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 and Fitness Staff Roster 405.682.1611
Roxanna Butler, Director of Recreation & Fitness Ext. 7425
Brooke Dresel, Customer Service Assistant Ext. 7860
Laura Swain, Recreation & Fitness Assistant Ext. 7789
Shane Fairchild, Head Lifeguard Ext. 7649
Amber Henderson, Senior Lifeguard Ext. 7649
Khari Huff, Coordinator of Recreation and Fitness Ext. 7481
Marlene Shugart, Aquatics Specialist Ext. 7442
Carole Valentine, Health and Fitness Specialist Ext. 7662
Eric Watson, Sports & Recreation Specialist Ext. 7786
Matthew Wright, Sports Assistant Ext. 7684
Wellness Center Desk “Cage” Ext. 7310
FAX (dial direct) 405.682.2656
Wellness Center Hours
Effective January 2 – May 23, 2014

Weight Room and Cardio Room
6:00am–8:30pm...........Monday–Friday
9:00am–4:00pm...........Saturday
Closed Sunday
NOTE: Areas of the Wellness Center may not be available during scheduled classes and events.

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

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
Individuals (age 15+): $270
Family: $400
Senior (Individual): $121
Senior (Family): $178

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
Individual (ages 15+): $178
Family: $230
Senior (Individual): $121
Senior (Family): $178

*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
Open Recreation Only: M/W/F @ 6:45pm–8:30pm

OCCC Staff and Students (with current ID card): No Charge
Day Pass:
Adults: $6.50
Seniors (60+): $3.00
Child (15 and under): $4.50
(Children must have adult supervision.)
Punch Cards: [Good for 20 admissions, expires 4 months from date of purchase. No extensions, No refunds]
Adult: $50; Senior: $38; Child: $30
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, Wednesday, Friday........ 6:45pm–8:30pm
Saturday.............................................1:00pm–4:00pm

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, Wednesday Friday
6:00am–1:00pm
5:30pm–8:30pm
Tuesday, Thursday
6:00am–8:00am
5:30pm–8:30pm
Saturday
11:30am–4:00pm

Aquatic Center Closed: Jan. 18 (Casady Invite); Jan. 20 (Martin Luther King, Jr. Holiday); Feb. 7–8 (High School Regionals); Feb. 15–16 (West Side Meet); Mar. 1–2 (OKC Div. II Meet); Mar. 3–8 (NAIA National Championship); Mar. 14–16 (OKS/EAT); Mar. 15–23 (Spring Break); Apr. 11–13 (Jump Start Meet); May 2–4 (EAT Meet); May 24–26 (Memorial Day)

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

#### January 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Special Olympics Oklahoma Winter Games Swim Meet (Pool Open)</td>
</tr>
<tr>
<td>14</td>
<td>PC Invitational Swim Meet (Pool Open)</td>
</tr>
<tr>
<td>17</td>
<td>OBU vs. Colorado School of Mines Swim &amp; Dive Meet (Pool Open)</td>
</tr>
<tr>
<td>18</td>
<td>Casady/McGuinness Invitational Swim Meet (Pool Closed)</td>
</tr>
<tr>
<td>20</td>
<td>Martin Luther King Jr. Holiday Pool Closed</td>
</tr>
<tr>
<td>24–26</td>
<td>Chesapeake Swim Club Ice Breaker Meet - Pool Temp 78–80 (Pool Closes at 1:00pm on Friday)</td>
</tr>
<tr>
<td>30</td>
<td>Moore/PC Invitational Swim Meet (Pool Open)</td>
</tr>
</tbody>
</table>

#### February 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>YMCA Winter Meet (Pool Open)</td>
</tr>
<tr>
<td>7–8</td>
<td>High School Regional Swim Meet (Pool Closed)</td>
</tr>
<tr>
<td>9</td>
<td>Native American Cultural Swim Meet (Pool Closed)</td>
</tr>
<tr>
<td>15–16</td>
<td>West Side Meet (Pool Closed)</td>
</tr>
</tbody>
</table>

#### March 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>1–2</td>
<td>OKS Div II Meet (Pool Closed)</td>
</tr>
<tr>
<td>3–8</td>
<td>NAIA Swimming and Diving Championship - Pool Temp 78–80 (Pool Closed)</td>
</tr>
<tr>
<td>14–16</td>
<td>OKS/EAT Age Group Championship - Pool Temp 78–80 (Pool Closed)</td>
</tr>
<tr>
<td>15–23</td>
<td>Closed for Spring Break</td>
</tr>
</tbody>
</table>

#### April 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>11–13</td>
<td>ST/SSC Jumpstart Meet (Pool Closes at 1:00pm Friday)</td>
</tr>
<tr>
<td>19</td>
<td>OCCC Hershey’s Track &amp; Field Meet (Pool Open)</td>
</tr>
</tbody>
</table>

#### May 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>2–4</td>
<td>EAT Early Bird Meet - Pool Temp 78–80 (Pool Closes at 1:00pm Friday)</td>
</tr>
<tr>
<td>24–26</td>
<td>Memorial Day Holiday Weekend (Pool Closed)</td>
</tr>
</tbody>
</table>

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

**Water Safety**

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

Help us to help you. OCCC 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 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 through the first day of class. No refunds will be provided beyond the first class meeting 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

Lockers 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.
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:
- M/W/F @ 6:45pm–8:15pm
- Saturdays @1:30pm–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.
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.

