

# 2014 Summer

## FITNESS AND ENRICHMENT PROGRAMS

Recreation & Fitness/Community Outreach and Education



# Recreation & Fitness

## Contact Us...

### OCCC Aquatic & Wellness Center:

7777 S. May Ave. Oklahoma City, OK 73159 (Parking Lot E, Entry WC1)

Main Recreation and Fitness Number.....	405.682.7860	Aquatics Specialist.....	Ext. 7442
Recreation and Fitness Staff Roster.....	405.682.1611+ Ext	Carole Valentine, Health and Fitness Specialist.....	Ext. 7662
Roxanna Butler, Director of Recreation & Fitness.....	Ext. 7425	Eric Watson, Sports & Recreation Specialist.....	Ext. 7786
Brooke Dresel, Customer Service Assistant.....	Ext. 7860	Matthew Wright, Sports Assistant.....	Ext. 7684
Head Lifeguards.....	Ext. 7649	Wellness Center Desk "Cage".....	Ext. 7310
Khari Huff, Coordinator of Recreation and Fitness.....	Ext. 7481	FAX (dial direct).....	405.682.2656
Laura Swain, Recreation & Fitness Assistant.....	Ext. 7789		



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# Wellness Center Hours

(Effective May 27–August 8, 2014)

## Weight Room and Cardio Room

Monday–Thursday: 6:00am–8:30pm  
Friday: 6:00am–6:00pm  
Saturday and Sunday: Closed

## Gymnasium

Monday–Friday: 6:00am–7:30am  
M–F Closed 8:00am–5:30pm for camps  
Monday–Thursday: 5:30pm–8:00pm  
Friday: 5:30pm–6:30pm  
Saturday and Sunday: Closed

**NOTE:** Areas of the Wellness Center may not be available during scheduled classes and events.

### Wellness Center Closed:

May 26 (Memorial Day)  
July 4 (Independence Day)  
August 11–16 (Fall Prep Week)

# About Recreation and Fitness

The goal of Recreation and Fitness is to provide access to recreation, fitness, and aquatic facilities and programs that will aid in the development of healthy lifestyles and foster life long devotion to fitness.

Recreation and Fitness aspires to enhance the quality of life of the students, community and employees through offering recreation and wellness programs that will instill healthy habits and aid in the development of healthy habits for life.

# Community Memberships

## All Access Membership

All Access members can utilize all OCCC Wellness Center facilities including: the aquatic center, weight room, cardio room, and gymnasium. The all-access membership also includes participation in all OCCC group fitness classes at no additional charge. Members participating in group fitness classes must check in at the Wellness Center before joining a class.

- Joining Fee for all Memberships: \$50
- Family: \$400
- Individuals (ages 15+): \$270
- Senior (Individual): \$215
- Senior (Family): \$350

## Membership Payment Options

Cash, check with ID, and credit cards accepted. You may pay for 6 months plus the joining fee, or the entire year in full at the time of enrollment.

**Refunds:** Memberships may be refunded on a pro-rated basis from the time the membership began, based upon the total cost divided by the number of days utilized. The joining fee is non-refundable.

**Non-Member Information:** Non-members have full access to all facilities just as members do for the daily listed prices. You do not have to be a member to participate in our programs.

## Wellness Center Membership

Wellness Center members can utilize all OCCC Wellness Center facilities including: the aquatic center, weight room, cardio room, and gymnasium. The Wellness Center Membership does not include group fitness class participation. Wellness Center members can participate in group fitness classes for the normal, monthly rate.

- Joining Fee for all Memberships\*: \$50
- Family: \$230
- Individuals (ages 15+): \$178
- Senior (Individual): \$121
- Senior (Family): \$178
- Youth (ages 14 & under): \$85

## Daily Fees and Charges

- Adults: \$6.50
- Seniors: \$4.50
- Children (ages 15 & under): \$4.50 (Must be accompanied by a parent.)
- OCCC Staff & Student: No charge (Must present current OCCC ID card.)
- Active military (must present ID), OCCC alumni, police & fire: \$4.50
- Punch Cards:  
Adults: \$50; Senior: \$38; Child: \$30 (Punch cards are good for 20 admissions, expires 4 months from date of purchase. No extensions, No refunds)



# »»»Aquatic Center

## Open Recreation Swim

Come participate in a fun swim for all ages. Enjoy water basketball or volleyball, diving and more. Children under 15 years of age must be accompanied by a responsible adult.

Monday-Friday..... 1:00pm-4:00pm

Monday and Wednesday.....6:45pm-8:30pm

## Adult Lap Swim/Water Walking/Deep Water Walking

Designed for those 16 years or older who can swim or move through the length of the pool non-stop within the designated circle swim pattern. Must be able to understand and follow the principle of lap swim etiquette.

Monday-Thursday

6:00am-8:30pm

Friday

6:00am-6:00pm

# »»»Lap Swim Etiquette

## Guidelines to Follow

### RESPECT

Be respectful of the facility, the equipment, the other patrons and the staff on duty.

### BE CONSIDERATE

Please be aware of and take care not to interrupt others' swimming with your entry or exit when changing equipment or resting. The lanes are for lap swimming or water walking only. Please exit the pool for long conversations or extended breaks.

