



Fall 2017 Children's Swim Lessons

Registration Starts August 7, 2017

SWIM LESSONS: Lessons are held on Saturdays at two locations. We have lessons for any skill level, beginning- advanced for infants, toddlers, preschool-age children, school-age children, middle school and high school students.

POOL LOCATIONS: L'Anse Creuse High School Pool (HS), 38495 L'Anse Creuse Rd., Harrison Twp., 48045
L'Anse Creuse High School North Pool (HSN), 23700 21 Mile Rd., Macomb, 48042

DATES: **HS Pool:** Saturdays, 9/16/17 – 11/04/17 (8 Sessions)
HSN Pool: Saturdays, 9/16/17 – 11/18/17 (8 Sessions) No Class on 10/7 & 11/4
Please note times vary by location and class. Pool temperature maintained at 80 degrees.

COST: 8 Sessions for \$65

All instructors are American Red Cross Certified.
Class sizes are limited, so register early to secure your spot!

To register, call Community Education at 586-783-6330 or register online at <http://commed.lc-ps.org>. For complete registration information please view page 39.

Refunds must be requested BEFORE the second class; there is a charge of \$7.00 refund fee per person, per class. Parents and/or guardians MUST accompany children to class & remain in pool area during class. Parents or guardians are not allowed on deck during lessons. Absolutely no food or drinks allowed in spectator area or on deck. In the event of inclement weather, such as, tornado watches/warnings, the pool will be closed. The pools are open for severe thunderstorm watches/warnings, depending on the severity. We will do everything in our power to keep the pool open, but if for some reason we have to cancel swim classes they WILL NOT be made up and no refunds will be issued. Pools may be closed due to weather, mechanical and operational issues or school events.

INFANT & TODDLER SWIM

(Swim Diaper required if not potty trained)

Water Babies Infant Swim: For infants 6 months – 1 ½ years old w/parent. Child must be able to hold up their head independently.

100-001	HS Pool	9:45 a.m. – 10:15 a.m.
150-001	HSN Pool	9:00 a.m. – 9:30 a.m.

Star Fish Toddler Swim: For toddlers 1 ½ - 3 years old w/parent. This class stresses safety and teaches parents how to help their child become comfortable in the water and how to help their child begin to swim.

100-002	HS Pool	9:45 a.m. – 10:15 a.m.
150-002	HSN Pool	9:00 a.m. – 9:30 a.m.
150-003	HSN Pool	9:45 a.m. – 10:15 a.m.

PRE-SCHOOL SWIM

Ages 3 – 5 years old without parent. (Swim diaper required if not potty trained).

Neon Beginner, Pre-school: This class will help young children adjust to the water and introduce beginner skills.

101-001	HS Pool	10:30 a.m. – 11:10 a.m.
101-002	HS Pool	11:20 a.m. – 12:00 p.m.
151-001	HSN Pool	9:00 a.m. – 9:40 a.m.
151-002	HSN Pool	9:45 a.m. – 10:25 a.m.
151-003	HSN Pool	10:30 a.m. – 11:10 a.m.
151-004	HSN Pool	11:15 a.m. – 11:55 a.m.

Clown Fish Beginner Plus, Pre-school: Prerequisite: Neon certification. This class is not an entry level class. Improve and reinforce Neon skills.

101-003	HS Pool	10:30 a.m. – 11:10 a.m.
151-005	HSN Pool	9:45 a.m. – 10:25 a.m.
151-006	HSN Pool	11:15 a.m. – 11:55 a.m.

Anglers Advanced, Pre-school: Prerequisite: Clown Fish certification. This class is not an entry level class. Improve and reinforce Clown Fish skills. Will practice water entry, bobs, assisted front & back glides, assisted front & back floats and safety skills are taught. Children can NOT progress from Anglers until they are attending Kindergarten.

101-004	HS Pool	11:20 a.m. – 12:00 p.m.
151-007	HSN Pool	9:45 a.m. – 10:25 a.m.

Swim Lessons Schedule continued on page 20.



Children's Swim Lessons

LEVEL I thru LEVEL VI for students 6 & up

Level I Angel Fish: A beginners class. A very basic orientation for the beginner swimmer not yet comfortable in the water, and unable to move independently while kicking and reaching through the water. Beginners will experience buoyancy, demonstrate breath control in the water, learn kicking and reaching techniques.