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

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

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

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

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

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

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

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.

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

Student Group Fitness Pass
Students may purchase a group fitness pass which will allow them access to all group fitness classes for the Spring 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 Spring Semester: Monday, January 20 (MLK); March 15-23 (Spring Break), Monday, May 26 (Memorial Day)

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
<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
</tr>
</thead>
</table>
OCCC Youth Spring Basketball League: Boys and Girls Divisions

Individual Registration Fee: $55 per player (Copy of birth certificate is required; Player’s jersey is included.)

Team Registration fee: (non-coed only) $330, 11 player roster limit (Copy of birth certificates required; uniforms are not included with team fee.) Team fee amount is required even when the roster limit is not reached.

Early Registration: January 1–February 15, 2014

Late Registration: February 18 –March 1, 2014

Additional $10 to individual, $20 to team (Late registrations may be denied due to limited availability in each division)

ELEMENTARY COED DIVISIONS:
- Ages 4–5: LGE 0104 001
- Ages 7–8: LGE 0104 002
- Ages 9–10: LGE 0104 003

League Meeting: March 12, 2014 @ 7:00pm

Season dates: March 29–May 3, 2014

Game days: Saturdays starting at 9:00am.

OCCC Youth Spring Track & Field

This national program is a track meet for boys and girls ages 9–14 regardless of skill level (age determined as of Dec. 31, 2013). Events are divided between ages and gender.

Field events: Softball throw and standing long jump.

Track events: 100, 200, and 400 meter events for all ages: 50 meter (ages 9-10); 800 meter (ages 11-12 and 13-14); 1600 meter (age 13-14); 4 x 100 relay all ages (Form your own team)

Participants are limited to entering 3 events (2 track and 1 field event or 2 field events and 1 track).

The first place finisher in each event automatically qualifies for the State Hershey’s Meet that will be held in Norman, Oklahoma.

There is no charge to participate in either the local or state meet.

Registration: Online at www.hersheystrackandfield.com

Spring T-Ball/ Machine Pitch League

Break out those caps, bats, and gloves to join in this educational, noncompetitive league that allows children to learn the skills involved with playing the game of T-ball. All teams are co-ed. Practices and games will be at OCCC. Practices are held at the discretion of the volunteer coach.

Season dates: May 13–June 28, 2014

Registration Fee: $65 (Includes team jersey and cap)

Registration Deadline: April 25, 2014

League Meeting: April 30, 2014 @ 7:00pm

AGE DIVISIONS
- Ages 4–6: LGE 0102 001
- Ages 7–8: LGE 0102 002

Game Days: Tuesdays/Thursdays @ 6:00 and 7:00pm

MACHINE PITCH DIVISIONS
- Ages 9–11: LGE 0102 003

Game Days: Saturdays @ 9:00am

Summer Camp Discount Week

April 21–26, 2014 • 10% off enrollment

Summer Camp Sneak Peek is April 26!

Come visit to learn information about kids sports and recreation camps. There will be lots of fun camp-like activities as well as inflatables!
### Tiny Tot Ballet
(Ages 3–5) Learn the basics of classical ballet. This class will focus on beginning ballet positions for hands and feet, balance, and positioning the body. Students will need ballet shoes. 4 week sessions.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Jan 1–Feb 1</td>
<td>9–9:50am</td>
<td>SCMP 0102 001</td>
<td>$35</td>
</tr>
<tr>
<td>Session 2</td>
<td>Feb 8–Mar 8</td>
<td>9–9:50am</td>
<td>SCMP 0102 002</td>
<td>$35</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mar 29–Apr 19</td>
<td>9–9:50am</td>
<td>SCMP 0102 003</td>
<td>$35</td>
</tr>
</tbody>
</table>

### Kids’ Irish Dancing
(Ages 6–12) Learn the basics of Irish step dancing. This class will focus on beginning Irish dance steps, rhythm and the history of Irish dancing. Students will need to wear socks, ballet shoes or jazz shoes. 4 week sessions.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Jan 1–Feb 1</td>
<td>10–10:50am</td>
<td>SCMP 0102 005</td>
<td>$35</td>
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<tr>
<td>Session 2</td>
<td>Feb 8–Mar 8</td>
<td>10–10:50am</td>
<td>SCMP 0102 006</td>
<td>$35</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mar 29–Apr 19</td>
<td>10–10:50am</td>
<td>SCMP 0102 007</td>
<td>$35</td>
</tr>
</tbody>
</table>

### Kids’ Hip Hop Dancing
(Ages 6–12) This will be a fun, energetic class! Students will learn basic moves from various styles of hip hop including: breaking, waving, freestyle and others. Students will need to wear flexible tennis shoes, jazz shoes or socks. 4 week sessions.

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Code</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Jan 1–Feb 1</td>
<td>11–11:50am</td>
<td>SCMP 0132 001</td>
<td>$35</td>
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<tr>
<td>Session 2</td>
<td>Feb 8–Mar 8</td>
<td>11–11:50am</td>
<td>SCMP 0132 002</td>
<td>$35</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mar 29–Apr 19</td>
<td>11–11:50am</td>
<td>SCMP 0132 003</td>
<td>$35</td>
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</tbody>
</table>

### Intro to Karate/Self-Defense
(Ages 6–Adult)
6-week course designed to introduce students to the basics of karate and self-defense.
This class is a great way to relieve stress, get and stay in shape and learn valuable self-defense skills. This course blends a great physical workout with practical real-life self-defense techniques ideal for both men and women. Meet new friends, get into great shape and feel empowered.
At the conclusion of the class sessions, students will demonstrate the techniques they have learned for family and friends.

