children's group lessons, some private and semi-private lessons, and some swim clinics are located in the pool at the St. Paul Gymnasium.

St.Paul Gymnasium
1536 Cleveland Ave N, St Paul, MN 55108

Parking Options:

You can park in metered parking located in the St.Paul Gymnasium lot, or street parking located around the gymnasium. Any unmetered parking in the St. Paul Gymnasium lot is contract parking only.



Please note that the GSS entrance is at the side door as pictured. Please do not enter through the front entrance.



Changing Rooms/Locker Rooms

The St.Paul Gymnasium has a women's and men's locker room available, as well as two family locker rooms. The women's and men's locker rooms can be accessed through the pool deck, while the family locker rooms are located just past the rock wall.

Check-In (Group Lessons Only)

When you enter through the GSS entrance, you will check in with the person at the table. You'll then head to your left directly into the pool where you'll be able to access the women's and men's locker rooms or go straight and walk past the rock wall to access the family locker rooms.

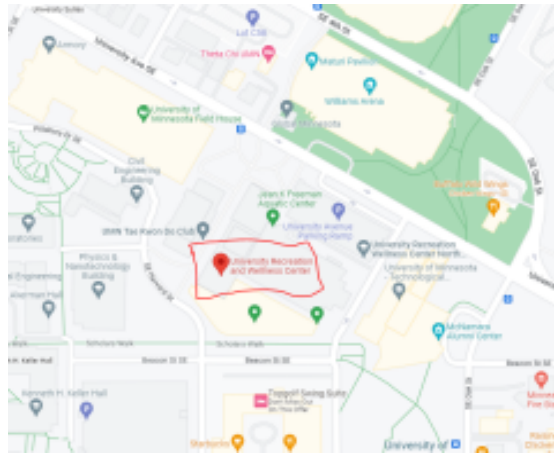
*We will be doing our best to have check-in every week, but due to staffing there may be some days that we cannot have a check-in person available. If that is the case, please check-in yourselves by marking your name on the check-in tablet.

University Recreation and Wellness Center (Minneapolis)

Adult Group Lessons, some swim clinics, some private and semi-private lessons, and Gray Ducks Swim Team are located at the University Recreation and Wellness Center in Minneapolis.

**University Recreation and Wellness Center
123 SE Harvard St, Minneapolis, MN 55455**

Parking is available via metered parking surrounding the Recreation Center, or at the University Ave and Washington Ave Parking Ramps, located near the Aquatic Center.



FOR ADULT LESSONS ONLY:

Please enter through the front entrance of the University Recreation and Wellness Center located on the corner of S.E. Harvard St. and Beacon St. S.E.. If you are not a student or staff member, please tell the front desk your name and that you are there for Gopher Swim School lessons (see entrance below).



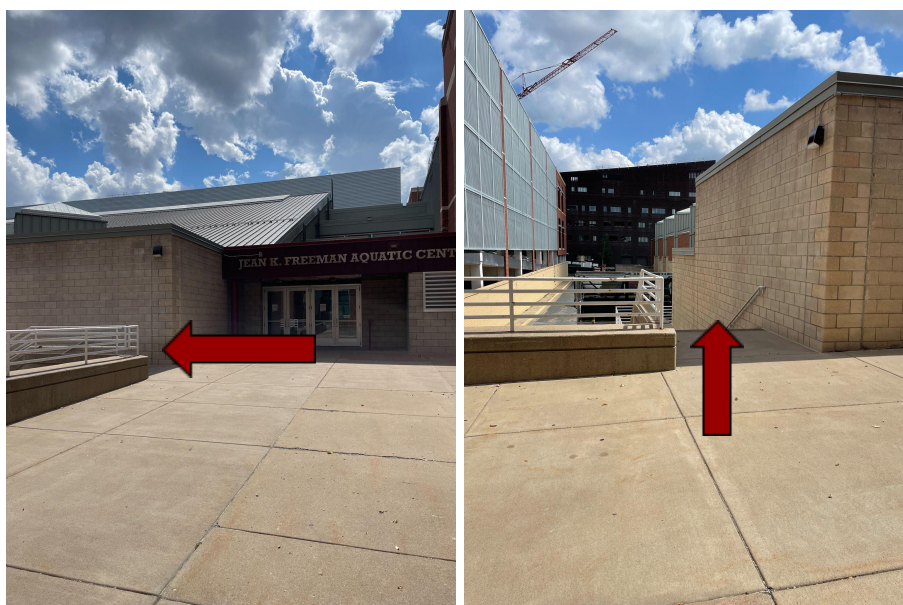
After passing the front desk, follow signs for the lower fitness center (stairs are down to the right of the front desk). Once you get down the stairs you will see a hallway to the left of the weight room. Follow this hallway through a set of double doors, and then turn left to access the women's, men's, or unisex locker rooms. **For the access code to the women's locker room, please email gss@umn.edu or ask the front desk upon arrival.**

All lessons will take place in the Cooke 10 pool. Head towards the sign that says Cooke 10 - it may say "Pool Closed" but this just means that it is not available for the general public. Please do not hesitate to ask the front desk for guidance on locating the locker room and your lessons.

FOR GRAY DUCKS SWIM TEAM MEMBERS ONLY:

Swim team families are welcome to drop off their children in the round-about located in front of the University Parking ramp and pick them up after practice or park and watch their children's practices. However, please keep in mind that some days we may hold practices in the Cooke 10 or 15 pool (located in the same building as the Natatorium) due to swim meets that take place throughout the year. We will communicate with families when that is the case.

Gray Ducks participants can enter through the Jean K. Freeman Aquatic Center North Landing entrance next to the University Parking Ramp:



Equipment Recommended: A “swim bag” equipped with a kick board, fins, paddles, goggles, and swim cap if needed. You can find all of that equipment at [Dick’s Sporting Goods](#) or [Swim Outlet](#).

If you are unable to bring any of this equipment we will have some for swimmers to use; however, we cannot guarantee enough for everyone.

For answers to other questions you may have, please [click here](#) and scroll down to the Gray Ducks section of our website.

For Private Lessons:

Within the matching process you will receive more information about what to bring and where to go. For questions please email gss@umn.edu

Additional Information

Forgot Something?

We will have extra goggles only available at St. Paul Gymnasium and towels available, if needed, at both locations. If you are in need of a swimsuit, we recommend using the link below!

SwimOutlet link:

<https://www.swimoutlet.com/>

What to Bring

If you have a child that is still in diapers, we ask that your child wear a swim diaper at all times. We do not provide swim diapers but they can be found at places such as Target or Walmart.

Goggles are recommended but not required for swim lessons. If goggles are needed for a class, they will be provided.

We ask that you bring your own towel. If forgotten, we will provide one for you.

Lost and Found

If you lose something during swim lessons, please email gss@umn.edu if lost in Saint Paul, or aquatics@umn.edu if lost in Minneapolis.

Refunds

Requests for transfer, credits, or cancellations must be received in writing a week prior to the start of the specific lesson day. No verbal or phone requests are accepted. All swim lesson fees include a 10% non-refundable administration fee. This charge is withheld from any refund or credits when cancelled by the deadline. Cancellations after the cancellation deadline forfeit the entire fee.

- Cancellations due to severe medical circumstances will need a doctor's note and will be considered on a case-by-case basis. Absences due to common illnesses do not qualify for any reimbursements.
- Any session that does not meet minimum enrollment by the week before the session start date will be cancelled and you will be contacted.

Thank you and we look forward to seeing you at the pool!

Gopher Swim School

gss@umn.edu

612.625.3794