



Wet WIGGERS: Parent/Child Class, 6 months–2 years:

Wet Wiggles is an introductory class to water exploration and fundamentals. Swimmers will be accompanied by a parent as they focus on fun activities and learn water safety skills.

GUPPIES: Parent/Child Class, 2–4 years:

Guppies will focus on fundamental water safety and aquatic skills in the parent/child class. Designed for children who are not ready to be in the water without their parents.

BEGINNER: 3–6 years:

Beginner class is the first class with only swimmer and instructor. With an emphasis on developing water safety skills, swimmers will learn to be comfortable in the water and safe habits such as floating, swimming to the wall if they are to fall in, and submerging under water.

LEVEL 1: 4–8 years:

Level 1 begins to introduce proper swimming form. Focus will be on body positioning and movement, basic self-rescue skills, and introduce beginner stroke techniques (front crawl/swim on back). Swimmers should previously have taken the beginner class and moved on, or be able to safely enter and exit the pool by themselves, float unassisted, and submerge themselves under water.

LEVEL 2: 5+ years:

Level 2 emphasizes swimmer endurance and introduction of swim strokes. With a focus on safety, swimmers will increase stamina and be taught the basics of proper stroke technique. Instructors focus on integration of efficient arm and leg movements, rotary breathing, and development of proper body positioning. New swimmers are expected to have completed Level 1 lessons and have an understanding and good grasp of water safety and proper body positioning (float, kick, streamline).

LEVEL 3: 5+ years:

Level 3 will continue to work on endurance and competitive stroke development. Introduction of butterfly stroke and increased technique for free, back, and breaststroke. Requirements for the class are an understanding of competitive strokes and water safety.

PRE-SWIM: 5+ years:

Pre-Swim will focus on readiness for a swim team practice. Introduction to proper turns, diving, swim terminology, and will continue to increase swim endurance. Swimmers should know their competitive swim strokes and will continue to develop their technique throughout. Requirements include an understanding of water safety and competitive swim strokes/technique.

NOTES:

If you don't know your child's level, make your best guess. If needed and if there are openings, we can move your child to a different level. We will advise you at the end of each month which level your child is ready for next. **Child Safety:** Twelve year olds and under must have a parent in the building during lessons. Children who cannot use the restroom on their own must have a parent stay in the pool area. Do not sit by your child's class. **No refunds:** We do not offer make up classes due to limited class sizes nor do we offer refunds after you've registered for a class. **Inclement Weather:** If Ozark schools are canceled or released early for inclement weather, there are no lessons. A late start will result in no AM classes but we will still have PM classes. We will credit child's account.

cost

Register at The OC Front Desk or at ozarkmissouri.com. Call 417-581-7002 with any questions. No refunds once registered.

Registered by 1st day of the month:

Annual OC Members = \$35/month

Non-Members = \$45/month

Registered AFTER 1st day of the month:

Annual OC Members = \$45/month

Non-Members = \$55/month

CLASS SCHEDULE

Each month will have 4 swim lessons.

TUESDAYS OR THURSDAYS

Morning classes offered in June and July ONLY

10:00-10:45 am	Beginner Level 1
11:00-11:45 am	Beginner Level 1
4:45-5:30 pm	Guppies Beginner
5:45-6:30 pm	Beginner Level 1 Level 2
6:45-7:30 pm	Level 1 Level 2 Level 3 Pre-Swim

Wednesdays

Offered August-May ONLY

10:00-10:45 am	Beginner
11:00-11:45 am	Level 1

SATURDAYS

9:45-10:15 am	Wet Wiggles
9:45-10:30 am	Beginner Level 1 Level 2
10:30-11:00 am	Guppies
10:45-11:30 am	Beginner Level 1 Level 2 Level 3
11:45-12:30 pm	Level 1 Level 2 Level 3 Pre-Swim