

SwimAmerica Learn-to-Swim Evening Sessions 2020-2021

Program Description:

SwimAmerica's learn-to-swim program offers a goal-driven, technique-oriented approach to teaching children ages 4 and older everything from basic water safety skills to the proper stroke mechanics for competitive swimming. Children are kept in small groups, and each swimmer advances independently and immediately upon achieving the advancement goals of their current station.

In SwimAmerica station 7, swimmers build endurance and speed in all four strokes – butterfly, backstroke, breaststroke, and freestyle – and learn the competitive skills necessary for swim team. Swimmers who successfully master station 7 objectives are invited to join SwimTulsa's White Team for year-round swimming opportunities. Competition is available to swimmers in stations 6 and 7.

<u>Seven Stages of SwimAmerica</u> All 7 stages teach safety, fitness, health, and fun. Each station emphasizes proper techniques, with attention given to correct body position, movement of arms and legs, breathing, and timing of the strokes.
<u>Station 1-BUBBLES:</u> This station is for beginner swimmers and includes introduction to the basic skills necessary for swimming. We work on gradual water adaptation, movement in the water, breath holding and release, submersions of the face, blowing bubbles, bobbing with bubbles, and proper air exchange. Swimmers will gain confidence and master submerging their face in the water and advance when they can do 10 relaxed bobs with proper air exchange independently.
<u>Station 2-FLOATS AND GLIDES:</u> This station is for swimmers who are comfortable holding their breath underwater and doing 10 relaxed bobs with proper air exchange. Swimmers will be taught to float on their front and back, as well as how to front and back glide in the streamline position. Swimmers move to station 3 when they demonstrate a front and back float and front and back glide in a streamline for 5 seconds without instructor help.
<u>Station 3-KICKING:</u> This level is for swimmers who know how to comfortably hold their breath and float on their stomach and back independently. Swimmers will be taught kicking skills with front and back glides in the streamline position, and students advance when they display proper kicking technique on their front and back in a streamline for 10 meters autonomously.
<u>Station 4-SIDE GLIDE AND FREESTYLE INTRODUCTION:</u> This station is appropriate for swimmers who have mastered breath control, body position, and kicking on their front and back in a streamline position. Swimmers will be taught the basics of the freestyle stroke and will learn the bilateral breathing technique through side glide instruction. Swimmers will master short freestyle swims and advance by performing side glide kick with the correct breathing technique for 12.5 meters and freestyle swimming with bilateral breathing for 12.5 meters.
<u>Station 5-FREESTYLE:</u> This station is for swimmers who demonstrate the basic stroke mechanics of freestyle swimming but need additional instruction and practice with bilateral side breathing, propulsive kicking, and overall stroke coordination and refinement over longer, 25-meter swims. Endurance training and independent swimming are introduced in this station, with instructors coaching larger groups of students from the pool deck instead of in the water. Swimmers advance upon mastering a strong freestyle stroke for 25 meters without stopping.
<u>Station 6-BACKSTROKE:</u> This level is appropriate for swimmers who have mastered freestyle swimming with continuous side breathing for a 25-meter distance and can kick in a streamline on their backs. Swimmers review freestyle swimming and learn the components of a smooth, rhythmic backstroke technique, which include a constant, propulsive kick, quick arm rotations, and a powerful catch and pull. Swimmers advance from this station when they demonstrate a strong freestyle with bilateral breathing for extended distances, as well as backstroke with correct body position, constant kicks, and proper rotation for continuous, 25-meter swims.
<u>Station 7-BUTTERFLY AND BREASTSTROKE/SWIM TEAM PREPARATION:</u> This station is for swimmers who have successfully mastered freestyle and backstroke. In this class, swimmers will learn how to dolphin kick and the timing of the butterfly stroke. The butterfly stroke should have 2 visible kicks with one arm pull. Swimmers will learn the breaststroke kick (up-out-around) and correct timing (pull-breathe-kick-glide) for breaststroke. Freestyle and backstroke swimming at further distances of 50 meters or more is practiced for increased endurance. Swimmers will also learn how to perform a racing dive from the sitting, kneeling, and standing positions, as well as how to correctly perform a freestyle flip turn and how to touch with both hands simultaneously for open turns in butterfly and breaststroke. The proper order and turns for swimming the Individual Medley (I.M.) is taught, and swimmers are trained to swim a 100 I.M. with legal stroke techniques and turns and without stopping. Swimmers may advance to year-round competition swimming on SwimTulsa's White Team for novices/beginners when they demonstrate the legal form of butterfly, breaststroke, freestyle, and backstroke for 25 meters of swimming, in addition to having mastered a racing dive and freestyle flip turn.
<u>*NOTE: Please estimate the station for your swimmer(s) based on the above descriptions. Swimmers are moved to the appropriate group during the first lesson.</u>

