THE UNIVERSITY OF OKLAHOMA

LEARN to SWIM

Outdoor pool opens

MAY 2
*weather permitting

Swim Lesson enrollment begins

MAY 18

Enroll at the Murray Case Sells Swim Complex between 9 a.m. and 6 p.m.

Registration packet available at ou.edu/far/aquatics.

#learntoswimatOU

The University of Oklahoma is an equal opportunity institution, www.ou.edu/eoo. For more information or for accommodations on the basis of disability, contact Chelsey Schuessler at (405) 325-4837.
**LEARN TO SWIM LEVELS**

**Parent & Child (6 - 36 mo.)**
- Level 1 - Introduces children and adults to a safe water environment
- Level 2 - Builds upon skills learned in Level 1

**Preschool (3 - 4 yrs.)**
- Level 1 - Orient children to the aquatic environment and helps them gain basic aquatic skills
- Level 2 - Helps children gain greater independence in their skills and develop more comfort in and around water
- Level 3 - Helps children start to gain basic, propulsive swimming skills to be comfortable in and around water

**Learn to Swim (5 yrs. +)**
- Level 1 - Introduction to Basic Aquatic Skills
  - Helps participants feel comfortable independently in the water
- Level 2 - Fundamental Aquatic Skills
  - Gives participants success with fundamental skills
- Level 3 - Stroke Development
  - Builds on the skills in Level 2 through additional guided practice in deeper water
- Level 4 - Stroke Improvement
  - Develops confidence in the skills learned and improves other aquatic skills
- Level 5 - Stroke Refinement
  - Provides further coordination and refinement of strokes for longer distances
- Level 6 - Swimming and Skill Proficiency
  - Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for more advanced courses, including the Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.
  - Options include: Fitness Swimmer, Personal Water Safety, and Fundamentals of Diving

**Adult**
- Learning the Basics, Improving Skills and Swimming Strokes, Swimming for Fitness

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**LESSON TIMES**

<table>
<thead>
<tr>
<th>Time</th>
<th>Morning</th>
<th>Afternoon</th>
<th>Evening</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>9:15 a.m.</td>
<td>2:00 p.m.</td>
<td>5:30 p.m.</td>
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<tr>
<td></td>
<td>9:55 a.m.</td>
<td>2:40 p.m.</td>
<td>6:10 p.m.</td>
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<tr>
<td></td>
<td>10:40 a.m.</td>
<td>3:20 p.m.</td>
<td>6:50 p.m.</td>
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**LESSON DATES**

- Session A: June 6 - 16
- Session B: June 20 - 30
- Session C: July 11 - 21
- Session D: July 25 - August 4

* Classes meet Monday - Friday the first week of every session and Monday - Thursday the second week of every session.

* We reserve the right to cancel or combine classes.

* Not all levels are offered at every time. Detailed level descriptions are available at ou.edu/far.

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**$60 (+tax)**

No refunds after the first day of class. A $5 handling fee is charged for all refunds. OU students, faculty, staff, and retirees can register for $50 + tax with valid OU Sooner Card.