

Parent and Child Aquatics

(6 months to 4 years)

7:00-7:30 p.m.

September 7, through October 26, 2010

8 lessons, Tuesday evenings, for eight weeks

Adult Learn to Swim

(14 years of age and up)

7:45-8:30 p.m.

September 7, through October 26, 2010

8 lessons, Tuesday evenings, for eight weeks

Registrations will be accepted through
Thursday, September 7, 2010

**Place: Olympic size swimming pool in the
Raymond Harber Field House Pool.**

*The climate controlled, indoor facility allows
instruction regardless of the outside weather
conditions and without dangers of overexposure
to the sun.*

Water Safety Instructor: Dawn Prater

Cost: \$59.00

Class space is limited

*For additional information call
Carol Hartman at 405-382-9246 or
Lana Reynolds at 405-382-9218*

*Or drop by the SSC Office of Admissions in the
Student Services Center.*

*Open Monday from 8 a.m. to 6 p.m.
Tuesday through Thursday from 8 a.m. to 5 p.m.
Friday from 8 a.m. to 4 p.m.*

Seminole State College
Business /Industry Training
2701 Boren Blvd
Seminole, Ok 74868
Return Service Required



**Seminole State
College**

To offer

PSNC 2935

Adult & Parent/Child Swim Program



NON-PROFIT ORG.
U.S. POSTAGE
PAID
Permit #164
Seminole, Okla.

Learn to Swim Program

At SSC, we use the American Red Cross Learn to Swim Program. The goal of the Red Cross program is to help people learn to be safe, competent, confident swimmers. We want adults and children to be comfortable first just being in the water, then underwater, then moving through the water and finally moving on top of the water with rhythmic breathing. Our lesson structure is designed to take adults and children happily through all the steps to becoming a competent swimmer.

Parent and Child Aquatics

Parent and Child Aquatics builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 4 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Note: An adult must accompany the child in the water during all class sessions.

Class meets from 7:00-7:30 p.m. on Tuesday evenings for eight weeks starting September 7, 2010



Parent and Child Aquatics introduces basic skills to parents and children, including safety topics.

- Getting wet with toys and kicking
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

Adult Learn to Swim



This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy the water safely.

Students will learn how to enter and exit the pool safely, blow bubbles, breath control, rhythmic breathing and change of direction.

They will experience buoyancy and loss of support with comfort. As they build their confidence, students will learn proper kicking and body position on both front and back with proper flutter kick. They will learn how to travel through the water with a basic paddle stroke. Front Crawl, Back Crawl, Elementary Backstroke, and basic safety skills are covered.

Class meets from 7:45-8:30 p.m. on Tuesday evenings for eight weeks starting September 7, 2010