<p><u>Class Details Learn-to-Swim Stations 1-6:</u> Choose to enroll in 1 or 2 lessons each week, Monday through Thursday nights.</p> <ul style="list-style-type: none"> • <u>Lesson Time:</u> 40-minute classes from 6:15-6:55 pm, Monday-Thursday • <u>8-Week Session Fees:</u> Swim 1 lesson weekly/8 total classes for \$115 if non-Union district swimmers or \$100 if Union-district patrons. OR Swim 2 lessons weekly/16 total classes for \$230 (non-Union) or \$200 (Union district). 	<p><u>Class Details for Station 7:</u> Swim up to 4 practices each week, Monday through Thursday evenings, on a come-as-you-like basis.</p> <ul style="list-style-type: none"> • <u>Time:</u> 40-minute lessons from 6:15-6:55 pm, Monday-Thursday • SwimTulsa White Team competitive swimming available once swimmers successfully complete station 7 goals. • <u>8-Week Session Fee:</u> Flat rate of \$230 (non-Union) or \$200 (Union-district swimmers). Swimmers may attend any or all nights of classes offered Monday through Thursday.
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Communication:
Email: SwimAmerica Site Supervisor, Katie (Keller) Koch, katiekeller@swimtulsa.org (Contact about program opportunities and changes)
Website: www.swimtulsa.org (Find SwimAmerica program details, enrollment forms, and competitive swim opportunities)

<p><u>8-Week Evening Sessions 2019-2020:</u> <u>Session 1:</u> August 26-October 17, 2019 <u>Session 2:</u> October 21-December 12, 2019 <u>Session 3:</u> January 6-February 27, 2020 <u>Session 4:</u> March 2-April 30, 2020 <u>Session 5:</u> May 4-June 25, 2020</p> <p><u>Facility:</u> SwimAmerica programs are held indoors at the Union Pool (10100 East 61st Street, Tulsa, OK, 74133). The pool is located inside the Union 6th and 7th Grade Center on South 61st between Mingo and HWY 169.</p> <p><u>Registration:</u> SwimAmerica evening and summer daytime registration forms are available online at www.swimtulsa.org.</p> <ul style="list-style-type: none"> • <u>Mail form and payment to:</u> SwimAmerica Office 10026-A South Mingo, #129 Tulsa, OK, 74133 	<p><u>Payment:</u> Cash or checks made payable to SwimAmerica are <u>required before</u> swimmer participation. Enrollment confirmations are sent out via e-mail.</p> <ul style="list-style-type: none"> • Enrollments may be submitted in person to Katie Koch at the Union pool Monday-Thursday evenings <u>between 5:30-7:30 pm only.</u> <u>The mailing address is NOT a physical office location.</u> • Acceptance of registration is based on the amount of space available for additional swimmers. All others will be put on a waiting list. • NO REFUNDS, CREDITS, OR MAKE-UP LESSONS FOR A CLASS YOU CANNOT ATTEND. <p><u>Swim Gear:</u> Your swimmer will need to bring a swimsuit (one-piece recommended for girls and trunks/jammers for boys), goggles that do NOT cover the nose, and a towel. Swim caps are optional but suggested for swimmers with longer hair.</p>
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ENROLLMENT AND PAYMENT POLICY

Enrollment forms **MUST** be completed before your child's first lesson. Registration for all sessions of lessons is always open, which means you can register your child at any time there is an opening to suit your needs. You'll be charged a prorated amount for the number of lessons remaining in the session if starting any session late. The number of classes offered per session may vary based on holidays. In this case, your session price will be prorated.