**Program Fee:** $80, includes uniform

**BEGINNING KARATE/SELF-DEFENSE**

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Jan 25–Mar 1</td>
<td>1:00pm</td>
<td>SCMP 0101 001</td>
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<tr>
<td>Session 2</td>
<td>Mar 29–May 3</td>
<td>1:00pm</td>
<td>SCMP 0101 002</td>
</tr>
</tbody>
</table>

**ADVANCED KARATE/SELF-DEFENSE**
(Must complete either Session 1 or Session 2 of the Beginning class to enroll in the advanced.)

<table>
<thead>
<tr>
<th>Session</th>
<th>Dates</th>
<th>Time</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Mar 29–May 3</td>
<td>2:00pm</td>
<td>SCMP 0101 003</td>
</tr>
</tbody>
</table>
Intramural Sports

Intramural Basketball League
Dates: Feb 7–Mar 14
Team Registration Deadline: Feb 6
Individual Registration Deadline: Feb 25

Intramural Floor Hockey
Dates: Feb 10–Mar 10
Team Registration Deadline: Feb 8
Individual Registration Deadline: Feb 24

Intramural 7v7 Soccer
Dates: Mar 28–May 2
Team Registration Deadline: Mar 26
Individual Registration Deadline: Apr 11

Intramural Kickball
Dates: Mar 24–Apr 21
Team Registration Deadline: Mar 23
Individual Registration Deadline: Apr 7

Intramural 4v4 Football
Dates: Mar 26–Apr 23
Team Registration Deadline: Mar 24
Individual Registration Deadline: Apr 9

Intramural Basketball Hotshots
3 Point Competition: Feb 13
Basketball Golf: Feb 20
Registration Deadline: Day of event

Open only to OCCC students, faculty and staff. Participants must have their OCCC ID at all events. Sign up online at IMleagues.com/occc
Participants can create a team, join a team or sign up as a free agent. (Free agents will either be placed onto a team or a free agent team will be created.
Cost: Free

For more information:
Contact Matthew Wright
405.682.1611 ext. 7684
matthew.j.wright@occc.edu
Adult Leagues

Mens Spring Basketball League
Each team will play 8 games.
Must be at least 18 years old to play
Pre-Season Open Run Tournament
(Registered Teams Only):
February 27, 2014 @ 7:00 pm in OCCC gym
Teams are assigned to divisions according to their
performance in the pre-season open run tournament
Open Divisions: A & B
League Fee: $275 per team
League Dates: March 6 - May 1, 2014
(No games March 20)
Game Days:
Thursdays @ 7:00pm, 8:00pm, 9:00 pm
End of season tournament: May 8 and May 15
(Single Elimination)

Adult Co-Ed Spring Volleyball League
Each team will play 12 games.
Must be at least 18 years old to play
Registration due date: March 1, 2014
League Fee: $250 per team
(Registration must include the league fee)
League Dates: March 10 - April 21, 2014
(No games March 17)
Game Days:
Mondays @ 6:30pm, 7:30pm, 8:30pm, 9:30pm
End of season tournament: April 28, 2014
(Single Elimination)

Personal Enrichment

World Instructor Training School (W.I.T.S)
This 6-week Personal Trainer Certification Course allows students
to learn and practice personal training essentials to help instruct
clients to be their best with the lifestyle changes they need. W.I.T.S.
rejects the fitness industry’s traditional problematic home study and
weekend crash certifications. The course covers topics including
biomechanics, exercise physiology, fitness testing, equipment usage
and health assessment. W.I.T.S. is the only major certifying agency in
the country providing comprehensive practical training and internship
components.
Textbook is required and not included in course fees.
Course Fee: $549
Text Book $93.97 [Call 888.330.9487 to order]
WELL 0325 002 Apr 5 - May 10 S 9:00am - 4:00pm

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
• Seminars on training, nutrition,
and equipment
• Swim, bike, and run clinics
• Sponsor discounts

WELL 0325 002 Apr 5 - May 10 S 9:00am - 4:00pm
### Tuesdays and Thursdays

**Fee:** $35  
Jan. 14–Feb. 6  
Mar. 23 – Apr. 17  
Apr. 22 – May 12

<table>
<thead>
<tr>
<th>Swim Levels</th>
<th>4:30pm–5:10pm</th>
<th>5:20pm–6:00pm</th>
<th>6:10pm–6:50pm</th>
<th>7:00pm–7:40pm</th>
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<tbody>
<tr>
<td>StarTots</td>
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</tr>
<tr>
<td>Preschool</td>
<td>White Red</td>
<td>Yellow Blue</td>
<td>White Red</td>
<td>Yellow Blue</td>
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<tr>
<td>Beginner</td>
<td>White Red</td>
<td>Red Yellow</td>
<td>White Red</td>
<td>Red Yellow</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>Blue</td>
<td>Blue/Green</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate/Advanced</td>
<td>Green Orange</td>
<td></td>
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</tr>
<tr>
<td>Adult</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

