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Recreation & Fitness

Contact Us...

Aquatic/Wellness Center:

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

Main Recreation and Fitness Number 405.682.7860	Recreation & Fitness Assistant Ext. 7789
Recreation and Fitness Staff Roster 405.682.1611+ Ext	Marlene Shugart, Aquatics Specialist Ext. 7442
Roxanna Butler, Director of Recreation & Fitness Ext. 7425	Carole Valentine, Health and Fitness Specialist Ext. 7662
Nick Robinett, Senior Lifeguard Ext. 7649	Eric Watson, Sports & Recreation Specialist Ext. 7786
Brooke Dresel, Customer Service Assistant Ext. 7860	Matthew Wright, Sports Assistant Ext. 7684
Hannah Decker, Shane Fairchild, 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

>>>Wellness Center Hours (Effective May 28–August 9, 2013)

Weight Room and Cardio Room

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

Gymnasium

6:00am–8:30pm.....Monday through Friday

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

Wellness Center Closed: May 27 (Memorial Day), July 4–5 (Independence Day), August 12–16 (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 (age 15+): \$270
Senior (Individual): \$215

Senior (Family): \$350

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

Individual (ages 15+): \$178
Senior (Individual): \$121

Senior (Family): \$178
Youth (ages 14 and under): \$85

***Joining Fee:** All patrons who purchase a membership are charged a one-time \$50 joining fee. As long as a member is current or there is not more than a six month lapse in membership, he/she will not have to repay the joining fee.

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.

Daily Fees and Charges

Adults: \$6.50

Children – age 15 and under (must be accompanied by a parent): \$4.50

Senior Citizens (age 60 and up): \$3.00

OCCC Staff and Students (with current ID card): No Charge

Punch Cards: (Good for 20 admissions, expires 4 months from date of purchase. No extensions, No refunds)

Adult: \$50; **Senior:** \$38; **Child:** \$30

>>>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-Friday
6:00am-4:00pm

Monday-Thursday
5:00pm-8:30pm

Friday
5:00pm-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

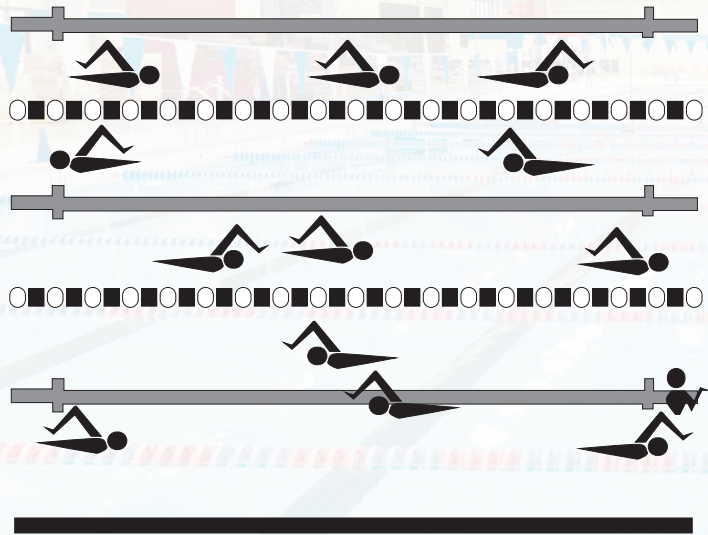
Know your abilities as a swimmer. Be aware of the water depth and choose a lane with other swimmers at a similar skill level and pace.

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 2013

3-5	18	27
EAT Early Bird Meet-Pool Temp 78-80 (Pool Closed)	Water Safety Fair 1-4pm (Pool Open)	Memorial Day (Pool Closed)

June 2013

8	28-30
SuperSprint Triathlon (Pool Closed)	Chesapeake Summer Splash Meet- Pool Temp 78-80 (Pool Closes at 1:00pm on Fri.)

July 2013

12-13	19	20-21
EAT Extreme 5 Meet, (Pool Closes at 1:00pm Fri)	Junior Lifeguard Competition (Pool Closed)	Division II Meet (Pool Closed)

August 2013

3	10	12-16
Chesapeake All City Meet (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 FAIR

MAY 18, 1-4 PM













>>>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 to enroll online.