### LANE CHOICE AND PACING

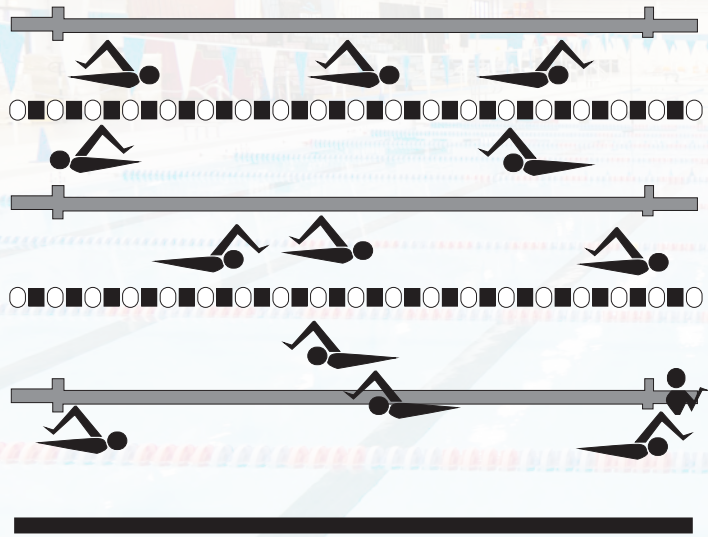
Know your abilities as a swimmer. Be aware of the water depth and choose a lane with other swimmers at a similar skill level and pace.

### ENTRY

Enter the water feet first. Make sure you are aware of the water and other swimmers while entering or exiting.

### LANE LINES

Lane lines are not weight bearing equipment. Please do not hang on the lines between sets or after workouts. Please briefly rest on pool ledge if necessary.



## Etiquette Steps

- 1 Choose a lane with other swimmers at a similar skill level and pace.
- 2 Swim counterclockwise; the lane line should be on your right.
- 3 If passing is required, lightly touch the foot of the person to indicate that you will be passing.
- 4 Pass down the middle of the lane.
- 5 Yield to swimmers, coming into the wall before starting your next lap.

# >>>Special Events

## May 2014

<b>2-4</b>	<b>26</b>
EAT Early Bird Meet-Pool Temp 78-80 (Pool Closed)	Memorial Day (Pool Closed)

## June 2014

<b>20-21</b>	<b>27-29</b>
EAT Extreme 5 Meet (Pool Closed)	Summer Splash Meet-Pool Temp 78-80 (Pool Closed)



## July 2014

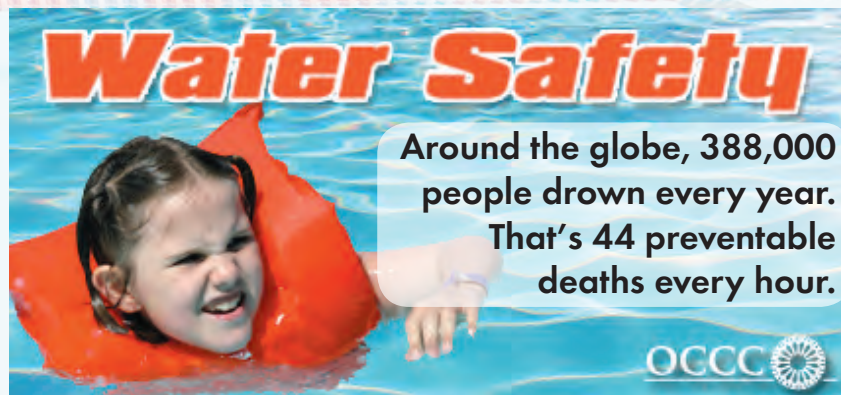
<b>4</b>	<b>19-20</b>	<b>25-27</b>
Independence Day (Pool Closed)	Division II Meet (Pool Closed)	OKS Age Group Championships Meet Pool Temp 78-80 (Pool Closed)

## August 2014

<b>1-3</b>	<b>9</b>	<b>11-15</b>
Zones EAT Meet Pool Temp 78-80 (Pool Closed)	YMCA Meet (Pool Closed)	Pool Closed for Fall Prep and Planning

**Note:** Oklahoma City Community College reserves the right to close the gymnasium and pool at additional times not listed.

 Open     Closed

**Water Safety**

Around the globe, 388,000 people drown every year. That's 44 preventable deaths every hour.

OGCC 

Help us to help you. OGCC will provide free Water Safety Presentations for schools, church groups, neighborhood associations, scouts and any size group. There are a wide array of topics to choose from.

For more information and scheduling, please contact Carole Valentine at 405.682.1611 x7662.

# >>>How to Enroll for Classes

## In person

Recreation and Fitness office, Parking lot E, building entrance WC1

Mon-Fri 6:00am-8:00pm, Sat 9:00am-4:00pm

Cash, check, or credit card payments accepted.

## By phone

405.682.7860, credit card payments only.

## Online

Visit [www.occc.edu/rf](http://www.occc.edu/rf) to enroll online.

Select Online Enrollment on the left hand side of the page. Credit card payments only.

## Refunds and Transfer Fee

Refunds and transfers will be provided prior to the first day of class. No refunds will be provided once the class has begun unless the class is canceled.

## Canceled Classes

OCCC reserves the right to change any schedule or cancel any course that does not meet minimum enrollment requirements. If a cancellation or change occurs, staff will contact you via the telephone number you provided at the time of registration. Please provide your most current phone number.

## Receiving Your Refund

Credit card payments will automatically be refunded back to the bank account used for payment. Please allow 4-6 weeks for refunds of payments made by cash or check. If you have an outstanding balance on your account, the refund amount will automatically apply to the unpaid balance. To receive a refund from the State of Oklahoma, a social security number is required.

# >>>Lockers

## Locker rentals: \$25 (6 months), \$50 (Annually)

**WE STRONGLY ENCOURAGE YOU TO USE A LOCK FOR YOUR LOCKER.**

Lockers are available for daily use at no charge. Patrons will provide their own locks, and locks must be removed by the end of each day. Lockers are also available for rental.

**OCCC IS NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.** Coin Lockers to protect your small possessions (phone, wallet, jewelry, etc.) are available at the Wellness Center Desk for just 25 cents. Coin lockers are under constant surveillance.

**SPECIAL  
OFFER**

## Summer Camp Discount Week:

April 21 - May 2, 10% discount on all camp enrollments.

Summer camp open enrollment kicks off the week of April 21, 2014 campers will receive 10% off enrollments until May 2nd. Discounts only apply to summer camps and learn to swim classes.

