

SWIM LESSONS

GROUP & PRIVATE



GROUP SWIM LESSONS

Our summer swim lessons meet Monday–Thursday for each two week session.

FEES: \$30 per student per session

REGISTRATION BEGINS: Monday, April 3rd

NOTE: A minimum of 3 participants is required. We reserve the right to cancel or combine levels to adjust for class size.

Session	Session Dates	Registration Deadline
Session 1	May 29th - June 8th	May 25th
Session 2	June 12th - June 22nd	June 8th
Session 3	June 26th - July 6th	June 22nd
Session 4	July 10th - July 20th	July 6th
Session 5	July 24th - August 3rd	July 20th
Session 6.....	August 7th - August 17th	August 3rd

PARENT AND CHILD

Ages: 6 months - 3 years | maximum 6 swimmers per class

Parent guided swim lessons to help children feel comfortable, have fun, learn to ask for permission before entering the water, and how to enter and exit the water in a safe manner. Swimmers will explore submerging the mouth, nose, eyes, and gain experience wearing a U.S. Coast Guard-approved life jacket.

PRESCHOOL

Ages: 3 years - 5 years | maximum 6 swimmers per class

Preschool I: Beginner level class. Students will be introduced to basic water skills, water acclimation, safety skills and rules, on their own.

Preschool II: Students will learn basic front crawl stroke/freestyle, back stroke, how to use a kickboard, jumping in, safety skills and rules.

YOUTH

Ages: 6 years - 14 years | maximum 8 swimmers per class

Youth I: Students review front crawl stroke/freestyle, backstroke with an emphasis on the kicking, breathing and arm stroke techniques. Safety skills, recovery after falling in deep water and water safety tips.

Youth II: Students review and improve on front crawl, learn backstroke, side stroke, breast stroke, and will be introduced to deeper water and safety skills and rules.

Youth III: Large emphasis on safety, how to dive, and by the end of class they should be able to successfully swim 25 yards of front crawl and demonstrate backstroke, side stroke, breast stroke.

All Swim Lessons will be held at The Station Aquatic Center, 700 S. Broadway Ave., Moore.

Times vary per 2 week session, for lesson times visit: www.cityofmoore.com/fun

TO REGISTER: www.cityofmoore.com/fun

For more information call Moore Parks & Recreation at (405) 793-5090



City of Moore
MOORE, OKLAHOMA



PRIVATE & SEMI-PRIVATE SWIM LESSONS

All ages

LESSON FEES: \$60/per swimmer

Must register in person at The Station Recreation Center. No online registration available.

Two people must register together for semi-private lessons.

Parents will be required to sign a waiver.

Monday–Thursday: **TIME:** 9am, 9:30am

Lessons meet for 30-minutes, Monday–Thursday for one-week sessions.

Session	Session Dates	Registration Deadline
Session 1	May 29th - June 1st	May 25th
Session 2	June 5th - June 8th	June 1st
Session 3	June 12th - June 15th	June 8th
Session 4	June 19th - June 22nd	June 15th
Session 5	June 26th - June 29th	June 22nd
Session 6	July 3rd - July 6th	June 29th
Session 7	July 10th - July 13th	July 6th
Session 8	July 17th - July 20th	July 13th
Session 9	July 24th - July 27th	July 20th
Session 10	July 31st - August 3rd	July 27th
Session 11	August 7th - August 10th	August 3rd
Session 12	August 14th - August 17th	August 10th

Saturday–Sunday: **TIME:** 9am, 9:45am, 10:30am and 11:15am

Lessons meet for 30-minutes, Saturday and Sunday (4 classes total)

Session	Session Dates	Registration Deadline
Session 1	June 3rd - June 4th	June 1st
	June 10th - June 11th	
Session 2	June 17th - June 18th	June 15th
	June 24th - June 25th	
Session 3	July 1st - July 2nd	June 29th
	July 8th - July 9th	
Session 4	July 15th - July 16th	July 13th
	July 22nd - July 23rd	
Session 5	July 29th - July 30th	July 27th
	August 5th - August 6th	
Session 6	August 12th - August 13th	August 10th
	August 19th - August 20th	