### Saturdays

**Fee:** $25  
Mar. 29 – Apr. 19  
Apr. 26 – May 17

<table>
<thead>
<tr>
<th>Swim Levels</th>
<th>9:00am–9:40am</th>
<th>9:50am–10:30am</th>
<th>10:40am–11:20am</th>
<th>11:30am–12:10pm</th>
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<tbody>
<tr>
<td>StarTots</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Preschool</td>
<td>White Red</td>
<td>Yellow Blue</td>
<td>White Red</td>
<td>Yellow Blue</td>
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<tr>
<td>Beginner</td>
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<td>Red Yellow</td>
<td>White Red</td>
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<td>Advanced Beginner</td>
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<td>Intermediate/Advanced</td>
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<tr>
<td>Adult</td>
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</tbody>
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**NEW! 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

- If the student...
  - Is afraid of water
  - Can’t swim at all
  - Will not get face wet

Sign up for White group.

Red

- If the student...
  - Can’t swim w/o support but loves the water
  - Will get face wet
  - Will jump in

Sign up for Red group.

Yellow

- If the student...
  - Is not afraid
  - Can float on front and back
  - Can jump in and return to surface

Sign up for Yellow group.

Blue

- If the student...
  - Can swim underwater or on the surface, and can get occasional breath

Sign up for Blue group.

Green

- If the student...
  - Can tread water for at least 15 seconds
  - Can swim freestyle with rotary (side) breathing

Sign up for Green group.

Orange

- If the student...
  - Has achieved a green Starfish Swim School Award Patch and
  - Needs to learn or refine backstroke, breaststroke or butterfly

Sign up for Stroke School.
**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**

T/Th @ 6:30pm–7:30pm, Fee: $35

SDCC 0410 001 Jan 7–Jan 30
SDCC 0410 002 Feb 4–Feb 27 (Pro-rated: $26)
SDCC 0410 003 Mar 11–Mar 27 (Pro-rated: $26)
SDCC 0410 004 Apr 1–Apr 29
SDCC 0410 005 May 1–May 29

**Advanced Swim Team**

T/Th @ 7:00pm–8:30pm, Fee: $45

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

SDCC 0410 006 Jan 7–Jan 30
SDCC 0410 007 Feb 4–Feb 27 (Pro-rated: $33)
SDCC 0410 008 Mar 11–Mar 27 (Pro-rated $33)
SDCC 0410 009 Apr 1–Apr 29
SDCC 0410 010 May 1–May 29

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**Private Swim Lessons**

1 class ($30.00), 4 classes ($100.00)

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)

Jan 27–Feb 5 M/W 5:00, 5:30, 6:00, 6:30
Feb 10–Feb 19 M/W 5:00, 5:30, 6:00, 6:30
Mar 24–Apr 2 M/W 5:00, 5:30, 6:00, 6:30
Apr 7–Apr 16 M/W 5:00, 5:30, 6:00, 6:30
Apr 21–Apr 30 M/W 5:00, 5:30, 6:00, 6:30
May 5–May 14 M/W 5:00, 5:30, 6:00, 6:30

Saturday Private Lessons can be scheduled by request but they must work around all of the swim meets that are hosted during the spring semester.

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.

**Adult Lap Swim/Water Walking/Deep Water Walking**

Designed for those 16 yrs.+ 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.

M/W/F @ 6:00am–1:00pm, 5:30pm–8:30pm
T/TH @ 6:00am–8:00am, 5:30pm–8:30pm
Saturday @ 11:30am–4:00pm

**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.

**Family Swim**

Enjoy a night of family fun at an affordable rate.
Fridays @ 6:45pm–8:30pm
$10 per family
Employees and students’ families swim free

**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.

---

**Adult Lap Swim/Water Walking/Deep Water Walking**

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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)

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Feb 10–Feb 19 M/W 5:00, 5:30, 6:00, 6:30
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Apr 21–Apr 30 M/W 5:00, 5:30, 6:00, 6:30
May 5–May 14 M/W 5:00, 5:30, 6:00, 6:30

Saturday Private Lessons can be scheduled by request but they must work around all of the swim meets that are hosted during the spring semester.

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.
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

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Time</th>
<th>Days</th>
<th>Location</th>
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<td>MAY 1–MAY 10</td>
<td>5:30PM–9:00PM</td>
<td>TH/F</td>
<td>WSC 0404 RC4</td>
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<td>WSC 0404 RC4</td>
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For Credit

(Fee: $156.00, non-OCCC students must pay a $25.00 registration fee.)

<table>
<thead>
<tr>
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<th>Dates</th>
<th>Time</th>
<th>Days</th>
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Lifeguard Training (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 Safety & Health Institute CPR-Pro, First Aid, Bloodborne Pathogens and AED are built into the course.

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Dates</th>
<th>Time</th>
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<td>TH/F</td>
<td>WSC 0404 SG2</td>
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<td>M–F</td>
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<td>M–F</td>
<td>WSC 0404 SG5</td>
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Lifeguard Instructor Class (American Red Cross)

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

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Registration Deadline: March 22nd, 2013

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<td>WSC 0405 002</td>
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</table>

Registration Deadline: April 26th, 2013

*Weekend classes meet two consecutive weekends.
**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

<table>
<thead>
<tr>
<th>Date</th>
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<th>Days</th>
<th>Location</th>
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<td>MAR 1</td>
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**ASHI CPR/AED**

Conforms to the 2010 American Heart Association guidelines for CPR and Emergency Cardiovascular Care Science. Course will teach CPR, AED, rescue breathing, and care for airway obstruction. This class meets the educational prerequisites for Health Professions. Fee: $45

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Days</th>
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<td>CPR 0700</td>
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**For Credit**

APR 26–MAY 17 8:30am–5:00pm S  AHP 1002 F301

(Fee: $156.00, non-OCCC students must pay a $25.00 registration fee.)