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

Refunds and Transfers

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.

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

Combo Aerobics

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

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

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

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 27 (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 0329-005 (1-29) \$25	WELL 0329-001 (3-26) \$25	WELL 0329-002 (1-31) \$20	WELL 0329-003 (2-28) \$25
Abs Express (Dates) Fee	M/W	5:05pm-5:25pm	WELL 0305-005 (1-29) \$20	WELL 0305-001 (3-26) \$20	WELL 0305-002 (1-31) \$15	WELL 0305-003 (2-28) \$20
Total Body Workout (Dates) Fee:Reg/60+	T/Th	5:30pm-6:25pm	WELL 0312-005 (2-30) \$30/\$20	WELL 0312-001 (4-27) \$30/\$20	WELL 0312-002 (2-30) \$20/\$15	WELL 0312-003 (1-29) \$30/\$20
Cardio Kickboxing (Dates) Fee:Reg/60+	M/W	5:30pm-6:25pm	WELL 0310-005 (1-29) \$30/\$20	WELL 0310-001 (3-26) \$30/\$20	WELL 0310-002 (1-31) \$20/\$15	WELL 0310-003 (5-28) \$30/\$20
Combo Aerobics (Dates) Fee:Reg/60+	M/W/F	12:00pm- 12:55pm	WELL 0300-005 (1-29) \$40/\$30	WELL 0300-001 (3-28) \$40/\$30	WELL 0300-002 (1-31) \$30/\$20	WELL 0300-003 (2-30) \$40/\$30
Yoga (Dates) Fee:Reg/60+	Th	6:30pm-7:25pm	WELL 0308-005 (2-30) \$25	WELL 0308-001 (6-27) \$25	WELL 0308-002 (11-25) \$20	WELL 0308-003 (1-29) \$25
	M/F	12:00pm- 12:45pm	WELL 0308-010 (3-31) \$30/\$20	WELL 0308-004 (3-28) \$30/\$20	WELL 0308-005 (1-29) \$20/\$15	WELL 0308-006 (2-30) \$30/\$20
Spinning Program (Dates) Fee	M/W	4:00pm-4:45pm	WELL 0320-005 (1-29) \$25	WELL 0320-001 (3-26) \$25	WELL 0320-002 (1-31) \$15	WELL 0320-003 (2-28) \$25
	T/Th	12:00pm- 12:45pm	WELL 0320-010 (2-30) \$25	WELL 0320-004 (4-27) \$25	WELL 0320-005 (2-30) \$15	WELL 0320-006 (1-29) \$25
Zumba ® (Dates) Fee	T/Th	12:00pm- 12:55pm	WELL 0324-010 (2-30) \$30	WELL 0324-001 (4-27) \$30	WELL 0324-002 (2-30) \$20	WELL 0324-003 (1-29) \$30
	T/Th	7:30pm-8:25pm	WELL 0324-015 (2-30) \$30	WELL 0324-004 (4-27) \$30	WELL 0324-005 (2-30) \$20	WELL 0324-006 (1-29) \$30
	F	4:30pm-5:25pm	WELL 0324-020 (3-31) \$25	WELL 0324-007 (7-28) \$25	WELL 0324-008 (5-26) \$15	WELL 0324-009 (2-30) \$25
Water Exercise (Dates) Fee:Reg/60+	M/W/F	7:45am-8:40am	WA 0400-005 (1-31) \$40/\$30	WA 0400-001 (3-28) \$30/\$20	WA 0400-002 (1-31) \$30/\$20	WA 0400-003 (2-30) \$40/\$30
	M/W/F	9:00am-9:55am	WA 0400-0010 (1-31) \$40/\$30			
	M/W/F	12:00pm- 12:55pm		WA 0400-004 (3-26) \$40/\$30	WA 0400-005 (1-31) \$40/\$30	WA 0400-006 (2-30) \$30/\$20
	M/W	5:30pm-6:25pm	WA 0400-015 (1-29) \$30/\$20	WA 0400-007 (3-26) \$25/\$15	WA 0400-008 (1-31) \$25/\$15	WA 0400-009 (5-28) \$30/\$20
	T/Th	5:30pm-6:25pm	WA 0400-020 (2-30) \$30/\$20	WA 0400-010 (4-27) \$25/\$15	WA 0400-011 (2-30) \$25/\$15	WA 0400-012 (1-29) \$30/\$20
Deep Water Exercise (Dates) Fee:Reg/60+	M/W/F	10:00am- 10:55am	WA 0401-005 (1-31) \$35/\$25	WA 0401-001 (3-28) \$25/\$15	WA 0401-002 (1-31) \$25/\$15	WA 0401-003 (2-30) \$35/\$25