# Pool Parties!



It's a Birthday Splash! Let us help you give the very best party ever! We provide a party area on the pool deck for your cake, punch and gifts, and then it's off to the pool for swimming, diving, and water fun. Great for birthdays, family reunions, team parties, clubs, or church groups!



## Fees

\$85 for up to 15 guests.

\$115 for 16-30 guests.

(Birthday child is free)

Available party times:

Monday-Friday 1:30-3:30pm

Call the Recreation Office for reservations at 405.682.7860.

Please try to reserve your date at least 3-4 weeks in advance.

Limited dates available.

# Scuba Practice

Wednesdays @ 6:30pm-8:00pm.  
Diving well does not open until 7:00pm.  
\$5.00 per person.

All scuba divers must be currently certified and check in with shift supervisor with proof of certification. Equipment must be cleaned prior to use in the pool. Please call in advance due to special events that may be taking place. 405.682.1611 ext. 7310.

**Note:** Must dive with a buddy.



# Fitness classes

## Deep Water Exercise

Slow, medium, or fast paced exercises in water depth where feet do not touch the bottom of the pool. Aqua (flotation) jogger belts and hand-held water buoys are used. Current OCCC Students: \$20/monthly

## Total Body Workout

Complete body workout that will improve your overall strength, agility, balance and conditioning. It is designed to increase lean muscle while utilizing equipment such as the stability ball, hand weights, and body bars. (Class limited to 20) Current OCCC Students: \$20/monthly

## Abs Express

This class is designed to strengthen all of your abdominal muscles as well as improve your lower back strength. This 20 minute class is designed for people of all fitness levels. (Class limited to 25) Current OCCC Students: \$20/monthly

## Yoga

Feel better, look better, and perform better. Learn to relax and invigorate your body, gain elasticity, strength, flexibility, firmness, and confidence as you build self-reliance and inner peace. (Class limited to 25) Current OCCC Students: \$20/monthly

## Theatrical Dance

Burn fat, increase core strength, coordination, and flexibility with elements of ballet, jazz, modern dance, and Pilates. For beginning through advanced dancers. Tights and leotards or stretchy close fitting attire required; ballet, jazz or dance sneakers; no athletic or tennis shoes. Bare feet allowed. (Class limited to 15) Current OCCC Students: \$20/monthly

## Sets & Reps Combo

A combination of land aerobics, step aerobics, and interval training. This class offers a great variety of aerobics guaranteed to keep you motivated and moving! Each class finishes with a section of abs toning. (Class limited to 20) Current OCCC Students: \$20/monthly

## Water Exercise Classes

Shallow water exercise is low impact and combines a variety of water workouts that may include: water walking and jogging as well as a variety of exercises with and without water exercise equipment. Current OCCC Students: \$20/monthly

## Zumba®

"Ditch the workout, join the Party"

This fun and exciting cardio dance class fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. (Class limited to 30) Current OCCC Students: \$20/monthly

## Spinning Program

OCCC is an Official Spinning Center of Mad Dogg Athletics, Inc. The Spinning Program is an inspirational group training program with expert coaching, inspirational music and a mind/body philosophy. (Class limited to 9) Current OCCC Students: \$20/monthly

## Cardio Kickboxing

This fun energetic class will use the training routine of kick boxers. Learn how to use your hands and feet to defend yourself, all while increasing your coordination, speed, and stamina. (Class limited to 30) Current OCCC Students: \$20/monthly

## Student Group Fitness Pass

Students may purchase a group fitness pass which will allow them access to all group fitness classes for the summer semester for a fee of **\$35**. Entry into each class will be on a first come first serve basis unless otherwise noted.

To purchase the Group Fitness Pass you must present a valid student ID or Recreation and Fitness

Membership. Group Fitness classes are scheduled on a monthly basis and begin on the first of each month. All classes are subject to change.

**We will not have classes on the following dates for the Summer Semester:**

May 26 (Memorial Day), July 4-5 (Independence Day), Aug 12-16 (Fall Prep Week).

**Daily Drop-In Fee:** \$5 per day

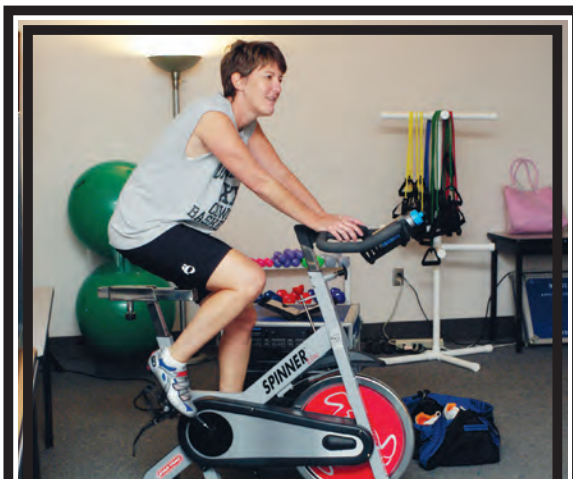
## Personal Training

Certified personal trainers are available at OCCC. Trainers can evaluate your current fitness level and develop an exercise plan to help you reach your goals or you can schedule multiple sessions with a trainer to coach you through your workouts. To schedule an appointment, please call 682-7860.