*Weekend classes meet two consecutive weekends.

**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

<table>
<thead>
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<th>Time</th>
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<td>APR 26–MAY 17</td>
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**Starfish Swim Instructor Developmental Course**

This course will certify participants to teach the Starfish Swimming curriculum. Prerequisite: 16 years of age, able to pass water skills screening. Fee: $150

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Days</th>
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<th>Course Code</th>
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<td>5:00pm-9:00pm</td>
<td>Th/F</td>
<td>WSC 0401</td>
<td>SI2</td>
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</table>
Our College for Kids is a dynamic year-round educational program for children. Subject groups include music, drama, science, math, language, arts and crafts, reading, writing, and ACT test preparation workshops that will review terminology, concepts and test-taking tips.

The Adult Learning Center provides free Adult Basic Education classes that include General Educational Development (GED) and English as a Second Language (ESL) to community members throughout the Oklahoma City Metro Area. Classes meet twice a week for six hours. Morning, afternoon, and evening classes are available. Students must be at least 16 years old and attend a new student orientation prior to enrollment. Call 405.682.7873 for pre-enrollment information.

Some of our classes are designed to improve basic skills, while others are just for fun. No pressure and no exams. Our adult and senior citizen personal enrichment classes allow students to learn with other interested adults about dance, language, computers, and music. These non-credit classes are offered free or at low cost in various locations throughout the year. All adults are welcome ages 18 and up.

Community Outreach and Education is dedicated to the belief that lifelong learning helps adults acquire the knowledge, skills, and values needed to lead productive and satisfying lives. We are always looking for suggestions on what classes to offer. If you have suggestions or would like to share your skills by teaching a non-credit course, please contact the Community Outreach and Education Office at 686-6222 or visit our website at www.occc.edu/coe.

Contact us

website: www.occc.edu/coe
phone: 405.686.6222

For information on College for Kids and Adult Personal Enrichment, contact baresel@occc.edu.
For information on Adult Basic Education, GED, and ESL classes, contact josh.m.free@occc.edu.

Office Hours

Monday–Friday 8:00am–5:00pm

Oklahoma City Community College (OCCC) is proud to offer classes and programs for you and your children this fall. If you have any questions concerning our spring programs, please call 686-6222 or visit our website at www.occc.edu/coe.
REFUNDS AND CANCELLATIONS
Refund requests must be made before the start date of the class you are dropping. Refunds cannot be made for non-attendance. If we must cancel a class due to insufficient enrollment, you will be notified prior to the start date of the class you enrolled in. 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 obligation.
SUMMER COLLEGE FOR KIDS ENROLLMENT begins the week of April 21, 2014.

Receive a 10% discount on summer programs during this week.

For more information and to enroll: (405) 686-0CCC (6222) www.occc.edu.
Language Classes

Sign Language
Basic skills in American Sign Language will be taught in an interactive and enjoyable manner. Not only will you learn to sign, but you will also gain an understanding of deaf culture and community.

Tuesdays (6:30–8:30pm)
OCCC Family and Community Education Center
AE 0206 001 / 6 weeks / $50

Tuesdays (6:30–8:30pm)
OCCC Family and Community Education Center
AE 0206 002 / 6 weeks / $50

Beginning Spanish (Conversational)
Learn basic conversational skills to communicate with Spanish speaking people in a playful, relaxed and informal atmosphere. Though the emphasis is on basic conversation, you will learn, review and practice Spanish grammar, vocabulary and pronunciation, as well as basic question/answer terminology.

Tuesdays (6:00–8:00pm)
OCCC Family and Community Education Center
AE 0226 001 / 6 weeks / $50

Tuesdays (6:00–8:00pm)
OCCC Family and Community Education Center
AE 0226 002 / 6 weeks / $50
Ballroom Dance

Ballroom dancing is timeless, romantic, and an impressive social skill. If you have never danced, or want to practice what you already know, this class shows the basic steps for the Fox Trot, East Coast Swing, Waltz, Rumba, Cha-Cha and Tango.

Cost: $40

AE 0201 002
(6 week course)
Feb 4–Mar 11, 2014
Tuesdays 6:00–7:00pm
OCCC FACE Center

Country & Western Dance

Country and Western Dancing is fun, versatile, and a great workout. Learn a medley of Country & Western dance steps including the Shuffle, Two-step, and Country Waltz.

Cost: $40

AE 0202 002
(6 week course)
Feb 4–Mar 11, 2014
Tuesdays 7:00–8:00pm
OCCC FACE Center
**ACT Prep Workshop**

Are you ready to take the ACT? Gain confidence in all four components of the test by taking this course designed to review your skills. Review terminology and concepts, become familiar with the test structure, cover test-taking tips and take practice tests. ACT Prep Workshops are given at the OCCC Family and Community Education Center.

