



Oak Knoll Aquatic Programs
45246 Country Club Road
Hammond, LA 70401
Judith Perez – Aquatic Director
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985-951-9331

Dolphin Summer Swim Team

Description: Swimmers, ages 5 – 18, learn the 4 competitive strokes, flip turns and competition diving. They will attend swim competitions at OKCC and other pools in St. Tammany Parish. An Awards Party will be at the end of the season.

Dates: May 8 – July 6

Practice times: May 8-25, 5:00-6:00; May 26 – July 6, 8:00 – 9:00am

Pre-qualifications : Must be able to swim the width of the pool in any manner

Equipment Needs: Team swim suit, Team cap (can be purchased at pool), decent pair of goggles and fins. (Perfectly Fit in Hammond has the equipment and the suits)

Fees: OKCC members \$180; non-members \$220

Kids and Adults Swim Lessons

Description: Progressive swim lessons for people 3- adults. Group lessons must be organized by the Client.

Dates: TBD with instructor

Class information: 4 – 40 minute classes

Fees: 1 swimmer: OKCC member \$120; non-members \$140

2 swimmers: OKCC members \$110 each; non-members \$130 each

3 swimmers: OKCC members \$100 each; non-members \$120 each

4 swimmers: OKCC members \$90 each; non-members \$110 each

Infant Lessons

Description: Water awareness lessons for clients 6 months – 2 years. Parents or guardians must be in the water with their infant. Swimmers will need to bring a tub toy and wear water diapers.

Dates: TBD with instructor

Class information: 4 – 30 minute classes

Fees: OKCC members \$120; non-members \$140

Adult Swim Training

Description: Adult swim practice/training with an experienced Coach. Come brush up on your technique or build up your endurance. Suggested gear: Goggles, fins, paddles (keep paddles same size as hand)

Dates: May 29 – July 26,

Practice Times: Tuesday and Thursday, 6:30 – 7:30am

Fees: \$100

Lifeguard Certification and Renewals

April 20-22. You must register at SELAAquatics.com to get into this class.