>>> Youth Summer Sports Camps

OCCC Summer Sport Camps are designed for girls and boys ages 6–12.

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...

Summer sport camps are offered half days weekly on the OCCC campus. Campers enrolled in morning and afternoon camps will have a supervised lunch from 12:00–1:00pm. They may bring their own lunch or purchase a lunch ticket from the cafeteria for \$5.25/day.

Registration and payment must be made by 5:00pm the Friday prior to the start date of camp.

Cost: \$65 per week.

Summer Camp Discount Week: April 22–26, 10% discount on all camp enrollments.

Camp Descriptions

Baseball/T-Ball

Baseball 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

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.

Wrestling

This camp is designed to teach the beginning fundamentals of wrestling such as position, motion, lifting and more. Campers should be physically and mentally prepared and have some wrestling experience. Campers must bring their own wrestling shoes.

June Camps

Camp	Ages	Dates	Section
Intro Basketball Fundamentals (Boys)	6-9	June 3-7 8am-12pm	SCMP 0107 001
Basketball Fundamentals (Boys)	10-12	June 3-7 8am-12pm	SCMP 0107 002
Intro Soccer Fundamentals	6-9	June 10-14 8am-12pm	SCMP 0104 001
Soccer Fundamentals	10-12	June 10-14 8am-12pm	SCMP 0104 002
Intro T-Ball Fundamentals	6-9	June 17-21 8am-12pm	SCMP 0105 001
Baseball Fundamentals	10-12	June 17-21 8am-12pm	SCMP 0105 002
Intro Basketball Fundamentals (Girls)	6-9	June 24-28 8am-12pm	SCMP 0107 003
Basketball Fundamentals	10-12	June 24-28 8am-12pm	SCMP 0107 004

July Camps

Camp	Ages	Dates	Section
Intro Karate/Kids Self Defense	6-12	July 8-12 8am-12pm	SCMP 0100 001
Intro Wrestling Basic Fundamentals	6-9	July 8-12 8am-12pm	SCMP 0100 002
Intro Competitive Swimming	7-14	July 8-12 1-5pm	SDCC 0404 001
Wrestling Fundamentals	10-12	July 15-19 8am-12pm	SCMP 0100 003
Advanced Competitive Swimming	10-18	July 15-19 1-5pm	SDCC 0404 002
Volleyball Fundamentals (Girls)	10-12	July 15-19 8am-12pm	SCMP 0130 001
Multi-Sport Fundamentals (basketball + soccer)	6-12	July 22-26 8am-12pm	SCMP 0100 004
Intro Dance Techniques (Jazz + Hip Hop)	6-12	July 22-26 8am-12pm	SCMP 0109 001
Intro Flag Football Fundamentals	6-12	July 29-Aug 2 8am-12pm	SCMP 0103 001
Intro Cheer/Dance Fundamentals	6-12	July 29-Aug 2 8am-12pm	SCMP 0109 002

Youth Recreational Summer Camps

Camp Rec-Youth

A wide variety of action packed, fun-filled, age appropriate indoor and outdoor activities, swimming and exciting field trips.

Ages: 6–11 Time: 8:00am–12:00pm Fee: \$45.