- AE 0220 001 / $20
  Saturday, February 1, 2014
  9:00am–4:00pm

- AE 0220 002 / $20
  Saturday, April 5, 2014
  9:00am–4:00pm

**Advanced Writing**

Whether you are taking the GED, going to college, or need to improve your writing for professional reasons; this is the class for you. We will work on common grammar errors, improving writing fluency, and quickly learning to edit your own writing.

Cost: $50

AE 0225 001
(6 week course)
Feb 2–Mar 13, 2014
Mon/Web 6:00–8:00pm

AE 0225 002
(6 week course)
Mar 24–Apr 30, 2014
Mon/Wed 6:00–8:00pm

**AARP Smart Driver Course**

This course reviews rules of the road, and contains safety driving tips for all drivers. Completion of the class entitles students to a discount on their automobile insurance. There are no physical or written tests. Class size is limited. Participants must pay with cash or check the day of the event.

Call 686-6222 to pre-register.

**Session One:**
Saturday, February 22, 2014
9:00am–3:00pm
$15 for AARP members,
$20 for non-members

**Session Two:**
Saturday, April 5, 2014
9:00am–3:00pm
$15 for AARP members,
$20 for non-members
Computer Basics for Senior Citizens

This fun and exciting class will teach senior citizens how to get the most out of a computer. Students will learn basic information such as using the mouse, general use of Windows, searching the internet, and email. Class size is limited to 12 and will take place at the OCCC Family and Community Education Center.

- AE 0226 001 / 6 weeks / $30
  Saturdays, 02/15–03/29, 2014
  9:00–10:30am
- AE 0226 002 / 6 weeks / $30
  Saturdays, 04/05–05/17, 2014
  9:00–10:30am

Microsoft Excel Basics

This 1 day workshop will provide you with the tools necessary to use Microsoft Excel 2010 at work, school, or home.

- AE 0226 003 / 1 day / $30
  Saturday, February 1, 2014
  9:00am–4:00pm
  OCCC FACE Center

Microsoft Word Basics

This 1-day workshop will provide you with the tools necessary to use Microsoft Word 2010 at work, school, or home.

- AE 0226 004 / 1 day / $30
  Saturday February 8, 2014
  9:00am–4:00pm
  OCCC FACE Center

Explore iPad

This hands-on workshop will teach you how to maximize the use of your iPad.

- AE 0226 005 / 1 day / $10
  Tuesday, 01/21/2014
  05:30–07:30pm
  OCCC Main Campus
Credit Score and The Homebuyer
(Presented by FAA Credit Union)

Who needs a good credit score, anyway? Our credit scores impact more than we could ever imagine. Learn about your credit score: why you want a good score, how to improve your score, and some additional tips for those considering a home now or in the future. This is a FREE 1-hour workshop!

- AE 0220 003 / 1 day / FREE
  Thursday, 02/13/2014
  12:00–01:00pm
  OCCC Main Campus

Personal Finance and Budgeting Strategies
(Presented by FAA Credit Union)

We can’t just wish and hope for our finances to straighten themselves out; we have to plan for it. Learn how to create your own budget, tips for sticking to it and how to meet your financial goals. This is a FREE 1-hour workshop!

- AE 0220 004 / 1 day / FREE
  Tuesday, 04/15/2014
  12:00–01:00pm
  OCCC Main Campus
English as a Second Language (ESL) Classes

Oklahoma City Community College offers free on- and off-campus classes for English as a Second Language. These classes are designed to increase English language literacy in various levels of proficiency. Regular attendance is a requirement for ALL classes.

Many adult classes are held at the Family and Community Education Center (FACE) at 6500 S. Land Avenue, Oklahoma City, OK 73159. Individuals interested in taking these classes at the FACE Center will first need to attend a 3-hour orientation which includes taking a pre-test. These individuals should contact the OCCC Adult Learning Center at (405) 682-7873 to sign up for an orientation date.

Other free ESL classes are also offered at various off-site locations throughout Oklahoma County. Space in these ESL classes is limited. To pre-enroll in these off-site ESL classes for January, 2014 call (405) 682-7873.

*See off-site class locations.
GED Classes and Testing

Oklahoma City Community College offers free on- and off-campus classes in Adult Basic Education. These classes are designed to increase adult literacy and help students prepare to pass the GED test. (General Educational Development) Regular attendance is a requirement for all adult classes. Space is limited so call for pre-enrollment information at (405) 682-7873.

Many adult classes are held at the Family and Community Education Center (FACE) at 6500 S. Land Avenue, Oklahoma City, OK 73159. Individuals interested in taking these managed-entry classes will first need to attend a 3-hour orientation that includes taking a pre-test. Interested individuals should contact the OCCC Adult Learning Center at (405) 682-7873 to sign up for an orientation date for January classes. Other free classes are also offered at various off-site locations throughout Oklahoma County. *See off-site class locations.

Individuals wanting to sign up to take the GED test without preparation classes should call OCCC Testing and Assessments at (405) 682-7531.
## Spring 2014 • Free ESL Classes
### Oklahoma City Metro Area

**Family and Community Education Center (FACE Center)**
6500 S. Land Avenue Oklahoma City, OK 73159 • 405.682.7873

Free ESL classes are offered throughout Oklahoma County. Call 405.682.7873 to pre-enroll for classes beginning January, 2014.

