



# 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 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 3-13  
Session 2 - June 17-27  
Session 3 - July 1-11  
Session 4 - July 15-25  
Session 5 - July 29-Aug. 1 (**FAST TRACK - 1 WEEK**)

#### SATURDAYS ONLY:

June 1-22 / July 6-27

## PRIVATE

#### MONDAY-THURSDAY (1 WEEK):

Session 1 – June 3-6  
Session 2 – June 10-13  
Session 3 – June 17-20  
Session 4 – June 24-27  
Session 5 – July 1-4  
Session 6 – July 8-11  
Session 7 – July 15-18  
Session 8 – July 22-25  
Session 9 – July 29-Aug. 1

TO REGISTER: [cityofmoore.com/fun](http://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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