



SWIM LESSON

CLASS DESCRIPTIONS

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 1 & 2, Youth Levels 1-4, and our highly sought-after Private Lessons. Classes are 30 minutes.

TIME:

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

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

Session 1: June 2-12
Session 2: June 16-26
Session 3: June 30-July 10
Session 4: July 14-24
Session 5: July 28-31- *Fast Track (1 Week)*

SATURDAYS ONLY:

Session 1: May 31- June 21
Session 2: July 5-26

PRIVATE

MONDAY-THURSDAY (1 WEEK):

Session 1: June 2-5
Session 2: June 9-12
Session 3: June 16-19
Session 4: June 23-26
Session 5: June 30-July 3
Session 6: July 7-10
Session 7: July 14-17
Session 8: July 21-24
Session 9: July 28-31

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

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

PRESCHOOL 1: Beginner-level class. Students will be introduced to basic water skills, water acclimation, safety skills, and rules.

PRESCHOOL 2: Intermediate-level class. Students will build on basic water skills, 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.

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