**One 60 minute session:** \$60.00 (includes Initial Assessment)

**Four 60 minute sessions:** \$180.00

**Initial assessment:** \$30.00





Class	Days	Time	May	June	July	August
Theatrical Dance (Dates) Fee	M/W	6:30pm-8:00pm	WELL 0005-TD1 (5-28) \$25	WELL 0106-TD1 (2-30) \$25	WELL 0107-TD1 (2-30) \$25	WELL 0108-TD1 (4-27) \$20
Abs Express (Dates) Fee	M/W	5:05pm-5:25pm	WELL 0005-AB1 (5-28) \$20	WELL 0106-AB1 (2-30) \$20	WELL 0107-AB1 (2-30) \$20	WELL 0108-AB1 (4-27) \$15
Total Body Workout (Dates) Fee:Reg/60+	T/Th	5:30pm-6:25pm	WELL 0005-TB1 (1-29) \$30/\$20	WELL 0106-TB1 (3-26) \$30/\$20	WELL 0107-TB1 (1-31) \$30/\$20	WELL 0108-TB1 (5-28) \$20/\$15
Cardio Kickboxing (Dates) Fee:Reg/60+	M/W	5:30pm-6:25pm	WELL 0005-KB1 (5-28) \$30/\$20	WELL 0106-KB1 (2-30) \$30/\$20	WELL 0107-KB1 (2-30) \$30/\$20	WELL 0108-KB1 (4-27) \$20/\$15
Sets and Reps Combo (Dates) Fee:Reg/60+	M/W/F	12:00pm-12:55pm	WELL 0005-SR1 (2-30) \$40/\$30	WELL 0106-SR1 (2-30) \$40/\$30	WELL 0107-SR1 (2-30) \$40/\$30	WELL 0108-SR1 (1-29) \$30/\$20
Yoga (Dates) Fee:Reg/60+	Th	6:30pm-7:25pm	WELL 0005-YO1 (1-29) \$25	WELL 0106-YO1 (5-26) \$25	WELL 0107-YO1 (3-31) \$25	WELL 0108-YO1 (7-28) \$20
	M/F	12:00pm-12:45pm	WELL 0005-YO2 (2-30) \$30/\$20	WELL 0106-YO2 (2-30) \$30/\$20	WELL 0107-YO2 (7-28) \$30/\$20	WELL 0108-YO2 (1-29) \$20/\$15
Spinning Program (Dates) Fee	M/W	4:00pm-4:45pm	WELL 0005-SP1 (5-28) \$25	WELL 0106-SP1 (2-30) \$25	WELL 0107-SP1 (2-30) \$25	WELL 0108-SP1 (4-27) \$15
	T/Th	12:00pm-12:45pm	WELL 0005-SP2 (1-29) \$25	WELL 0106-SP2 (3-26) \$25	WELL 0107-SP2 (1-31) \$25	WELL 0108-SP2 (5-28) \$15
Zumba © (Dates) Fee	T/Th	12:00pm-12:55pm	WELL 0005-ZU1 (1-29) \$30	WELL 0106-ZU1 (3-26) \$30	WELL 0107-ZU1 (1-31) \$30	WELL 0108-ZU1 (5-28) \$20
	T	6:30pm-7:25pm	WELL 0005-ZU2 (6-27) \$30	WELL 0106-ZU2 (3-24) \$30	WELL 0107-ZU2 (1-29) \$30	WELL 0108-ZU2 (5-26) \$20
Water Exercise (Dates) Fee:Reg/60+	M/W/F	7:45am-8:40am	WA 0005-SH1 (2-30) \$40/\$30	WA 0106-SH1 (2-30) \$40/\$30	WA 0107-SH1 (2-30) \$40/\$30	WA 0108-SH1 (1-29) \$30/\$20
	M/W/F	9:00am-9:55am	WA 0005-SH2 (2-30) \$40/\$30	WA 0106-SH2 (2-30) \$40/\$30	WA 0107-SH2 (2-30) \$40/\$30	WA 0108-SH2 (1-29) \$30/\$20
	M/W	5:30pm-6:25pm	WA 0005-SH3 (5-28) \$30/\$20	WA 0106-SH3 (2-30) \$30/\$20	WA 0107-SH3 (2-30) \$30/\$20	WA 0108-SH3 (4-27) \$25/\$15
	T/Th	5:30pm-6:25pm	WA 0005-SH4 (1-29) \$30/\$20	WA 0106-SH4 (3-26) \$30/\$20	WA 0107-SH4 (1-31) \$30/\$20	WA 0108-SH4 (5-28) \$25/\$15
Deep Water Exercise (Dates) Fee:Reg/60+	M/W/F	10:00am-10:55am	WA 0005-DP1 (2-30) \$35/\$25	WA 0106-DP1 (2-30) \$35/\$25	WA 0107-DP1 (2-30) \$35/\$25	WA 0108-DP1 (1-29) \$25/\$15

# OCCC Summer Camps

## Oklahoma City Community College

**Summer Camp's** mission is to provide campers with a safe, fun and engaging camp environment. We want our campers to learn awesome new skills and develop new friends. We have morning and afternoon weekly half day camps for children ages 6-12 who love to play sports and engage in indoor and outdoor group activities. We also offer all day camps during the short holiday weeks of the summer that include fun packed activities, swimming and field trips.

## Refunds & Transfers

Refund and transfer requests require a \$10 processing fee. Refund and transfer requests must be made by Thursday prior to the Monday start date of the class you are dropping. Refunds cannot be made for non-attendance. If a class must be cancelled due to insufficient enrollment, you will be notified no later than the Thursday prior to the Monday start date of the class. At that time, we will transfer your student to an available class or refund the tuition based on your preference (at no cost). OCCC reserves the right to cancel, combine or divide classes; to change the time or date; or to make other revisions which may become necessary and to do so without incurring obligations.

## Supervised Lunch

Campers enrolled in morning and afternoon camps will have a supervised lunch from 12:00pm-1:00pm. Campers may bring their own lunch or purchase a lunch ticket from the OCCC cafeteria for \$5.25/day.

## Before and After Care

To make things easier for campers and parents, we offer supervised care before and after the program day, for a minimal charge. Parents must register for this service the Thursday prior to the Monday start date of classes. OCCC is not responsible for children dropped off before 7:00am. Parents picking children up after 5:15pm will be assessed a \$10 fee/day if not enrolled in After Care.

