

Mustang Swimming Lessons and other Programs

Young Children and Preschool Classes

Sing and Splash (6 months and up with Parent) - A fun, interactive program for parents and young children. Children and parents will have fun exploring the water while singing and playing. We recommended warm clothing for after the lesson.

Preschool with Parent Class (2 ½ and up) - A class is designed for young children and preschoolers who prefer or need to keep their parent close! Class will cover same preschool class skills with a parent assisting child. Perfect, for those preschoolers who are having difficulty separating from mom or dad in the water. We highly recommended this class for our younger preschoolers, but all preschoolers are welcome.

Preschool Classes (age 3-5) - The preschool program is designed for children who are preschool aged & generally comfortable without parents. This program consists of four stations. Each station will work on a specific group of skills allowing us to group children by age and skill levels. Our unique approach combines water games with positive reinforcements to make learning FUN! This program works well for every child ranging from timid to the fearless. Each station will be limited to 4-6 children at one time.

Lessons for School Age (Kindergarten and up)

Starfish - Water exploration for children who are not comfortable placing face in water, or who have had a little or no water experience. The focus of this course will be on blowing bubbles, placing face in the water, floating on front and back, and getting comfortable in the water.

Otters - Designed for beginners who are comfortable placing face in the water. Skills will include submerging, floating, and an introduction of front and back stroke.

Clownfish - These students are comfortable and independent in the water and ready to learn. They will work on developing a strong front and back crawl, exploring deeper water, underwater swimming, and retrieving objects from approx. 5 feet of water.

Seals - This class is designed for students that are stronger swimmers, but may tire easily. Course gives an introduction of rotary breathing and elementary backstroke.

Dolphins - Students will work on freestyle (front crawl), backstroke, elementary backstroke, swimming 25 meters with rotary breathing, and an intro. to breast stroke.

Stingrays - Students will refine basic front and backstroke, learn the breaststroke, sidestroke, and an intro. to the butterfly. They will also practice distance swimming (50 yards).

Mustang Aquatic Center Special Programs

Guard Start - An introduction to Lifeguarding skills, rescue technique, first aid and CPR. Designed for ages 10 and up. This course is a prerequisite for Junior Guard Team. Only offered in sessions I & II for two weeks.

Mustang Junior Guard - This program helps participants perfect lifeguarding skills and will allow teams to participate in the 2018 Junior Guard Games in July. Practices will be held every Tuesday and Thursday from 8-10 a.m. Must have taken Guard Start either before joining the team or during June of the joining year.

Mustang Swim Team - Recreational Swim Team with meets in here in Mustang, OKC, and Yukon. Practices are held on Mon., Wed., and Fri. at 8 or 9 a.m. Time placement will be determined by the coach based on skill level and age. Great activity for ages 7 and up. The weekly fee is due by the previous Wednesday for each week.

For additional information or questions please call the Recreation center at 376-3411