- **Payment:** Completed registration forms and cash or check (payable to SwimAmerica) payment is required **PRIOR** to swimmer participation. **No Refunds. We hire instructors based on our registration numbers.**

CLASS PREPARATION AND RECOMMENDED GEAR

Swimmers will need to bring a swimsuit, goggles, and a towel to each class. To ensure your swimmer has the best experience gets the most from lessons, we recommend the following:

- **Swimsuits:** Girls should wear a one-piece swimsuit that fit snugly. Boys should wear a suit that fits tightly around the waist or a "jammer" suit for best results. Loose suits can get in the way of your child learning proper technique. Many "fashion suits" for girls or baggy shorts for boys retain water and actually feel very heavy in the water, making it harder to learn.
- **Goggles and Loaner Policy:** All swimmers should bring their **OWN** pair of properly-fitting goggles that do **NOT** cover the nose to **EVERY** class. Loaner goggles are not always available and replacing unreturned goggles continually at our expense gets costly. **A log of borrowed goggles checked out during lessons will be kept, and in the case that your child does not return our goggles, you will be charged a \$20 replacement fee.** Our swim store is located in the upstairs bleacher area overlooking the pool and is open Tuesday and Thursday nights at 6:00 p.m. Suits, caps, goggles, and other swimming equipment is available for purchase.
- **Swim caps:** Swimmers with longer hair are encouraged to wear a swim cap to keep hair pulled back and away from the face.

FACILITY DIRECTIONS AND RULES

- **Facility:** SwimAmerica programs are held inside the Union 6th and 7th Grade Center Pool located on South 61st between Mingo and Highway 169 (**physical address: 10100 East 61st Street, Tulsa, OK, 74133**). Families should park in the lots found on the **east** side of the building closest to the bus lane and enter directly into the pool area via the double doors marked with pool storage signage. The front doors of the school will be locked after school is out for the afternoon, so the east side of the building is your only entry and exit point to access the pool.
- **Observing Lessons:** Participants' family members and friends may watch the lesson and progress of their swimmer(s) while sitting in the bleachers located on the pool deck and/or the upstairs seating area overlooking the pool. **Spectators may NOT sit or stand in other areas on the pool deck.** Parents on deck can distract both coaches and swimmers from the job of learning to swim.
- **Changing Areas, Restrooms, and Locker Rooms:** Children 6 years and older may use the same-sex changing room/locker room area unaccompanied by a parent/guardian. **NO deck changing is allowed at any time.**

MISSED LESSONS

To provide the best instruction possible to all of our swimmers, we do not offer refunds, credits, or make-up lessons for customers who cannot attend a class for personal reasons. Make-up lessons are **NOT** available for conflicts with other activities, vacations, or no-shows. If you find that a class schedule is not working for your family, please contact SwimAmerica Supervisor Katie (Keller) Koch at katiekeller@swimtulsa.org to discuss an alternative class time option.

LESSON CANCELLATION POLICY

It is our goal to keep classes running at the scheduled day and time. Occasionally, lessons will be canceled due to inclement weather, holidays, high school swim meets, or pool maintenance. If we cancel a class for any reason, we will notify you via e-mail of a make-up lesson date, which will usually be on a Friday evening from 6:15-6:55 p.m. The lesson cancellation and make-up schedule will also be posted at the pool and online at www.swimtulsa.org.



SwimAmerica™

A. Family Information

Parent/Guardian Name(s): _____

Phone: _____ Street Address: _____

City: _____ Zip Code: _____ School District: _____

Communication is a very important aspect of SwimAmerica. SwimAmerica will maintain a website posting on www.swimtulsa.org containing current and future information as it is available and will use broadcast emails to distribute necessary information. Please list an email account that you check regularly to stay informed!

