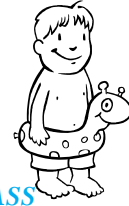


SWIMMING LESSONS

NO CLASS SAT. 2/13 & MON. 2/15



PLEASE BRING MOST RECENT RED CROSS CARD TO FIRST CLASS

LEVEL 1 - INTRO TO WATER SKILLS (Ages 4-6)

LS-P5001A	Monday	2/1	6:30-7:15pm	\$41	7 weeks	Lake Shore
LS-P5001B	Monday	2/1	7:15-8:00pm	\$41	7 weeks	Lake Shore
SL-P5001A	Tuesday	2/2	6:30-7:15pm	\$41	7 weeks	South Lake
SL-P5001B	Wednesday	2/3	6:00-6:45pm	\$41	7 weeks	South Lake
LS-P5001C	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore
LS-P5001D	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore

Help students feel comfortable in the water and enjoy the water safely. Assisted elementary aquatic skills introduced. Buoyancy, breath control, kicking, alternating arm action and floating.

LEVEL 2 - FUNDAMENTAL SKILLS

LS-P5002A	Monday	2/1	6:30-7:15pm	\$41	7 weeks	Lake Shore
LS-P5002B	Monday	2/1	7:15-8:00pm	\$41	7 weeks	Lake Shore
SL-P5002A	Tuesday	2/2	6:30-7:15pm	\$41	7 weeks	South Lake
SL-P5002B	Wednesday	2/3	6:00-6:45pm	\$41	7 weeks	South Lake
LS-P5002C	Saturday	1/30	11:00-11:45am	\$41	7 weeks	Lake Shore
LS-P5002D	Saturday	1/30	11:45-12:30pm	\$41	7 weeks	Lake Shore

Learn how to float and swim using both arm and leg movements over short distances independently, primarily on front and back, without support.

LEVEL 3 - STROKE DEVELOPMENT

LS-P5003A	Monday	2/1	6:00-6:45pm	\$41	7 weeks	Lake Shore
SL-P5003A	Tuesday	2/2	7:15-8:00pm	\$41	7 weeks	South Lake
SL-P5003B	Wednesday	2/3	6:45-7:30pm	\$41	7 weeks	South Lake
LS-P5003B	Saturday	1/30	11:45-12:30pm	\$41	7 weeks	Lake Shore

Guided practice of skills with emphasis on rotary breathing while swimming on front. Underwater retrieval. Introduce first phase of butterfly. Introduction to diving and other deep water skills.

LEVEL 4 - STROKE IMPROVEMENT

LS-P5004	Saturday	1/30	9:45-10:30am	\$41	7 weeks	Lake Shore
SL-P5004	Tuesday	2/2	7:15-8:00pm	\$41	7 weeks	South Lake

Develop confidence and endurance by swimming the familiar strokes. Build on the butterfly and introduce the elementary backstroke, breaststroke, and sidestroke. Also, more deep water swimming, underwater swimming, and basic wall turns are introduced.

LEVEL 5 - STROKE REFINEMENT

LS-P5005	Saturday	1/30	9:00-9:45am	\$41	7 weeks	Lake Shore
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Coordinate and refine all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) with increased distances. Flip turns on the front and back introduced.

LEVEL 6 - SKILL PROFICIENCY

SL-P5006	Tuesday	2/2	6:00-6:45pm	\$41	7 weeks	South Lake
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Learn advanced skills to swim all strokes with more ease, efficiency, power and smoothness over greater distances. Must be able to swim continuously and demonstrate all turns and strokes.

TEEN/ADULT SWIM LESSONS

PRETEENS AND TEENS Ages 9-17

LS-P5007	Monday	2/1	6:45-7:30pm	\$48	7 weeks	Lake Shore
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Does your older child feel uncomfortable in swim classes with younger children? This class is for the child with little or no swimming skills. Basic swimming and water safety skills will be taught.

PRIVATE LESSONS AVAILABLE UPON REQUEST
CONTACT KAY SCHOOF (586) 285-8888

TOTS POOL SCHOOL

Classes are designed to introduce your child to the pool and to help them become comfortable in the water. Children who are not potty trained must wear a swim diaper or rubber pants over diaper.

PARENT TOT - WATER PLAY *Ages 6 mos-4 yrs*

SL-P5000A Tuesday 2/2 6:00-6:30pm \$28 7 weeks South Lake

LS-P5000A Saturday 1/30 10:00-10:30am \$28 7 weeks Lake Shore

Learn together to increase child's comfort level in the water by emphasizing safety, water adjustment, and preparatory activities for swimming, fun and enjoyment for you and your child.

LITTLE SWIMMERS with parent *Ages 3-5 CHILD MUST BE 3 YRS. BY 1/30/10*

LS-P5011A Monday 2/1 6:00-6:30pm \$31 7 weeks Lake Shore

LS-P5011B Saturday 1/30 10:30-11:00am \$31 7 weeks Lake Shore

Introduction to some Level I skills. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement.

Please bring water wings to classes 4-7.

BIG SWIMMERS without parent *Ages 3-5 CHILD MUST BE 3 YRS. BY 1/30/10*

LS-P5012A Monday 2/1 6:00-6:30pm \$32 7 weeks Lake Shore

LS-P5012B Saturday 1/30 10:30-11:00am \$32 7 weeks Lake Shore

This is child's first class without a parent. Introduction to some Level I skills. Class will help child adjust to the water while learning beginner skills through water exploration and games. Bobbing, floating, kicking and assisted movement. Please bring water wings to all classes.

OPEN SWIM DATES

\$2 per person or \$5 per family

Lake Shore High School



Wednesdays: 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17, 3/24

Fridays: 1/29, 2/5, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26

PLAN A POOL PARTY

at the Lake Shore High School Pool

(13 Mile & Jefferson)

birthday parties club gatherings family get-togethers

Party Room Fee

\$35 + \$1 per swimmer

Wednesdays and Fridays

6:30 - 7:30 Swim Time

6:30 - 8:30 Party Room

For Reservations
Contact Kay Schoof
(586) 285-8888

