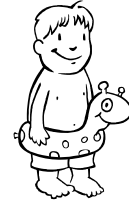


SWIMMING LESSONS



PLEASE BRING MOST RECENT RED CROSS CARD TO FIRST CLASS

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

LS-P5001A	Monday	4/19	6:30-7:25pm	\$41	6 weeks	<i>Lake Shore</i>
SL-P5001A	Tuesday	4/20	6:30-7:15pm	\$41	7 weeks	<i>South Lake</i>
SL-P5001B	Wednesday	4/21	6:00-6:45pm	\$41	7 weeks	<i>South Lake</i>
LS-P5001C	Saturday	4/17	11:00-11:55am	\$41	6 weeks	<i>Lake Shore</i>
LS-P5001D	Saturday	4/17	11:00-11:55am	\$41	6 weeks	<i>Lake Shore</i>

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. **Swim goggles recommended but not required.**

LEVEL 2 - FUNDAMENTAL SKILLS

LS-P5002A	Monday	4/19	6:30-7:25pm	\$41	6 weeks	<i>Lake Shore</i>
SL-P5002A	Tuesday	4/20	6:30-7:15pm	\$41	7 weeks	<i>South Lake</i>
SL-P5002B	Wednesday	4/21	6:00-6:45pm	\$41	7 weeks	<i>South Lake</i>
LS-P5002C	Saturday	4/17	11:00-11:55am	\$41	6 weeks	<i>Lake Shore</i>
LS-P5002D	Saturday	4/17	12:00-12:55pm	\$41	6 weeks	<i>Lake Shore</i>

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	4/19	6:30-7:25pm	\$41	6 weeks	<i>Lake Shore</i>
SL-P5003A	Tuesday	4/20	7:15-8:00pm	\$41	7 weeks	<i>South Lake</i>
SL-P5003B	Wednesday	4/21	6:45-7:30pm	\$41	7 weeks	<i>South Lake</i>
LS-P5003B	Saturday	4/17	12:00-12:55pm	\$41	6 weeks	<i>Lake Shore</i>

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

SL-P5004	Tuesday	4/20	6:30-7:15pm	\$41	7 weeks	<i>South Lake</i>
LS-P5004A	Saturday	4/17	10:00-10:55am	\$41	6 weeks	<i>Lake Shore</i>
LS-P5004B	Saturday	4/17	12:00-12:55pm	\$41	6 weeks	<i>Lake Shore</i>

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	4/17	9:00-9:55am	\$41	6 weeks	<i>Lake Shore</i>
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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	4/20	7:15-8:00pm	\$41	7 weeks	<i>South Lake</i>
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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.

**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** **4/20 6:00-6:30 pm** **\$28** **7 weeks** *South Lake*

LS-P5000A **Saturday** **4/17 10:00-10:30am** **\$24** **6 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 4/1/10

LS-P5011 **Monday** **4/19 6:00-6:30pm** **\$27** **6 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. **NO CLASS 5/31**

Please bring water wings to class. **Swim goggles recommended but not required.**

BIG SWIMMERS without parent *Ages 3-5* CHILD MUST BE 3 YRS BY 4/1/10

LS-P5012 **Saturday** **4/17 10:30-11:00am** **\$28** **6 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 class. **Swim goggles recommended but not required.**

Lake Shore High School **OPEN SWIM DATES**

\$2 per person or \$5 per family

6:30 - 8:00 pm

Wednesdays: 4/21, 4/28, 5/5, 5/12, 5/19, 5/26

Fridays: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

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