- **Before Care: 7:00am-7:45am; \$10/week**
- **After Care: 5:15pm-6:00pm; \$10/week**

Please visit our webpage at [www.occc.edu/rt](http://www.occc.edu/rt) to download forms and view summer camp information

OCCC summer sports camps are offered to children of various age groups. Your child will enjoy learning the basic fundamentals of traditional team sports such as basketball, volleyball, soccer and more. All OCCC sport camps are focused on teaching basic fundamentals and building the skills and confidence of young athletes in a fun and safe environment.

**Fee: \$65/week**

**Time: 8:00am-12:00pm**

## June Camps

Camp	Ages	Dates	Section
Intro Basketball Fundamentals (Boys)	6-9	2-6	SCMP 0100 001
Intro Basketball Fundamentals (Girls)	6-9	2-6	SCMP 0100 002
Intro Soccer Fundamentals (Boys and Girls)	6-9	9-13	SCMP 0100 003
Basketball Fundamentals (Boys)	10-12	9-13	SCMP 0100 004
Soccer Fundamentals (Boys)	10-12	16-20	SCMP 0100 005
Intro Karate/Self Defense (Boys and Girls)	6-9	16-20	SCMP 0100 006
Basketball Fundamentals (Girls)	10-12	23-27	SCMP 0100 007
Intro T-Ball Fundamentals (Boys and Girls)	6-9	23-27	SCMP 0100 008

## July Camps

Camp	Ages	Dates	Section
Volleyball Fundamentals	10-15	7-11	SCMP 0100 009
Multi-Sports 1 (Basketball & Soccer)	6-9	7-11	SCMP 0100 010
Competitive Swimming (Afternoon Class)	10-18	14-18 1-5pm	SDCC 0100 011
Indoor Track and Field	6-9	14-18	SCMP 0100 012
Multi-Sports 2 (Volleyball & Kickball)	10-12	21-25	SCMP 0100 013
Intro Dance Techniques (Jazz & Hip Hop)	6-12	21-25	SCMP 0100 014
Flag Football (Intro Football Fundamentals)	6-12	28-Aug 1	SCMP 0100 015
Intro Cheer & Dance Fundamentals	6-12	28-Aug 1	SCMP 0100-016

# Summer Sport Camps

## T-Ball

T-ball camp focuses on the fundamental skills of the game; including hitting, throwing, catching and running the bases. Campers must bring their own glove to camp.

## Basketball

Basketball camp focuses on the basic fundamentals of ball handling, shooting, dribbling, passing and team play. We will also focus on the importance of stretching, warming up and conditioning to become the best athlete you can be. Campers will also be involved in various games such as scrimmages, knock-out, hot shot and free throw contests.

## Dance Techniques

Children will be introduced to the beginning dance techniques of Hip Hop. Hip Hop comes from street dance styles. Hip hop is the style of dance featured in popular music videos and award shows. Hip hop includes breaking, popping and locking and krumping. Special attention will be given to safety and proper stretching techniques. Students will perform a hip hop dance routine at the end of camp.

## Cheer/Dance Camp

Cheer and Dance together? That's right! In this camp, students will learn cheer and dance jazz combinations with pom-poms. Focus will be on jazz combinations, kicks, jumps, turns and basic tumbling. Special attention will be given to safety and proper stretching techniques. Students will perform a cheer dance routine at the end of camp.

## Flag Football

Campers will practice the basic skills and teamwork necessary to succeed in non-contact football. Fundamentals include learning positions and formations, as well as participating in drills to improve balance, dexterity and speed. Campers will enjoy exciting games of flag football.

## Karate/Kids Self Defense

Karate camp will help children develop greater self-confidence and a "can do" attitude. The principles and practice of karate teach them self-control and focus. We also teach children to become street safe through role-playing and through practical self-defense techniques.

## Multi-Sport 1 & 2

Multi-sport camp is ideal for introducing athletics by allowing children to sample up to 2 sports in one camp! This camp is designed to expose children to different sports and help them choose whichever sport(s) they desire to pursue in the future. Multi-sport camp gives kids the opportunity to play multiple sports, exercise, and have fun.

## Soccer

Soccer camp develops individual technique and a love for the game. Players are exposed to the fundamentals of soccer using the games approach to teaching. This is the perfect situation for young players who want to learn and enjoy their soccer experience.

## Competitive Swimming

Swim camp is designed to enhance skill technique of all four competitive strokes, starts and turns. Campers must be proficient in all four competitive strokes and must be able to swim 25 yards front crawl and 25 yards back crawl without stopping.

## Volleyball

Campers will be taught the basic skills and teamwork required to excel in volleyball. Fundamentals including serving, bumping, setting, spiking and blocking will be emphasized in drills, instruction and scrimmages.

## Indoor Track & Field

Campers will enjoy competing in track and field events such as 50mm and standing long jumps. Campers will learn to run relay races and other track and field related events.



# Youth Recreational Summer Camps



Rec and Fit Kids Camps provide opportunities for campers to participate in recreational activities and games that are not specifically sports related. Campers will enjoy health & wellness activities such as indoor/outdoor group games, swim time and field trips that promote an active lifestyle.

## Half Day Fit Kids Camp

Fun packed indoor and outdoor activities that promote health, wellness and physical fitness. Campers will be introduced to a variety of group fitness classes and enjoy swim time in the OCCC pool.

**Ages: 6–12 Time: 1:00–5:00pm.**

**Enrollment Requirements:** Campers must be concurrently enrolled in morning camps for each week they attend afternoon Fit Kids Camp.

**Fees: \$45/week without swim lessons, \$65/week with swim lessons.**

Swim lesson enrollment is limited to 18 and is scheduled Monday–Thursday at 4:00–4:45pm.

