



2012 WINTER/SPRING SWIM LESSONS

Muskogee Swim & Fitness Center is offering swim lessons beginning on Tuesday, February 7th 2012. The swim program consists of seven levels, each level teaching water safety and skill development. The first four levels focus on basic swimming skills. The next three levels build on these skills as well as on endurance and technique. An evaluation is given at the completion of each level.

Lessons are held on Tuesday & Thursday evening, each session includes eight, 30 minute lessons.

Cost is \$40 per enrollment.

Please choose from the following session dates & times:

(See back for descriptions of skill levels.)

PM Session 1: February 7th – March 1st

PM Session 2: March 6th – March 29th

PM Session 3: April 3rd – April 26th

Evening Class Times: 5:45pm-6:15pm 6:15pm-6:45pm 6:45pm-7:15pm

(Evening classes include eight, 30 minute lessons held Tuesday & Thursday for 4 weeks.)

Additional Classes Offered:

Parent/Toddler:

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

PM Session 1: February 7th – March 1st

Class Time: 6:15-6:45pm

PM Session 3: April 3rd – April 26th

Class Time: 6:15-6:45pm

Adult Group Lessons

Session 1 - Beginner class dates: February 7th-March 1st. Class Time: 6:15-6:45pm

This class is designed for beginners who need instruction on basic swimming skills. Students will practice floating on front and back, learning to relax and glide through the water, basic breathing techniques, flutter kick on front and back, etc.

Session 2 – Intermediate Class Dates: March 6th – March 29th. Class Time: 6:15-6:45pm

This class is designed for adult wishing to improve their swimming technique and endurance. Participants should be comfortable floating on front and back, and swimming with face in the water. Skills will include basic stroke technique using front crawl, back crawl, breaststroke, elementary backstroke, and sidestroke.

Private Swim Lessons:

Muskogee Swim & Fitness Center also offers private swim lessons for all ages and skill levels. The days and times of private swim lessons are scheduled based on pool availability, instructor's availability, and preference of student/parent.

Please inquire at the Front Desk for a separate enrollment/payment form. Private Swim Lesson cost is \$100.00 for 5 lessons.

All Classes are held at Muskogee Swim & Fitness Center – 566 N. 6th Street (918) 681-4733

2012 Winter/Spring Swim Lesson Enrollment Form

Session Dates: _____ **Level:** _____ **Class Time:** (1st Choice) _____ (2nd Choice) _____

PRINT Swimmer's Name: _____ **Age:** _____ **Phone #:** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Parent Name: _____ **Date:** _____

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

Cost: \$40.00 per person/per session Paid: Cash/Check/CC Payment Date: _____ **Staff IN** _____