Family Email: _____ I do not have email: _____

B. Swim Stars, LLC, Lessons Waiver Release 2020-2021:

1. We do everything possible at SwimAmerica to ensure the safety of your child. We have coaches certified by SwimAmerica, USA Swimming, the American Swimming Coaches Association, and the American Red Cross 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 Swim Stars, LLC, 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 2020 and school year 2020-2021.**

Parent/Guardian Signature: _____ **Date:** _____

<p>Swimmer #1</p> <hr/> <p>Last Name, First Name, M.I.</p> <hr/> <p>Birth Date (Month/Day/Year) Age</p> <p>New SA Swimmer _____ OR Returning Station # _____</p> <p><u>SELECT CLASS</u></p> <p>Stations 1-6 _____</p> <p>Please enroll swimmer in 1 or 2 lessons each week on:</p> <p>Mon _____ Tues _____ Wed _____ Thurs _____</p> <p style="text-align: center;"><u>OR</u></p> <p>Station 7 _____ (Classes offered M, T, W, Th)</p>	<p>Swimmer #2</p> <hr/> <p>Last Name, First Name, M.I.</p> <hr/> <p>Birth Date (Month/Day/Year) Age</p> <p>New SA Swimmer _____ OR Returning Station # _____</p> <p><u>SELECT CLASS</u></p> <p>Stations 1-6 _____</p> <p>Please enroll swimmer in 1 or 2 lessons each week on:</p> <p>Mon _____ Tues _____ Wed _____ Thurs _____</p> <p style="text-align: center;"><u>OR</u></p> <p>Station 7 _____ (Classes offered M, T, W, Th)</p>
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<p>Swimmer #3</p> <hr/> <p>Last Name, First Name, M.I.</p> <hr/> <p>Birth Date (Month/Day/Year) Age</p> <p>New SA Swimmer _____ OR Returning Station # _____</p> <p><u>SELECT CLASS</u></p> <p>Stations 1-6 _____</p> <p>Please enroll swimmer in 1 or 2 lessons each week on:</p> <p>Mon _____ Tues _____ Wed _____ Thurs _____</p> <p style="text-align: center;"><u>OR</u></p> <p>Station 7 _____ (Classes offered M, T, W, Th)</p>	<p>Swimmer #4</p> <hr/> <p>Last Name, First Name, M.I.</p> <hr/> <p>Birth Date (Month/Day/Year) Age</p> <p>New SA Swimmer _____ OR Returning Station # _____</p> <p><u>SELECT CLASS</u></p> <p>Stations 1-6 _____</p> <p>Please enroll swimmer in 1 or 2 lessons each week on:</p> <p>Mon _____ Tues _____ Wed _____ Thurs _____</p> <p style="text-align: center;"><u>OR</u></p> <p>Station 7 _____ (Classes offered M, T, W, Th)</p>
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<p><u>Choose 2019-2020 Session(s):</u> <u>Session 1:</u> August 26-October 17, 2019 <u>Session 2:</u> October 21-December 12, 2019 <u>Session 3:</u> January 6-February 27, 2020 <u>Session 4:</u> March 2-April 30, 2020 <u>Session 5:</u> May 4-June 25, 2020</p>	<p><u>Pricing for 8-Week Sessions:</u> <u>Stations 1-6</u></p> <ul style="list-style-type: none"> • 1 lesson/week is \$115 for non-Union swimmers or \$100 for Union-district swimmers • 2 lessons/week is \$230 for non-Union swimmers or \$200 for Union-district swimmers <p><u>Station 7 (Stroke Team)</u></p> <ul style="list-style-type: none"> • <u>Flat Fee: \$230 for non-Union patrons or \$200 for Union-district participants</u> • Swimmers may attend up to all 4 lessons during the week, Monday-Thursday, from 6:15-6:55 p.m.
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Total Fees:

- Swimmer #1 _____
- Swimmer #2 _____
- Swimmer #3 _____
- Swimmer #4 _____
- Late Fee _____ \$20 (If registering on or after first lesson)

TOTAL: **\$_____**

Mail registration with cash or check made payable to SwimAmerica:

SwimAmerica Office
10026-A South Mingo, #129
Tulsa, OK, 74133