102-001HS Pool.....	10:30 a.m. – 11:10 a.m.
102-002HS Pool.....	11:20 a.m. – 12:00 p.m.
152-001HSN Pool.....	9:00 a.m. – 9:40 a.m.
152-002HSN Pool.....	9:45 a.m. – 10:25 a.m.
152-003HSN Pool.....	10:30 a.m. – 11:10 a.m.
152-004HSN Pool.....	11:15 a.m. – 11:55 a.m.

Level II Sea Horse: Building on the basic locomotion skills learned at Level I (kicking, reaching & blowing bubbles). Learn to combine the skills to perform a front & back crawl, proper rhythmic breathing & explore deep water with support. Will become familiar with ways to get help & demonstrate reaching assists.

102-003HS Pool.....	10:30 a.m. – 11:10 a.m.
102-004HS Pool.....	11:20 a.m. – 12:00 p.m.
152-005HSN Pool.....	9:00 a.m. – 9:40 a.m.
152-006HSN Pool.....	10:30 a.m. – 11:10 a.m.
152-007HSN Pool.....	11:15 a.m. – 11:55 a.m.

Level III Lion Fish: Student should be comfortable in deep water. Learn to prone glide, dive from the deck, front and back crawls & elementary strokes. Will learn deep water safety. Should be able to swim on front and back for 15 yards.

102-005HS Pool.....	10:30 a.m. – 11:10 a.m.
102-006HS Pool.....	11:20 a.m. – 12:00 p.m.
152-008HSN Pool.....	9:00 a.m. – 9:40 a.m.
152-009HSN Pool.....	9:45 a.m. – 10:25 a.m.
152-010HSN Pool.....	10:30 a.m. – 11:10 a.m.

Level IV Snapper: Should know how to perform front, back crawls & elementary back strokes. Introduce breast, sidestrokes, turns and front dive from deck.

102-007HS Pool.....	10:30 a.m. – 11:10 a.m.
152-011HSN Pool.....	9:00 a.m. – 9:40 a.m.
152-012HSN Pool.....	10:30 a.m. – 11:10 a.m.

Level V Puffers: Swims front & back crawl with bent arm pulls for 25 yards, performs elementary backstroke, breaststroke kick & scissors kick properly for 15 yards, treads water for 2 min., & standing dive from the side of the pool.

102-008HS Pool.....	11:20 a.m. – 12:00 p.m.
152-013HSN Pool.....	11:15 a.m. – 11:55 a.m.

Level VI Marlins: Swims front crawl with bilateral breathing, back crawl for 50 yards, elementary backstroke 25 yards, breaststroke, side stroke and dolphin kick for 15 yards, standing dive from diving board and a feet first surface dive.

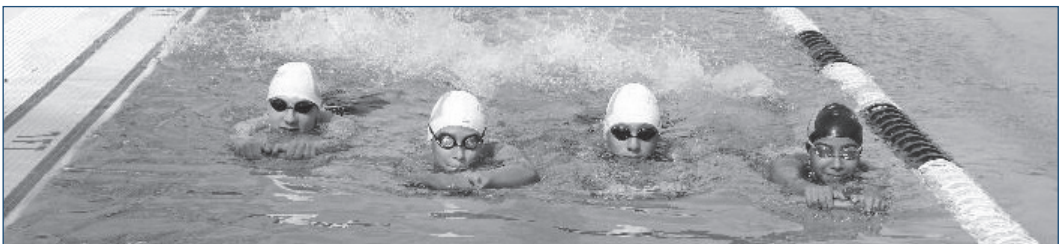
102-009HS Pool.....	11:20 a.m. – 12:00 p.m.
152-014HSN Pool.....	11:15 a.m. – 11:55 a.m.

152-015 Beginning Competitive Swim: Swim practice for any swimmers that have had limited competitive experience or have never swum competitively before and wish to learn or improve their technique for the next swim season. **Only at HSN Pool.**

Mon/Wed. **9/18/2017 – 11/15/2017**HSN Pool..... 7:00 p.m. – 8:30 p.m.