Camp	Dates	Section
All Ball	June 3–7	SCMP 0133 002
Amazing Race	June 10–14	SCMP 0133 003
Olympics	June 17–21	SCMP 0133 004
Sports Extravaganza	June 24–28	SCMP 0133 005
Survivor	July 8–12	SCMP 0133 006
Fun and Fit	July 15–19	SCMP 0133 007
Moovin' and Groovin'	July 22–26	SCMP 0133 008
Active Lifestyle Adventures	July 29–Aug 2	SCMP 0133 009



* Summer Camp Discount Week:

April 22–26, 10% discount on all camp enrollments.

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

Half Day Fit Kids Camp

Fun activities and fitness classes, swim time and adventurous outdoor activities that promote health, wellness and physical fitness.

Ages: 6–11 Time: 1:00–5:00pm.

Enrollment Requirements: Campers must be concurrently enrolled in either a Youth Sport Camp or a full morning of College for Kids 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 3–7	SCMP 0110 001	SCMP 0110 002
Amazing Race	June 10–14	SCMP 0110 003	SCMP 0110 004
Fitness Fun	June 17–21	SCMP 0110 005	SCMP 0110 006
Wet n Wild	June 24–28	SCMP 0110 007	SCMP 0110 008
Amazing Race 2	July 8–12	SCMP 0110 009	SCMP 0110 010
Around the World	July 15–19	SCMP 0110 011	SCMP 0110 012
Movin' and Groovin'	July 22–26	SCMP 0110 013	SCMP 0110 014
Active Lifestyle Adventures	July 29–Aug 2	SCMP 0110 015	SCMP 0110 016

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 and wellness activities such as indoor/outdoor group games, swim time and field trips that promote an active lifestyle.

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: 6-14 Time: 8:00am-5:00pm.

Camp Theme	Dates	Section	Cost
Let's Get It Started	May 28-31	SCMP 0200 001	\$90
Extreme Outdoor Sports	July 1-3	SCMP 0200 002	\$80
Summer Blast Extravaganza	Aug 5-9	SCMP 0200 003	\$100



Teen Camp

Program for teenagers who love camp and want to try some new experiences. Teens will explore careers and focus on character development such as leadership and responsibility as we interact with people and services within our community. For teen's participation, they will receive volunteer/community hours and letters as well as rewarding activities as they reflect on each week's accomplishments. Weekly camp size limited to 15.

**Ages: 12-14 Monday-Friday 8:00am-5:00pm
Fee: \$125/week**



Camp Theme	Dates	Section
First Impression	June 3-7	TC 0100 001
Xtreme Values	June 10-14	TC 0100 002
Successories	June 17-21	TC 0100 003
Make a Difference	June 24-28	TC 0100 004
The Pressure's On	July 8-12	TC 0100 005
Challenge Yourself	July 15-19	TC 0100 006
Go for the Gold	July 22-26	TC 0100 007
The Big Send Off	July 29-Aug 2	TC 0100 008

OKLAHOMA CITY COMMUNITY COLLEGE SUPERSPRINT TRIATHLON

June 8th, 2013



HOTEL ACCOMODATIONS:



Group Rate:
\$94/night
(includes hot breakfast)

Group Block:
Supersprint
Triathlon 2013

Reservations:
888.492.8847

REGISTER AT: signmeup.com

April 1-30, \$40.00 *(shirt guaranteed)*

May 1-10, \$50.00 *(shirt guaranteed)*

May 11-31, \$55.00

June 1-4, \$65.00

PACKET PICK-UP: 405 Bicycles

June 6th, 10AM-7PM

I-35 & Indian Hills Rd., Exit 114

405.310.2453

www.405bicycles.com

For race information, visit www.occc.edu/supersprint

**WIN
THIS
BIKE!**



Cannondale Slice 5 105 TT



Donated by:



405 Bicycles

Your race entry gives you the chance to win the featured bike.
The bike will be raffled off at the award's ceremony.
You **MUST** be present to win.

A portion of the proceeds will go to the OCCC Recreation & Fitness Scholarship fund.

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

Fee: \$35 per session, two week sessions

- May 28- June 6 (Tue-Fri, Mon-Thur) • June 10- June 20 (Mon-Thur)
- June 24- July 3 (Mon-Th, Mon-Wed, prorata to \$30)
- July 8-July 18 (Mon-Thur) • July 22- Aug 1 (Mon-Thur)
- Aug 2 Learn to Swim Party @ 1-4pm. Free for participants and family.

