

SwimAmerica

Redskin Learn to Swim Camp

Program Description

In SwimAmerica Learn-to-Swim stations 1-6, school aged children ages 4 and up learn basic safety skill, proper air exchange, floating, kicking and progress to swimming freestyle with side breathing. The coach to swimmer ratio is kept to a maximum of 5.

The SwimAmerica Stroke Team is your child's first swim team. In SwimAmerica stations 7-10, swimmers build endurance and learn backstroke, breaststroke, butterfly, lifesaving strokes and competitive skills necessary for racing. Competition is available to swimmers in these stations. Advanced Stroke Team swimmers, those in stations 8-10, are eligible for membership on the competitive swim team SwimTulsa, Eastern Oklahoma's #1 team since 1995.

Station Descriptions:

Station 1-Non Swimmer	Station 5-Demonstrates proper crawl stroke, without side breathing
Station 2-Demonstrates good air exchange (10 bobs) Well adjusted in the water & comfortable with head underwater	Station 6-Demonstrates proper freestyle swimming with side breathing
Station 3-Demonstrates front and back floats and glides	Stations 7-10-Current & previous SA members. New swimmers need coach approval
Station 4- Demonstrates strong kicking skills	

Evening Stations 1-6

- Nine Week session
- Mon-Thurs 6:00-6:40pm
- 1 lesson/week \$103.50 (\$90 Union Patron)
- 2 lessons/week \$207 (\$180 Union Patron)

Evening Stations 7-10

- Swim up to 4 days a week (Mon-Thurs)
- Station 7 classes 6:00-6:40pm
- Stations 8-10 classes 6:40-7:30pm
- Session cost: \$207 (\$180.00 Union Patron)

Communication

Email-MelissaPowell@SwimTulsa.org (Contact us & receive program opportunities and changes)

Phone-918-637-6105 (Contact us for important questions)

Website-www.swimtulsa.org (SwimAmerica calendars, forms, competitive swim opportunities)

Bulletin Board-918-748-3400 (Last minute changes due to inclement weather)

Session Dates:

Summer 09 Mon, May 18-Thurs, July 23, 2009
 Session I Mon, Aug. 17-Thurs, Oct. 15, 2009
 Session II Mon, Oct. 19-Thurs, Dec. 17, 2009
 Session III Mon, Jan. 4-Thurs, March 4, 2010
 Session IV Mon, March 8-Thurs, May 13, 2010

*Acceptance of registration is based on the amount of space available for additional swimmers.

Registration:

- Forms found online at:
www.swimtulsa.org
- Mail forms to: SwimAmerica Office
8824 S. 69th E. Ave.
Tulsa, OK 74133
- Make checks payable to **SwimAmerica**
- Add a \$20 late fee if registering on/after the first day of the session

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Holidays, Conflicts, and Make Up Swim Dates

Occasionally, regularly scheduled lessons for stations 1-6 will need to be rescheduled due to weather, holidays or high school meets. In the event that the school pool is closed on a regularly scheduled swim day, swimmers in stations 1-6 will be able to swim a make up lesson. Make up lessons require an RSVP and will usually be held Friday evenings. The SA cancellation and make up schedule will be announced at the pool, listed on the website and via e-mail. Make up lessons are not available for conflicts with other activities or vacations.

Competition and USA Registration:

- a) **“Go for the Gold” meets:** SA station 6-10 swimmers may participate in the “Go for the Gold” motivational caps and swim meet program. These intrasquad meets will be held at our pool throughout the season and are designed to build the confidence and prepare swimmers for competition in USA meets. Meet entry fees are \$5.00 per meet. A swimmer earns his first GFTG cap; additional caps are \$2.00 each. These payments are made to SwimTulsa.
- b) **Joining SwimTulsa and Competing in USA Meets:** Advanced Stroke Team swimmers, those in stations 8-10, are eligible for membership on the competitive swim team SwimTulsa. SwimTulsa is a USA Swimming member team. Once registered with USA Swimming, athletes may represent the team in USAS competitions.

Refunds: No Refunds. We hire instructors based on our registration.

Seating for Parents and Siblings

Parents and siblings of swim lesson students that wish to stay in the building during lessons are invited to watch the progress of their swimmer while sitting either in the bleachers or in the deck space between the two bleachers near the pool. Spectators may not sit or stand in other areas on the pool deck.

1) Mail Registration Pages 1-2 to:
SwimAmerica Office
8824 S. 69th E. Ave.
Tulsa, Ok 74133
2) Make check payable to: *SwimAmerica*

SwimAmerica™

A. Family Information

Parent's Name (s): _____

Phone # _____ Street Address: _____

City: _____ Zip Code _____ School District _____

Communication is a very important aspect of SwimAmerica. SwimAmerica will maintain a website posting current and future information as it is available and will use broadcast e-mails to distribute necessary information. Please list an E-Mail account that you check regularly and stay informed!

Family E-Mail _____ **I do not have e-mail** _____

B. Redskin Learn to Swim SwimAmerica Release:

1. We do everything possible at SwimAmerica to insure the safety of your child. We have Coaches certified by SwimAmerica, USA Swimming, and the American Swimming Coaches Association supervising each practice group. Safety rules are enforced. While our first priority is your child's safety, we must inform you that swimming lessons are not risk free.

2. As a participant or as a parent or legal guardian of a participant in the SwimAmerica program, I am fully aware that swimming can be strenuous, hazardous, and difficult. I acknowledge and freely accept the risks and hazards associated with the participation in swimming. I agree to hold the Redskin Learn to Swim Camp SwimAmerica, SwimTulsa, and their officers and agents free and harmless for any injuries or damages arising by reason of participation in this program.

3. I understand and agree to participate in accordance with SwimAmerica policies Summer 2009 and School Year 09-10.

Parent Signature: _____ **Date:** _____

