Introduction to Water Skills

Date: September 9, 14, 21, 23, 29, 30, October 5, 2015

Time: 5:30-6:30 p.m.

8 lessons, Monday and Wednesday, for four weeks and are 1 hour sessions.

Place: Harber Field House Pool

Water Safety Instructor: Dawn Prater

Cost: $59.00

Registration will be accepted through Thursday, September 3, 2015

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.
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 you 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 you happily through all the steps to becoming a competent swimmer.

Introduction to Water Skills is designed to introduce the inexperienced or fearful adult to the water so that they become more comfortable in the water and learn to enjoy the water safely.

Introduction to Water Skills

Getting in, getting wet, and going under.

Students will learn to:
- Enter and exit the water safely;
- Submerge mouth, nose and eyes;
- Exhale underwater through mouth and nose;
- Open eyes underwater; (goggles optional)
- Pick up submerged object;
- Change direction while walking or paddling;
- Roll over from front to back and back to front with support;
- Explore floating on front and back with support;
- Proper body position on both front and back with proper flutter kick;
- Basic paddle stroke, Front Crawl, Back Crawl, Elementary Backstroke

Learn to Swim Program

For some adults who don’t know how to swim, signing up for lessons is a big step in itself. If you want to learn and can commit to taking two lessons a week, you can expect to learn how to swim.

Once you learn to swim, you'll never feel unsafe around water, and you can enjoy the many physical benefits regular swimming can provide.

If you or a loved one doesn’t know how to swim, register today and get started! Swimming skills can save your life both by preventing drowning, and by providing you with the skills needed to make swimming for fitness part of a long-term healthy lifestyle.

We look forward to the opportunity to work with you on becoming Safe, Confident, and Comfortable in the water.