

Learn to Swim with Us!

2018 schedule

Forest Creek Pool offers swim lessons each summer. Sessions are **6 lesson** sessions, 3 days each week, for 2 consecutive weeks.

If we must make up a day due to inclement weather, we will add time to remaining lessons. Class will meet unless there is lightening or thunder at the pool during the lesson time.

PLEASE NOTE THE DATES. Because of the pool schedule and my schedule days are a little different each session! Be aware.

Session 1 June 6-14	June 6 (Wed) 7 (Thu) 8 (Fri) 11 (Mon) 13 (Wed) 14 (Thu)
Session 2 June 25-July 6	June 25 (Mon) 27 (Wed) 28 (Thu) July 2 (Mon) 5 (Thu) 6 (Fri)
Session 3 July 9-19	July 9 (Mon) 11 (Wed) 12 (Thu) 16 (Mon) 18 (Wed) 19 (Thu)

9:00-9:50 INTERMEDIATE

Intermediate students are comfortable in the pool and under water, and will improve strokes and skills, such as front crawl, rhythmic breathing, backstroke, new kicks (whip, dolphin), treading water, diving, new strokes and water safety.

10:00-10:50 BEGINNER

Students may work with support (being held) or independently. Skills include front and back glide, kicking, rhythmic breathing, buoyancy, underwater exploration, combined arm and leg action, jumping in shallow and deep water, and basic water safety.

Parent/Guardian Name: _____

Address _____ City _____ Zip _____

Home Phone _____ Cell Phone _____

Email Address _____

Are you a member of Forest Creek Pool? Circle one: **No \$65** **Yes member number** _____ **\$60**

Membership information is available at <http://www.forestcreekpool.com>

Students Name	Age	Session Requested	Time Requested	Class Level
1. _____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____

Please complete this form and mail it, along with your payment to:
Laura Whitman-Qi 4917 E 45 St. Tulsa, OK 74135. Make checks payable to Laura Whitman-Qi.
A place cannot be held in any class without full payment.