Welcome back! After a cold, icy, snowy winter break the pool suddenly feels good! We hope you all enjoyed your winter break and were able to visit family, relax, and are ready for a new semester of swimming!

We have a few changes in our schedule. We hope that the steps we have taken to provide a thorough program show a streamlining of classes and lessons.

This newsletter spotlights our different areas to help you get back in the routine. If you have any questions, comments, or ideas; Loran will be at the pool from 3-5 Monday – Thursday to assist you in the best way we can.

See you at the pool!

Loran, Brittany, Justina, Mark, Joey, and Jamie
SWIM LESSONS


All swimming lessons are taught following the standards of the American Red Cross under the supervision of a certified Water Safety Instructor. Lessons are broken down into levels and students progress at their own pace to ensure quality instruction and safety first. Our instructors can assist you in placing your child in the correct level. We do offer tests for placement as well.

Schedule of Lessons:

Monday-Thursday
3:00, 3:40, and 4:20

Friday
3:00, 3:30

Our levels range from Preschool Aquatics up to Level Six. From Level Six, swimmers are ready to try out for the swim team – the Western Waterdawgs Swim Club.

We no longer have a pre-team time outside of Swim Team Training. We have moved this pre-team in with the team to promote a sense of team and belonging. We encourage you to speak with a coach if your child is interested in becoming a competitive swimmer. Our levels are designed to move a swimmer into competition, lifeguarding, or a lifetime of swimming fitness. Each has great value and we encourage swimmers to find what they love about the sport.

Monthly fees are as follows:
1 day week - $25.00
2 days a week - $40.00
3 days a week - $55.00

Private - $80.00
Semi-Private - $60.00

Refunds and transfers are happily given up to the first day of class. Make-ups are not allowed unless prior arrangements have been made and are approved through the coordinator.

Western Oklahoma State College Pool

Phone: 580.477.7804
2801 N Main Street
Altus, OK 73521

www.wosc.edu
SWIM TEAM

SWIM. TRAIN. COMPETE. SUCCEED.

Join the swim team and:

- Become a member of US Swimming and OK Swimming.
- Compete with swimmers from other towns and states.
- Prepare to be a high school athlete.
- Learn strokes, flip turns and entries.
- Make lifelong friends and memories.
- Start a life-long sport.

We have four coaches that rotate nights to ensure that we have two coaches at each practice. We also have a lifeguard on duty. Please visit our Swim Club Website to learn more about our program and get the most up-to-date info.

Training Schedule:
Monday-Thursday
5:00-7:00 pm
Friday 4:00-6:00pm

The cost for team membership is $35.00/month. This does not cover USA registration of $51.00 per year.
Water Aerobics and Swim Conditioning

Water Aerobics are offered up to twice a day; Monday through Thursday at 8 am and 9 am. Exercises range from stretching and aerobics to deep water workouts and water walking. Swim Conditioning is offered as a class or as open lap swimming. Daily times are available. Stop by for a two day pass!

Junior Guard Training

Coming Spring 2010!
GuardStart is a program for youth ages 11 to 15 and prepares them for a lifeguarding job!

Those that complete the GUARDSTART program will compete in next year’s Junior Guard Games at White Water Bay!

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