



Learn to Swim Classes

Classes will be held
two times a week
for four weeks.

Winter Session 1

Jan 16 - Feb 8

New Program Participant

Swim Evaluation: Jan 6

Registration Opens: Jan 8

Closes: Jan 11

Winter Session 2

Feb 20 - Mar 15

New Program Participant

Swim Evaluation: Feb 10

Registration Opens: Feb 12

Closes: Feb 15



Cost: \$40

All children must be registered through Child & Youth Services by CYS Parent Central Services at (580) 442-3927

Parent and Child

Monday & Wednesday 4:10 - 4:40 p.m.

Prerequisites:

- 1) No skill prerequisites
- 2) Child must be at least 6 months old to enroll
- 3) Parent or other caregiver must accompany each child into the water and participate in each class.

Pre-School Aquatics Level 1:

Monday & Wednesday 4:50 - 5:20 p.m.

Prerequisites:

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 4 and 5 years old.

Pre-School Aquatics Level 2:

Monday & Wednesday 4:50 - 5:20 p.m.

Prerequisites:

Successfully demonstrate the exit skills assessments from Pre-School Aquatics Level 1.

Pre-School Aquatics Level 3:

Tuesday & Thursday 4:50 - 5:20 p.m.

Prerequisites:

Successfully demonstrate the exit skills assessments from Pre-School Aquatics Level 2.

Swim Level 1: Introduction to Water Skills

Tuesday & Thursday 4:50 - 5:20 p.m.

Prerequisites:

None- participants start at about 6 years of age.

Swim Level 2: Fundamental Aquatics

Tuesday & Thursday 5:30 - 6:15 p.m.

Prerequisites:

Valid American Red Cross LTS Level 1 certificate or successful demonstration of all certification requirements from Level 1.

All classes will be held inside Rinehart Pool located at Rinehart Fitness Center, 2730 Bragg Road, Fort Sill, OK 73503.

(All classes, times and locations are subject to change depending on staffing, military training obligations, construction, weather, etc. Make up days will be scheduled on Friday when necessary.)

Swim Level 3: Stroke Development

Tuesday & Thursday 5:30 - 6:15 p.m.

Prerequisites:

Valid American Red Cross LTS Level 2 certificate or successful demonstration of all certification requirements from Level 2.

Swim Level 4: Stroke Improvement

Monday & Wednesday 5:30 - 6:15 p.m.

Prerequisites:

Valid American Red Cross LTS Level 3 certificate or successful demonstration of all certification requirements from Level 3.

Swim Level 5: Stroke Refinement

Monday & Wednesday 5:30 - 6:15 p.m.

Prerequisites:

Valid American Red Cross LTS Level 4 certificate or successful demonstration of all certification requirements from Level 4.

Swim Level 6: Personal Water Safety/ Fitness Swim/Diving

Tuesday & Thursday 4:00 - 4:45 p.m.

Prerequisites:

Valid American Red Cross LTS Level 5 certificate or successful demonstration of all certification requirements from Level 5.

New Learn to Swim participants are highly encouraged to have swim evaluation prior to enrolling.