Camp	Dates	Section (w/o swim lessons)	Section (with swim lessons)
Challenge Week	June 2–6	SCMP 0110 001	SCMP 0120 001
Sports Extravaganza	June 9–13	SCMP 0110 002	SCMP 0120 002
Amazing Race	June 16–20	SCMP 0110 003	SCMP 0120 003
Around the World	June 23–27	SCMP 0110 004	SCMP 0120 004
Tag! You're It!	July 7–11	SCMP 0110 005	SCMP 0120 005
Wet N Wild	July 14–18	SCMP 0110 006	SCMP 0120 006
Fitness Fun	July 21–25	SCMP 0110 007	SCMP 0120 007
Active Lifestyle Adventures	July 28–Aug 1	SCMP 0110 008	SCMP 0120 008

# Counselors in Training

This program teaches teens to work with youth while earning community service hours. Each participant will attend mandatory training sessions that cover topics such as character development, leadership skills, team building, supervising children, and basic first aid. *CITs must attend all training to be eligible to volunteer in camps.* Following training week, Counselors in Training (CIT) will be scheduled to volunteer in one of our great summer camp programs. Placement in camp programs will depend on each CIT's age. After successfully completing the CITs sessions, CITs may be invited to apply to be a CIT Volunteer in our camp programs, providing them an opportunity to volunteer through the summer.

**Fee: \$125 (includes tshirt and training) Ages: 13-17, 8th-12th grades**  
*(Must be at least 13 years old by May 1st.)*

Group	Volunteer Opportunities
Group 1 Age: 13	Half day morning camps, Camp Rec Youth and Youth Swim Camps
Group 2 Ages: 14-15	Half day morning and afternoon camps, Youth Sport Camps and Fit Kids Camp
Group 3 Ages 16-17	Half day morning or afternoon and all day camps, Youth Sports Camps, Fit Kids Camp and All Day Fit Kids Camps.

Session One- TC 0100 001

Training Week: June 9-13,  
9:00am-4:00pm  
(Supervised lunches at 12:00  
-1:00pm on campus.)

Volunteer Weeks: June 16-20  
and June 23-27  
(Group 3 [all day camps] only  
meet June 30-July 3)

Session Two- TC 0100 002

Training Week: July 14-18,  
9:00am-4:00pm  
(Supervised lunches at 12:00  
-1:00pm on campus.)

Volunteer Weeks: July 21-25  
and July 28-Aug 1  
(Group 3 [all day camps] only  
meet Aug 4-8)



## All Day Fit Kids Camp

Fun packed week of swimming, indoor/ outdoor games, and major field trips. All day Fitkids camps are offered during the holiday short weeks and the last week of the OCCC summer camp season.

**Ages: 6-12**  
**Time: 8:00am-5:00pm.**

Camp Theme	Dates	Section	Cost
It's A Jungle Out There (Field Trip: OKC Zoo)	May 27-30	SCMP 0200 001	\$100
Out of This World (Field Trip: Earlywine Water Park)	July 1-3	SCMP 0200 002	\$80
Summer Blast Extravaganza (Field Trip: Andy Alligators Water Park)	Aug 4-8	SCMP 0200 003	\$100

## Camp Rec-Youth

A wide variety of fun packed, age appropriate indoor and outdoor activities.

**Ages: 6-12**  
**Time: 8:00am-12:00pm**  
**Fee: \$45/week.**

Dates	Section
June 2-6	SCMP 0133 002
June 9-13	SCMP 0133 003
June 16-20	SCMP 0133 004
June 23-27	SCMP 0133 005
July 7-11	SCMP 0133 006
July 14-18	SCMP 0133 007
July 21-25	SCMP 0133 008
July 28-Aug 1	SCMP 0133 009

# NOW HIRING

## *Recreation & Fitness part-time staff positions*

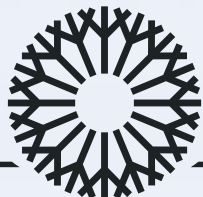
Starting Pay \$8.40 an Hour

### **AVAILABLE POSITIONS:**

- Wellness Center Attendants
- Sports Attendants
- Swim Instructors – *Certification classes available*
- Lifeguards – *Certification classes available*

**CONTACT THE RECREATION AND FITNESS OFFICE**  
call 405.682.7860

**OCCC**



Apply Online at [www.occcjobs.com](http://www.occcjobs.com)  
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# Personal Enrichment



## OCCC Triathlon Club

Do you have what it takes to be a triathlete? Join the OCCC Triathlon Club for motivational group workouts, training plans, and camaraderie. The Club is a great place for beginners to learn the basics, and experienced triathletes to enhance their performance.

Annual Fee: \$200.00

OCCC Student Fee: \$50.00 per semester

T/Th @ 7:15pm-8:15PM in OCCC Aquatic Center

Club Membership includes:

- Use of OCCC Aquatic Center, Weight Room, and Cardio Equipment
- Stroke Development and coached swim workouts weekly
- Swim, bike, and run clinics
- Sponsor discounts



# Learn to Swim Program Schedule

## Session Dates:

- May 27–June 5 (Tue–Fri, Mon–Thur)
- June 9–19 (Mon–Thur)
- June 23–July 3 (Mon–Thur)
- July 7–17 (Mon–Thur)
- July 21–31 (Mon–Thur)

**Fee: \$35/session**  
**Two week sessions**

## >>> Mornings

Swim Levels	9:00–9:40am	9:50–10:30am	10:40–11:20am	11:30am–12:10pm
StarTots				Tots
Preschool	White Red	Yellow Blue	Snoopy Squad	White Red
Beginner	White Red	Red Yellow	Peanuts Gang	Red Yellow
Advanced Beginner	Blue	Blue		Blue
Intermediate	Green		Green	
Advanced		Orange		Orange

## >>> Evenings

Swim Levels	5:00–5:40pm	5:50–6:30pm	6:40–7:20pm	7:30–8:10pm
StarTots		Tots		
Preschool	White Red	Red Yellow	Yellow Blue	
Beginner	White Red		Red Yellow	Red Yellow
Advanced Beginner		Blue	Blue	
Intermediate	Green		Green	
Advanced		Orange		Orange
Adult				Adult

# Starfish Swimming

OCCC has an indoor world-class Olympic swimming and diving complex. Our temperature-controlled environment and friendly staff make this a perfect place for you and/or your child to learn how to swim. Your little one will enjoy learning on one of our tot docks designed to let them stand in two feet of water. All swim classes are taught by American Red Cross Water Safety Instructors and/or Starfish Swim Instructors and certified lifeguards are on duty at all times during lessons.

