



## 2024 SUMMER MORNING/AM SWIM LESSONS

Muskogee Swim & Fitness Center offers swim lessons year around. The swim program consists of six levels, each level teaching water safety and skill development. The first four levels focus on basic swimming skills. The next two levels build on these skills as well as endurance and technique. An evaluation is given at the completion of each level. AM Sessions are held Monday-Thursday for two weeks only in the summer. PM Sessions are held on Tuesday & Thursday evenings for four weeks (year around). If you are interested in evening swim lessons see front desk for more details.

Classes could be altered or cancelled due to enrollment.

All Classes are held at Muskogee Swim & Fitness Center – 566 N. 6<sup>th</sup> Street (918) 684-6304.

**Cost is \$50 per enrollment** (See back for descriptions of skill levels.)

**Please choose from the following session dates & times for ages up to 16:**

**Morning lessons are Monday through Thursday**

**AM SESSION 1: June 3-13**

**10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy**

**10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper**

**AM SESSION 2: June 17-27**

**10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy**

**10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper**

**AM SESSION 3: July 8-18**

**10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy**

**10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper**

**AM SESSION 4: July 22-August 1**

**10:00am-10:30am Parent Toddler, Aqua Tot, Tadpole, Guppy**

**10:30am-11:00am Tadpole, Guppy, Minnow, Trout & Striper**

**SWIM TEAM IS AVAILABLE FOR AGES 6-18 YEARS ASK FRONT DESK FOR MORE DETAILS**

### Parent Notice

We ask that you keep the Pool deck clear. Seating is available in the bleachers or the hallway lobby. This allows the Guard on stand clear sight and access to respond to emergencies, it will also allow the Students and Instructors to focus on the class instructions not the parent on deck. If you insist on being on deck you will need to sign an on deck agreement. This is a separate form that explains you are agreeing to help watch your child and others and react to any emergencies that may come up. The goal is to focus on the swimmers safety and work as a team with Instructors, Lifeguards, & Parents.

### **2024 Summer AM Swim Lesson Enrollment Form:**

**Circle Session Level/Time/Date**

**10:00-10:30am (Parent Toddler) (Aqua Tot) (Tadpole) (Guppy)**

**10:30-11:00am (Tadpole) (Guppy) (Minnow) (Trout/Striper)**

**Session 1: June 3-13**

**Session 2: June 17-27**

**Session 3: July 8-18**

**Session 4: July 22-August 1**

Swimmer's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Phone #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Swim Level \_\_\_\_\_ Swim Time \_\_\_\_\_ Swim Session \_\_\_\_\_

Parent Name: \_\_\_\_\_ Email: \_\_\_\_\_ Date: \_\_\_\_\_

Please make checks payable to: Muskogee Swim & Fitness Center. Check request refunds are only available prior to the class start date.

Cost: \$50.00 per person/per session Paid: Cash/Check/CC Payment Date: \_\_\_\_\_ Receipt # \_\_\_\_\_ Staff IN \_\_\_\_\_

**\*Front Desk Staff – Do not forget to log this enrollment into the Swim Lesson Binder!**

### **Parent/Toddler:**

This class is offered for parent and child (**age 6 months to 2 years of age**). The beginning class focuses on water orientation. Parents learn basic skills to teach swimming and safe behavior around the water.

### **Aqua Tot:**

This class is for 3 year olds ONLY. They will learn how to submerge face under water, blow bubbles, enter and exit water unassisted, move/swim 5 yards at chest level or with kick bar, bob 5 times at chin level or holding onto wall, front float 3 seconds and roll to back(assistance allowed), and back float for 3 seconds( assistance allowed).

### **Tadpole:**

In this class, they will learn how to jump into chest water unassisted, submerge face under water for 3 seconds, blow bubbles while submerged, enter and exit water unassisted, move/swim 5 yards at chest level or with kick bar, bob 5 times at chin level or holding onto wall, front float 3 seconds and roll to back (unassisted), back float for 3 seconds (unassisted), recover from float to standing position (unassisted), glide front and back with flutter kick 10 seconds.

### **Guppy:**

In this class, they will learn how to retrieve underwater objects, bobs/rhythmic breathing, in chest deep water perform front float (5 sec.) roll to back and stand up, in chest deep water perform back float (5 sec.) roll to front and stand up, front and back crawl-15 feet, any combination of arm and leg action.

### **Minnow:**

In this class, they will learn how to jump into chest deep water from the side of the pool, bobbing, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (front or side), maintain position by treading or floating for 30 seconds, swim back crawl for 15 yards, elementary backstroke, sitting/kneeling dives, tread water.

### **Trout:**

In this class, they will learn how to do deep water bobs, rotary breathing, float on back 1 minute in deep water, front/back crawl 25 yards, elementary backstroke for 25 yards, breaststroke for 25 yards, sidestroke, standing/compact dive, wall turns, tread water 1 minute.

### **Striper:**

In this class, they will learn how to do 100 front crawl, 100 back crawl, 50 breaststroke, 50 elementary backstroke, 50 sidestroke, 50 yards butterfly, 100 any stroke, alternate breathing, dolphin kicking, stride jump, jump into deep water, perform a survival float for 5 minutes roll onto back and perform a back float for 5 minutes, perform a feet-first surface dive, retrieve an object from bottom of pool at 7ft and return to starting point.