



SUMMER SWIM LESSONS

The Station's swim lesson curriculum emphasizes proper swimming technique and water safety, all while having a blast at The Station. Swim lessons available are Parent/Child, Preschool, Youth Level 1, Youth Level 2, Youth Level 3, Youth Level 4 and our highly sought out Private or Semi-Private Lessons. Classes are 30 minutes.

TIME:

9-9:30 a.m. – Parent/Child, Preschool, Youth 1, Youth 2, Private/Semi-Private
9:40-10:10 a.m. – Parent/Child, Preschool, Youth 3, Youth 4, Private/Semi-Private
10:20-10:50 a.m. – Preschool, Youth 1, Youth 3, Private/Semi-Private
11-11:30 a.m. – Preschool, Youth 2, Youth 3, Youth 4, Private/Semi-Private

AGES:

6 months-14 years old

FEE:

Group Weekday \$40
Group Weekend \$30
Private/Semi-Private \$90 (Must register in person.)

WHERE: The Station Aquatic Center

REGISTRATION

Feb. 1-28 Passholders Only

March 1-TBD Open for Everyone

GROUP

MONDAY-THURSDAY (2 WEEKS):

Session 1 - June 6-16
Session 2 - June 20-30
Session 3 - July 4-14
Session 4 - July 18-28
Session 5 - Aug 1-4 (**FAST TRACK - 1 WEEK**)

SATURDAYS ONLY:

June 4-25 / July 9-30

PRIVATE/SEMI-PRIVATE

MONDAY-THURSDAY (1 WEEK):

Session 1 - June 6-9
Session 2 - June 13-16
Session 3 - June 20-23
Session 4 - June 27-30
Session 5 - July 4-7
Session 6 - July 11-14
Session 7 - July 18-21
Session 8 - July 25 - 28
Session 9 - August 1-4

TO REGISTER: cityofmoore.com/fun

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



Swim Lesson Class Descriptions

PARENT & CHILD

AGES: 6 months–3 years | maximum 8 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: 3–5 years | maximum 6 swimmers per class

Preschool: Beginner-level class. Students will be introduced to basic water skills, water acclimation, safety skills and rules.

YOUTH

AGES: 6–14 years

LEVEL 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.

LEVEL 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.

LEVEL 3: Stroke Development: Additional guided practice will help students improve their skills.

LEVEL 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.

FAST TRACK

One week with smaller classes.

TO REGISTER: cityofmoore.com/fun

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