<table>
<thead>
<tr>
<th>Class Location</th>
<th>Level</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lake View Park Church of the Nazarene</td>
<td>Beginning ESL</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>3500 NW 50th OKC, OK 73101</td>
</tr>
<tr>
<td>Midwest City Library</td>
<td>Beginning ESL</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>8143 E. Reno Midwest City, OK 73110</td>
</tr>
<tr>
<td>Edmond Public Library Room D</td>
<td>Beginning ESL</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>10 S. Boulevard Edmond, OK 73034</td>
</tr>
<tr>
<td>Edmond Public Library Room A or B</td>
<td>Intermediate ESL</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>1:00–4:00pm</td>
<td>10 S. Boulevard Edmond, OK 73034</td>
</tr>
<tr>
<td>Apollo Elementary School Room 205</td>
<td>Beginning ESL (Limited Childcare provided for ages 3–11)</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>1901 N. Peniel Bethany, OK 73008</td>
</tr>
<tr>
<td>Council Grove Elementary Room C20 A Western Heights School</td>
<td>Beginning ESL (Limited Childcare provided for ages 3–11)</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>7721 W. Melrose Lane OKC, OK 73127</td>
</tr>
<tr>
<td>Hilldale Elementary Library A Putnam City School</td>
<td>Beginning ESL (Limited Childcare provided for ages 3–11)</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>5:30–9:00pm</td>
<td>4801 NW 16th OKC, OK 73127</td>
</tr>
<tr>
<td>Francis Tuttle—Reno Campus Kay Martin Center Room 2060</td>
<td>Beginning ESL</td>
<td>M/W</td>
<td>Jan 28–May 15</td>
<td>9:00am–12:00pm</td>
<td>7301 W. Reno OKC, OK 73127</td>
</tr>
<tr>
<td>Southern Nazarene University Royce Brown Building Room 206</td>
<td>High Intermediate ESL</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>10:00am–1:00pm</td>
<td>6729 NW 63rd OKC, OK 73008</td>
</tr>
<tr>
<td>Warr Acres Library</td>
<td>Intermediate ESL</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>5901 NW 63rd OKC, OK 73132</td>
</tr>
<tr>
<td>Francis Tuttle—Rockwell (Corporate Training) Room D1810A</td>
<td>Beginning ESL</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>12777 N. Rockwell OKC, OK 73142</td>
</tr>
<tr>
<td>Francis Tuttle—Rockwell (Corporate Training) Room D1810A</td>
<td>Intermediate ESL</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>12777 N. Rockwell OKC, OK 73142</td>
</tr>
<tr>
<td>Francis Tuttle—Rockwell *Limited to qualified students Must attend orientation. Call 405.682.7873</td>
<td>Advanced ESL with emphasis on TOEFL</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>12777 N. Rockwell OKC, OK 73142 Room C1737 North side of campus.</td>
</tr>
<tr>
<td>Edmond Central Middle School Room 160</td>
<td>Intermediate ESL</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>500 E. 9th Edmond, OK 73034 (Corner of 9th and Rankin)</td>
</tr>
<tr>
<td>Moore First United Methodist Church (Parking on north side.)</td>
<td>Beginning ESL (Limited Childcare provided for ages 3–11)</td>
<td>M/W</td>
<td>Jan 13–May 28</td>
<td>6:00–9:00pm</td>
<td>201 W Main Moore, OK 73160</td>
</tr>
</tbody>
</table>
All students must attend an ABE/GED orientation prior to enrollment. Attendance is required for all adult classes and students must be 16 years or older to attend. Orientation is located in the FACE Cafeteria. In-class Spanish GED class and materials fee is $160. Online Spanish GED class and materials fee is $200.

<table>
<thead>
<tr>
<th>Section</th>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>0505 004</td>
<td>ABE/GED in Spanish</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>9:00am–12:00pm</td>
</tr>
<tr>
<td>0505 005</td>
<td>ABE/GED in Spanish</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
</tr>
<tr>
<td>0505 006</td>
<td>ABE/GED in Spanish</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
</tr>
<tr>
<td>0505 007</td>
<td>ABE/GED in Spanish</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>9:00am–12:00pm</td>
</tr>
<tr>
<td>0505 008</td>
<td>ABE/GED in Spanish</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
</tr>
<tr>
<td>0505 009</td>
<td>ABE/GED in Spanish</td>
<td>SAT</td>
<td>Feb 1–May 17</td>
<td>9:00am–03:00pm</td>
</tr>
<tr>
<td>0505 010</td>
<td>ABE/GED in Spanish</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
</tr>
<tr>
<td>0505 011</td>
<td>ABE/GED Online</td>
<td>NA</td>
<td>Jan 27–May 15</td>
<td>NA</td>
</tr>
</tbody>
</table>
Spring 2014
Free ABE/GED Classes
Oklahoma City Metro Area

Family and Community Education Center (FACE Center)
6500 S. Land Avenue Oklahoma City, OK 73159 • 405.682.7873

All students must attend an ABE/GED orientation prior to enrollment. Call 405.682.7873 for pre-enrollment information. Attendance is required for all adult classes and students must be 16 years or older to attend. All classes are located throughout Oklahoma County.