>>> Mornings

Swim Levels	9:00-9:40am	9:50-10:30am	10:40-11:20am	11:30am-12:10pm
Parent/Tot				X
Preschool	X	X	Snoopy Squad	X
Beginner	X	X	Peanuts Gang	X
Advanced Beginner	X	X		X
Intermediate	X			
Advanced		X		

>>> Evenings

Swim Levels	5:00-5:40pm	5:50-6:30pm	6:40-7:20pm	7:30-8:10pm
Parent/Tot		X		
Preschool	X	X	X	
Beginner	X		X	X
Advanced Beginner		X	X	
Intermediate	X		X	
Advanced		X		X
Adult				X



Swimming Lessons

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 certified lifeguards are on duty at all times during lessons.

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 and the Aquatic Center staff can assist you.

Parent/Tot

A water adjustment class designed for children 18 months to 3 years old, accompanied by a parent in the water. This class teaches the parent how to help their child become more at ease in the water at an early age. It includes lessons on support techniques, proper submersion, how to determine readiness in a child, and basic water safety information.

Preschool (Red Cross Preschool 1-3) (Ages 3-5)

Introductory class that teaches water adjustment, breath control, floating, and basic techniques for front and back crawl. Children in this level often require support for most swimming techniques.

School Age Beginners (Red Cross Levels 1-2) (Ages 6-13)

Introductory class that teaches water orientation, breath control, floating, and basic techniques for front and back crawl. Children in this level are transitioning to swimming entirely on their own.

Advanced Beginner (Red Cross Level 3)

Must be able to swim five yards on their front and back. Developmental level teaches front crawl with rhythmic breathing, back crawl, elementary backstroke and treading water.

Intermediate (Red Cross Level 4)

Must be able to swim 15 yards on their front and back. Stroke Improvement level increases strength and endurance, improves technique, and teaches sidestroke, back crawl, breast stroke, and butterfly.

Advanced (Red Cross Level 5)

Must be able to successfully complete the Intermediate skills test. Stroke Refinement level coordinates and refines stroke mechanics and increases distance.

Adult Lessons

Instructors work with students on an individual basis regardless of skill level. Learn the basics of bobbing, front and back floats, glides, rhythmic breathing, front and back stroke, breaststroke, and more.

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 28–Jun 6	T/TH
Jun 10–Jun 20	M/W or T/TH
Jun 24–Jul 3	M/W
Jul 8–Jul 18	M/W or T/TH
Jul 22–Aug 1	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.



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
Creepy Crawly	May 28–June 6	Tue–Fri, Mon–Thur	SDCC 0400-001
Oceans of Fun	June 10–June 20	Mon–Thur, Mon–Thur	SDCC 0400-002
Planes, Trains, and Automobiles	*June 24–July 3	Mon–Thur, Mon–Wed	SDCC 0400-003
Summer Science	July 8–July 18	Mon–Thur, Mon–Thur	SDCC 0400-004
Silly with Seuss	July 22–Aug 1	Mon–Thur, Mon–Thur	SDCC 0400-005

Theme	Dates	Days	Section
Creepy Crawly	May 28–June 6	Tue–Fri, Mon–Thur	SDCC 0401-001
Oceans of Fun	June 10–June 20	Mon–Thur, Mon–Thur	SDCC 0401-002
Planes, Trains, and Automobiles	*June 24–July 3	Mon–Thur, Mon–Wed	SDCC 0401-003
Summer Science	July 8–July 18	Mon–Thur, Mon–Thur	SDCC 0401-004
Silly with Seuss	July 22–Aug 1	Mon–Thur, Mon–Thur	SDCC 0401-005

* Session pro-rated due to holiday \$57.00.