Cost: \$85 for 18 sessions

If interested in the **Advanced Competitive Swim** program, please contact Mike Owensby at LCHS-North pool or email at owensmi@lc-ps.org.



Swim Program

L'Anse Creuse
586.783.6330



Swim Programs: Aqua Fitness, Lap Swim, Open Swim, Water Walking Exercise & Water Exercise for Senior Citizens

Pool Locations: **L'Anse Creuse High School Pool (HS)**
38495 L'Anse Creuse Rd., Harrison Twp., 48045
L'Anse Creuse High School North Pool (HSN)
23700 21 Mile Rd., Macomb, 48042

Punch card is good for 20 punches. Cost of punch card & schedule is listed under description of class. Can share with family or friends; one punch per person, per class, per visit.

Can purchase punch card at the pool or Community Education Office.

Pool water temperature is maintained at 80 degrees.

No Swim Programs: 11/7, 11/23, 11/24.

PUNCH CARD

16	L'Anse Creuse Community Education Swim Program										15
17											14
18	Pre-Paid Swim card										13
19	1	2	3	4	5	6	7	8	9	10	12
20											11

ADULT SWIM PROGRAM

Water Walking Exercise: This class is a self-directed format that will help increase cardiovascular fitness, flexibility, muscle tone & range of motion. The water's buoyancy supports your body weight, which reduces stress on your joints and minimizes pain. Water provides 12 times the resistance of air, so you can walk and talk while you strengthen & build muscle! Enjoy chatting with your friends or make new ones while you exercise! Great for beginners, post-rehab or anyone who wants to stay fit while reducing impact on joints. No swimming required. Water shoes are highly recommended.

Mon/Tues/Thurs/Fri, 9/11/2017 – 12/15/2017 HS Pool..... 9:30 a.m. – 10:15 a.m.
No classes 11/7, 11/23, 11/24.

Punch Card: \$50 (no expiration date) or drop-in fee \$3 per person, per class.

**Punch card for Water Walking Exercise and can also be used for Water Exercise for Seniors class.

Water Exercise: A low-to-moderate intensity aerobic workout in the water with a minimum of 25 minutes of aerobic conditioning. Increase your flexibility, promote greater range-of-motion of joints and improve cardiovascular fitness. You will work your entire body without putting undue strain on any particular joint or muscle group. No swimming skills required. Water shoes are highly recommended. Please only bring drinking water in plastic containers.

Mon/Wed, 9/11/2017 – 12/13/2017 Phillips..... HSN Pool..... 10:15 a.m. – 11:10 a.m.

Tues/Thurs, 9/12/2017 – 12/14/2017 Frink..... HS Pool..... 10:15 a.m. – 11:00 a.m.

Punch Card: \$50 (no expiration date) or drop-in fee \$3 per person, per class.

**Punch card for Water Exercise is valid at both pools. Can also be used for Water Walking class.

Lap Swim: Adult swimmers (ages 18 & older) who wish to swim laps, build endurance, perfect strokes or improve time are welcome. Limited room! First come, first served.

Friday, 9/29/2017 & 10/13/2017 HSN Pool..... 7:00 p.m. – 8:30 p.m.

Saturdays 9/23, 10/7, 10/21, 11/11/2017..... HS Pool..... 6:00 p.m. – 8:00 p.m.

Punch Card: \$50 or drop-in fee \$3 per person, per class.

**Punch card for Lap Swim can also be used for Open Swim. Punch card is valid for both pool locations.

Open Swim: Open to all. Children under 6 years old must be accompanied in the water by a parent/guardian. Only water toys and swim aids used in the Community Swim Program are permitted & will be distributed and collected at pool managers discretion. Only U.S. Coast Guard approved life preservers will be allowed.

Fridays 9/29/2017 & 10/13/2017 HSN Pool 7:00 p.m. – 8:30 p.m.

Saturdays 9/23, 10/17, 10/21, 11/11/2017 HS Pool..... 6:00 p.m. – 8:00 p.m.

Punch Card: \$50 or drop-in fee \$3 per person, per class. **Punch card for Open Swim can also be used for Lap Swim.

No Swim Programs: 11/07, 11/23, 11/24, 11/25

**Swim and Pool
schedules are subject
to change due to weather,
mechanical/operational
issues and/or school events.
Call 586-783-6330
to confirm dates.**