<table>
<thead>
<tr>
<th>Location</th>
<th>Class</th>
<th>Days</th>
<th>Date</th>
<th>Time</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Francis Tuttle—Reno Key Martin Center, Room 2060</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>9:00am-12:00pm</td>
<td>7301 W Reno OKC, OK 73127</td>
</tr>
<tr>
<td>Northwest Library Classroom B</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–8:30pm</td>
<td>5600 NW 122nd OKC, OK 73142</td>
</tr>
<tr>
<td>Southern Nazarene University Herrick Auditorium, Room 118</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>6729 NW 39th Bethany, OK 73008</td>
</tr>
<tr>
<td>Mid-Del Tech Center Call 682.7873 to enroll</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>1621 Maple Drive Midwest City, OK 73110</td>
</tr>
<tr>
<td>Mid-Del Tech Center Call 682.7873 to enroll</td>
<td>ABE/GED</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>1621 Maple Drive Midwest City, OK 73110</td>
</tr>
<tr>
<td>Midwest City Library Call 682.7873 to enroll</td>
<td>ABE/GED</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>8143 E Reno Midwest City, OK 73110</td>
</tr>
<tr>
<td>* Eastern County Tech Center Call 390.9591 to enroll</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>4601 Choctaw Road Choctaw, OK 73020</td>
</tr>
<tr>
<td>Edmond Public Library Call 682.7873 to enroll</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>10 S Boulevard Edmond, OK 73034</td>
</tr>
<tr>
<td>Edmond Central Middle School Room 161 Call 682.7873 to enroll</td>
<td>ABE/GED</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>500 E 9th Street Edmond, OK 73034 (Corner of 9th and Rankin)</td>
</tr>
<tr>
<td>Apollo Elementary School Room 206 (Putnam City Schools) Childcare ages 3–11 provided</td>
<td>ABE/GED</td>
<td>T/TH</td>
<td>Jan 28–May 15</td>
<td>6:00–9:00pm</td>
<td>1901 N Peniel Bethany, OK 73008</td>
</tr>
<tr>
<td>** Council Grove Elementary Computer Room (Western Heights Schools) Childcare ages 3–11 provided</td>
<td>ABE/GED</td>
<td>M/W</td>
<td>Jan 27–May 14</td>
<td>6:00–9:00pm</td>
<td>7721 W Melrose Lane OKC, OK 73127</td>
</tr>
</tbody>
</table>

* Attend GED classes online!
Call 405.682.7873 to enroll and sign up for a GED Online Orientation.
<table>
<thead>
<tr>
<th>CLASS</th>
<th>DAYS</th>
<th>DATES</th>
<th>TIME</th>
<th>SECTION #</th>
<th>INSTRUCTOR</th>
<th>COSTO DEL CURSO/COST OF COURSE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computacion Basica Computer Basics I (Spanish)</td>
<td>M/W</td>
<td>Jan 27–Mar 14</td>
<td>6:00pm–8:00pm</td>
<td>CHCCS 0100 100</td>
<td>TBA</td>
<td>$40</td>
</tr>
<tr>
<td>From Information Technology to the Workforce (Spanish)</td>
<td>M–F</td>
<td>Jan 27–Mar 7, Mar 25–May 2</td>
<td>9:00am–12:00pm</td>
<td>CHCSW 0100 100, CHCSW 0100 200</td>
<td>Tammy Sagastizado, Beatriz Meyer, Oscar Hernandez</td>
<td>Gratis/Free</td>
</tr>
<tr>
<td>GED en Español GED (Spanish)</td>
<td>M/W</td>
<td>Jan 27–May 21</td>
<td>6:00pm–8:00pm</td>
<td>CHCGD 0100 100</td>
<td>Tammy or Felipe Sagastizado</td>
<td>$160 (Includes materials)</td>
</tr>
<tr>
<td>Ingles Basico Basic ESL</td>
<td>M/W</td>
<td>Jan 27–May 21</td>
<td>10:00am–12:00am</td>
<td>CHCES 0100 300</td>
<td>Oscar Hernandez</td>
<td>Gratis/Free</td>
</tr>
<tr>
<td>Ingles Basico Basic ESL</td>
<td>T/TH</td>
<td>Jan 28–May 22</td>
<td>12:00pm–2:00pm</td>
<td>CHCES 0100 100</td>
<td>Oscar Hernandez</td>
<td>Gratis/Free</td>
</tr>
<tr>
<td>Computer Basic I (Korean)</td>
<td>T/TH</td>
<td>Jan 28–May 22</td>
<td>9:00am–12:00pm</td>
<td>CHCCK 0100 100</td>
<td>Yeol Kim</td>
<td>$40</td>
</tr>
<tr>
<td>Computer Basics I (English)</td>
<td>M/W</td>
<td>Jan 20–Mar 12</td>
<td>4:00pm–6:00pm</td>
<td>CHCCE 0100 100</td>
<td>Yeol Kim</td>
<td>$40</td>
</tr>
<tr>
<td>Computer Basics II (English)</td>
<td>W/T</td>
<td>Mar 26–May 16</td>
<td>9:30am–11:30am</td>
<td>CHCCE 0100 200</td>
<td>Yeol Kim</td>
<td>$40</td>
</tr>
</tbody>
</table>
Community Outreach and Education

Early Enrollment begins the week of April 21, 2014. Receive a 10% discount on summer programs during this week. For more information and to enroll: (405) 686-OCCE (6222) www.occc.edu.

Kids' Sports & Recreation

Summer Camps & College for Kids