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 2–May 30 (T/Th only)
SDCC 0410-001	Jun 3–27
SDCC 0410-002	July 1–30
SDCC 0410-003	Aug 1–29 (Pro-rated \$28, closed 12–16)

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 2–May 30 (T/Th only)
SDCC 0410-004	Jun 3–27
SDCC 0410-006	July 1–30
SDCC 0410-007	Aug 1–29 (Pro-rated \$33, closed 12–16)

Peanuts Gang

Ages 6–9, Fee: \$65

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

10:40–11:20am: Swim Lesson

Jr. Lifeguard Games Camp

For those ages 11 – 15 who have completed the Jr. Guard program and wish to compete against other Jr. Guards in head to head competition. Jr. Guards will practice prevention techniques, water and land rescues, First Aid and CPR skills, teamwork and communication to get ready for the competition.

Fee: \$50

July 15 – July 18	8:00am – 12:00pm	M-TH	WSC 0410-003
July 19	8:00am – 2:00pm	F	Jr. Lifeguard Competition

Lifeguard Training

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 25 – May 4	6:00pm – 9:30pm 8:00am – 5:00pm	Th/F S	WSC 0404-006
May 2 – May 11	6:00pm – 9:30pm 8:00am – 5:00pm	Th/F S	WSC 0404-007
May 13 – May 17	9:00am – 6:00pm	M/F	WSC 0404-008
June 3 – June 7	9:00am – 6:00pm	M/F	WSC 0404-001
June 17 – June 21	9:00am – 6:00pm	M/F	WSC 0404-002

Lifeguard Training Blended Learning Option

(Online learning with instructor-led skill sessions)

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: Student must attend and successfully complete a pre-course assessment. Student must have access to internet to complete 7.5 hours of online learning.

May 11 – May 18	8:00am – 5:00pm	S	WSC 0404-010
Pre-course session: April 25th @ 6:00pm – 9:30pm or April 27th @ 9:00am – 12:30pm			

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 10 – 18	5:00pm – 10:00pm * 8:00am – 6:00pm	F S	WSC 0405-002
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Registration Deadline: April 26th, 2013

*Weekend classes meet two consecutive weekends.





➤➤ OCCC Junior Guard/ Swim Aid Certification

Plan now for your child's fantastic summer experience! Designed for youth ages 11 - 15, OCCC Jr. Guard/Swim Aid program will provide a foundation of lifeguarding and life skills. For youth with swimming skills, this program will focus on personal water safety, accident prevention, recognition and response as well as teaching others how to swim. Must be able to swim 25 yards front crawl, tread water for one minute, and swim underwater for 10 feet. Lunch not provided. Fee: \$60.

Apr 20-27	8:30am-4:00pm	S	WSC 0410-001
May 11-18	8:30am-4:00pm	S	WSC 0410-002
June 24-27	8:00am-12:00pm	M-TH	WSC 0410-004
Aug 5-8	8:00am-12:00pm	M-TH	WSC 0410-003

➤➤ 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. Free Junior Guard Class August 5-8 for Swim Aids volunteering for two or more sessions.

Class Times: 9:00am-12:15pm or 5:00-8:10pm.

- May 28-June 6
- June 10-June 20
- June 24-July 3
- July 8-July 18
- July 22-Aug 1

For more information, email carole.m.valentine@occc.edu.

➤➤ Water Safety Instructor

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 27-May 18	8:30am-5:00pm	S	WSC 0407-002
May 9-May 18	6:00pm-10:00pm	Th/F	WSC 0407-003
	*8:00am-6:00pm	S	

➤➤ CPR for Health Care Provider

This American Heart Association class teaches CPR, AED, rescue breathing, and obstructed airway for conscious and unconscious victims. This class meets educational prerequisites for Health Professions. Textbooks are not included in course fee, but are available in campus bookstore. Fee: \$45

May 4	6:00pm-10:00pm	S	CPR 0600-007
May 11	8:30am-2:30pm	S	CPR 0600-008
May 31	8:30am-2:30pm	F	CPR 0600-001
June 7	8:30am-2:30pm	F	CPR 0600-002
July 19	8:30am-2:30pm	F	CPR 0600-003
Aug 2	8:30am-2:30pm	F	CPR 0600-004
Aug 9	8:30am-2:30pm	F	CPR 0600-005