

REDSKIN LEARN TO SWIM CAMP 2009



FEATURING SWIMAMERICA LESSONS



Morning Lessons and Stroke Team: Swim 8 lessons in each 2 week session

40 minute classes beginning at 9:00am. Stations 1-6 taught at 9:00am, 10:40am, 12:20pm; Stations 5-10 taught at 9:50am and 11:30am. Session cost is \$92.00 (\$80.00 for Union Patrons). Register early for free! Late fee add \$20.00 per family. Late fee is applied to families enrolling the day lessons start. Practices held Monday through Thursday.

Sessions:

- A) June 1st - June 11th
- B) June 15th - June 25th
- C) June 29th - July 9th

Contact the Union HS Swim Coaches and
Redskin Learn to Swim Camp

www.SwimTulsa.org 637-6105

- **Evening Lessons & Stroke Team**
- Swimming programs for all children ages 4 and up
- Competition available for swimmers in stations 7-10
- Indoor Swimming at the Union 6th and 7th Grade Center Pool on E. 61st Street just west of Hwy 169

Learn to Swim Stations 1-6

- Station 1 - Non Swimmer
- Station 2 - Demonstrates good air exchange(10 bobs), well adjusted in the water and comfortable with head underwater and eyes open.
- Station 3 - Demonstrates front and back floats and glides.
- Station 4 - Demonstrates strong kicking skills
- Station 5 - Demonstrates proper crawl stroke, without side breathing.
- Station 6- Demonstrates proper freestyle swimming with

Stroke Team Stations 7-10

- Station 7 - 10 - Current and previous SA Stroke Team members. New swimmers by SA Coach evaluation only.

Fill out registration completely. Make checks payable **SWIMAMERICA**
enrollment confirmation sent via e-mail Mail to: SA Office 8824 S. 69th E. Ave., Tulsa, OK 74133

Child #1 _____ Birth date/Age _____ Station _____
(last) (first) (middle initial) (required) (estimate)

Circle Session and Class Time:

Session: A B C **Class Time:** 9:00(Stations 1-6) 9:50(Stations 5-10) 10:40(Stations 1-6)
11:30(Stations 5-10) 12:20(Stations 1-6)

Child #2 _____ Birth date/Age _____ Station _____
(last) (first) (middle initial) (required) (estimate)

Circle Session and Class Time:

Session: A B C **Class Time:** 9:00(Stations 1-6) 9:50(Stations 5-10) 10:40(Stations 1-6)
11:30(Stations 5-10) 12:20(Stations 1-6)

Parent Names _____ Home Phone _____ E-mail _____
(required)

Family Address _____
(city) (zip code)

No refunds. Pool space is rented and coaches hired based on this registration. As a participant or as the legal guardian of a participant in the SwimAmerica program represented by this registration form, I agree to hold SwimAmerica and its officers and agents free and harmless from any claim or expense that may arise due to participation in the program.

Signature: _____ **Date:** _____