The Starfish Swimming Curriculum is designed for students ages 18 months to adult. Benchmarks are established at each stage in the program that combines both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught from the very beginning.

## Choosing the Correct Level

To ensure your child's proper placement, carefully review the class levels. If you are unsure about placement, enroll your child in the lower level. Children who have had more than a three-month break from swimming should repeat the previous level as a refresher course. Children registered for an inappropriate class level are not guaranteed a transfer because the correct level may be full. Children will be tested on the first day.

## StarTots (Adult with Toddler ages 18–36mon.)

The purpose of this course is to develop in very young children a high comfort level in the water while at the same time training the adults who accompany them in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does however provide a confidence-building, fun and loving experience. **One adult must be in the water with each child. Swim Diapers required.**

## Starfish School for Preschoolers (Ages 3–5)

Designed to meet the needs of children ages 3–5, this course will develop a high comfort level in the water and a readiness to swim, and for those children who are developmentally ready, it will teach functional swim skills. This class approaches teaching swimming through creative, fun activities in the water. Students work toward developing the five competencies and progress toward achieving the benchmarks at their own pace in a small-group setting.

## Starfish School for Youth (Ages 6–12)

Students work toward development of the five core swimming competencies using age-appropriate learning activities. Learning is self-paced but challenging.

## Starfish School for Teens & Adults (Ages 13+)

This course is designed to improve comfort and skill in the water, regardless of past swimming experience. Students work toward developing the five basic core swimming competencies using principles of adult learning.

## Starfish Stroke School

This course is for students of all ages who have achieved the green Swim School benchmarks. Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and develop endurance.



White	Red	Yellow	Blue	Green	Orange Stroke School
<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Is afraid of water</li> <li>• Can't swim at all</li> <li>• Will not get face wet</li> </ul> <p><i>Sign up for White group.</i></p>	<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Can't swim w/o support but loves the water</li> <li>• Will get face wet</li> <li>• Will jump in</li> </ul> <p><i>Sign up for Red group.</i></p>	<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Is not afraid</li> <li>• Can float on front and back</li> <li>• Can jump in and return to surface</li> </ul> <p><i>Sign up for Yellow group.</i></p>	<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Can swim underwater or on the surface, and can get an occasional breath</li> </ul> <p><i>Sign up for Blue group.</i></p>	<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Can tread water for at least 15 seconds</li> <li>• Can swim freestyle with rotary (side) breathing</li> </ul> <p><i>Sign up for Green group.</i></p>	<p><i>If the student...</i></p> <ul style="list-style-type: none"> <li>• Has achieved a green Starfish Swim School Award Patch and</li> <li>• Needs to learn or refine backstroke, breaststroke or butterfly</li> </ul> <p><i>Sign up for Stroke School.</i></p>



# Aquatics

## Private Swim Lessons

To have two or three students in the same private lesson, they must be at the same swimming level and close to the same age. You must provide the participants for these lessons. (4 week sessions)

	1 Class	4 Classes
	\$30	\$100
Semi-private (2 students)	\$15/student	\$50/student
Semi-private (3 students)	\$10/student	\$34/student

May 27-Jun 5	T/TH
Jun 9-Jun 19	M/W or T/TH
Jun 23-Jul 2	M/W
Jul 7-Jul 17	M/W or T/TH
Jul 21-Jul 31	M/W or T/TH

Classes are at 12:30, 1:00, 4:00, or 4:30pm.

**Rescheduling:** Private lessons may be rescheduled with 24 hours notice. No refunds will be provided beyond the first class meeting unless the class is canceled.

## Beginning Diving/Safe Diving

Olympic divers start right here. In this class, students learn how to perform front and back dives, flips and more. Safety in and around the water and diving boards is also taught. Must be able to pass a 25 yard swim test. Ages 5-15. Fee: \$45

Sessions for ages 5-9;  
9:00am-10:30am

May 27-June 5	DC 0400 003
June 9-June 19	DC 0400 004
June 23-July 3	DC 0400 005
July 7-July 17	DC 0400 006
July 21-July 31	DC 0400 007

Sessions for ages 10-15;  
10:30am-12:00pm

May 27-June 5	DC 0400 008
June 9-June 19	DC 0400 009
June 23-July 3	DC 0400 010
July 7-July 17	DC 0400 011
July 21-July 31	DC 0400 012



## Snoopy Squad & Peanuts Gang

Do it all this summer in our Snoopy Squad and Peanuts Gang Program. Children will have a 40-minute swimming lesson, structured activity time, story time, arts and crafts, and snack time. Program incorporates large and small motor skill development as well as group activities. Snacks not provided.

### Snoopy Squad

Ages 3-5, Fee: \$65

9:00-10:30am: Activity Time  
(Crafts, Games, Sports & more!)

