

SESSIONS:			Member	Guest
SUMMER 1	June 3 - 24	4 weeks	\$40	\$60
SUMMER 2	July 8 - 29	4 weeks	\$40	\$60
SUMMER 3	August 5 - 26	4 weeks	\$40	\$60

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- ◆ Payment is due at time of registration.
- ◆ All students must pre-enroll.
- ◆ A minimum of at least 3 registered students is required for a class to meet.
- ◆ All classes meet at the indoor pool at Court One East.

Class Description

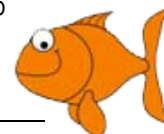
Goldfish / Seahorses (Level 1 & 2)

Student needs to be at least 4 years old. No experience is needed at this level. Your child will be getting acquainted with the water by floating on their backs and blowing bubbles. A few of the skills we will be learning are putting your face in the water, kicking with a kick board and treading water.

Class Day Time

Level 1 Mon 6:00 - 6:30p

Level 2 Mon 6:30 - 7:00p



Jellyfish (Level 3)

This level introduces two of the four competitive strokes: freestyle and backstroke. Some skills to work on are breathing techniques and stroke development. One of the goals of this level is to swim one length of the pool (25 yards).

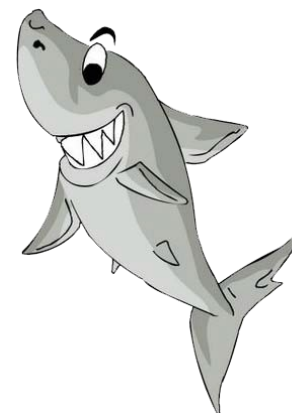
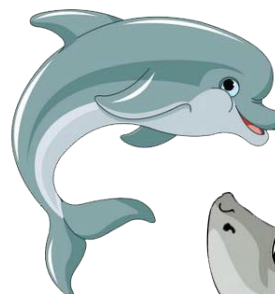
Level 3 Mon 7:00 - 7:30p



Dolphins (Level 4)

This level introduces the remaining competitive strokes (butterfly and breaststroke) and also increases endurance for freestyle and backstroke. We will be introducing flip turns for the backstroke and freestyle.

Level 4 & 5 Mon 7:30 - 8:00p



Sharks (Level 5)

The student at this level needs to be familiar with all the competitive strokes. Each class will focus on drills to build endurance and improve technique. Open turns are introduced for butterfly and breaststroke.

Private & Semi-private Lessons

Please contact Angel Lefevre at 517-290-5801.

Private Lesson		Member	Guest
Junior (< 18 yrs)	per 30 min	\$21	\$31
Adult (≥ 18 yrs)	per 45 min	\$32	\$42
Semi-Private			
Junior (< 18 yrs)	per 30 min per person	\$13	\$23
Adult (≥ 18 yrs)	per 45 min per person	\$20	\$30

For additional information please call:
(517) 349-1199