10:40-11:20am: Swim Lesson

Theme	Dates	Days	Section
Under the Sea	May 27-June 5	Tues-Fri, Mon-Thur	SDCC 0400-001
Once Upon A Time	June 9-June 19	Mon-Thur, Mon-Thur	SDCC 0400-002
Put Me in the Zoo	June 23-July 3	Mon-Thur, Mon-Thur	SDCC 0400-003
Pint-Sized Picassos	July 7-July 17	Mon-Thur, Mon-Thur	SDCC 0400-004
Creepy Crawlies	July 21-July 31	Mon-Thur, Mon-Thur	SDCC 0400-005

Theme	Dates	Days	Section
Under the Sea	May 27-June 5	Tues-Fri, Mon-Thur	SDCC 0401-001
Once Upon A Time	June 9-June 19	Mon-Thur, Mon-Thur	SDCC 0401-002
Put Me in the Zoo	June 23-July 3	Mon-Thur, Mon-Thur	SDCC 0401-003
Pint-Sized Picassos	July 7-July 17	Mon-Thur, Mon-Thur	SDCC 0401-004
Creepy Crawlies	July 21-Jul 31	Mon-Thur, Mon-Thur	SDCC 0401-005

### Peanuts Gang

Ages 6-9, Fee: \$65

9:00-10:30am: Activity Time  
(Crafts, Games, Sports and more!)

10:40-11:20am: Swim Lesson

## Mako Shark Swim Team

Children will participate in a structured workout. They will refine their strokes and learn flip turns, starts and finishes. Team members will participate in swim meets with other area swim clubs.

Prerequisites: Students should have completed Intermediate swimming and be able to swim front crawl, back crawl, breaststroke and butterfly; 25 yards.

To schedule a try out, call 405.682.7860.



## Junior Swim Team

M/T/Th @ 6:30-7:30pm, Fee: \$35

SDCC 0410-005	May 1-May 29 (T/Th only)
SDCC 0410-001	Jun 2-30
SDCC 0410-002	July 1-31
SDCC 0410-003	Aug 4-28 (Pro-rated \$28, closed Aug. 11-15)

## Advanced Swim Team

M/T/Th @ 7:00-8:30pm, Fee: \$45

(Must have coaches approval to sign up for Advanced Swim Team)

SDCC 0410-010	May 1-May 29 (T/Th only)
SDCC 0410-004	Jun 2-30
SDCC 0410-006	July 1-31
SDCC 0410-007	Aug 4-28 (Pro-rated \$33, closed Aug. 11-15)

## Volunteer Swim Aid

This program is designed for swimmers 11-15 years of age that love to work with others. Students will have fun assisting the swim instructors with swim lessons for children ages 3-11. They will help others adjust to the water, teach swimming and water safety skills and lead water games. Swim Aids must complete an application and pass a swimming skills test.

Class Times: 8:45am-12:15pm or 4:45-8:10pm.

- May 27-June 5 (T-F, M-TH)
- June 23-July 3 (M-TH)
- July 7-17 (M-TH)
- June 9-19 (M-TH)
- July 21-31 (M-TH)

For more information, email [carole.m.valentine@occc.edu](mailto:carole.m.valentine@occc.edu).

## Lifeguard Training (American Red Cross)

This course certifies you to be a pool lifeguard in Oklahoma and most other states. Participants will learn the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes First Aid and CPR/AED for the Professional Rescuer.

**Prerequisites:** 15 years old and pass a swimming skills test. Fee: \$130

NOTE: Lifeguard Training Manual can be downloaded online OR may be purchased at OCCC for \$25.00 (additional fee)

Apr 24-May 3	6:00pm-9:30pm 8:00am-5:00pm	Th/F S	WSC 0404-006
May 1-May 10	6:00pm-9:30pm 8:00am-5:00pm	Th/F S	WSC 0404-007

## Lifeguard Instructor Class

This course will certify you to teach the New Lifeguard Training, AED, Supplemental Oxygen, Preventing Disease Transmission, Community Water Safety, First aid and CPR.

**Prerequisite:** 17 years old and possesses current new material LGT certificate. Must successfully complete online session prior to start date. Must also successfully complete pre-course sessions consisting of skills test and written test over LGT, First Aid & CPR/PR. Fee: \$85

May 9-17	5:00pm-10:00pm *8:00am-6:00pm	F S	WSC 0405-002
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Registration Deadline: April 26th, 2014

\*Weekend classes meet two consecutive weekends.

## Starguard

Starguard is an integrated curriculum and includes emergency care skills necessary to protect life or prevent further injury until EMS arrives. The performance objectives of the American Health and Safety Institute CPR-Pro, First Aid, Bloodborne Pathogens and AED are built into the course. **Prerequisites:** At least 15 years old and must pass a swimming skills test. Fee: \$135

May 1-10	5:30pm-9:00pm 8:00am-5:00pm	TH, F S	WSC 0404-SG3
May 12-16	9:00am-6:00pm	M-F	WSC 0404-SG4
June 2-6	9:00am-6:00pm	M-F	WSC 0404-SG5

## Starfish Swim Instructor Developmental Course

This course will certify participants to teach the Starfish Swimming curriculum.

**Prerequisite:** At least 16 years old and must pass a swimming skills test. Fee: \$150

Apr 26-May 17	8:30am-5:00pm	S	WSC 0401-S11
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## Water Safety Instructor (American Red Cross)

This course will certify participants to teach ARC swimming lessons and the Community Water Safety course. Prerequisite: 16 years old, able to swim at Level IV skills. Students will be required to pass a swimming skills test on first day of class. The FIT course is included. Fee: \$150

Apr 26-May 17	8:30am-5:00pm	S	WSC 0407-002
May 8-May 17	5:00pm-9:00pm *8:00am-5:00pm	Th/F S	WSC 0407-003

## CPR & AED (American Safety & Health Institute) Adults, Children and Infants

This course is designed for those who are occupationally required or just desire to have CPR and AED knowledge and skills, such as emergency response teams in business and industry, school bus drivers, adult residential care personnel, child care workers, teachers, parents, and babysitters. Fee: \$45

June 13	9:00am-12:00pm	F	CPR 0600-003
July 11	9:00am-12:00pm	F	CPR 0600-004
July 25	9:00am-12:00pm	F	CPR 0600-005

