

DELTA-WAVERLY ACTIVITIES

AQUATIC PROGRAMS

Delta-Waverly **Fall 2010** Swim Lessons are offered to children ages 6 months and up. Course content for beginning swimmers ages 6 months to 5 years old includes water adjustment/exploration and fundamental motor skill activities. Children ages 5 years and older learn breathing techniques, fundamental swim strokes, kicks, jumps, submerging and water safety information. Advanced swimmers ages 5 years and older refine familiar strokes while learning breast-stroke and side-stroke as well as the butterfly, back-stroke and diving.

Please communicate with your child's instructor about any special goals or concerns you have, but please also respect pool rules and regulations. Your child will learn at his or her own pace. Some children will need more practice in one level, than other children will need. You can help advance your child's swimming abilities by spending "fun time" in the water outside of class, practicing what you both enjoy. A great opportunity for your whole family to do this is during our Tuesday/Thursday family swim times from 7pm – 8:30pm!

The Delta Waverly Youth Instructional Swim Program offers swimmers a lower student-to-teacher ratio than most other local swim programs. All swim lessons are held at the warm and friendly Waverly East Intermediate School Pool. The pool address is 3131 West Michigan Avenue, Lansing, MI 48917. You can reach us by telephone at (517) 484-5600, office hours are Monday through Friday 10am - 3pm. Please park in the back, east parking lot. Also remember an adult, age 18 or over, **must** remain in attendance during swim lessons and family swim times.

Adult Water Exercise, Lap and Family Swim Information

Please refer to the current adult swim schedule for Monday through Friday daytime and evening swim/water exercise hours, available from the Delta Waverly Activities office (484-5600). Schedules and class times are also available on the Township Web site at www.deltami.gov/parks

Costs

Family Swim: Purchase a Lap Swim/Family Swim Punch Card, \$25 for 10 visits. **Drop-in fee is \$3 per person (please bring correct change).** An adult, 18 years of age or over, must remain in attendance, with no more than 5 youth swimmers under their supervision.

Lap Swim: Purchase a Lap Swim/Family Swim Punch Card, \$25 for 10 visits. **Drop-in fee is \$3 per person (please bring correct change).**

Water Exercise: **Purchase a Water Exercise Punch Card.** You do not need to be a swimmer to participate. Your first visit to one water exercise class is free! Call for a current schedule.

Age 54 and under = \$45 Age 55 and over = \$40.00
Drop-in fee is \$6 (please bring correct change)

**Punch cards can be purchased at the Delta Waverly Activities office,
Located inside the Enrichment Center, 4538 Elizabeth Rd, Lansing, MI 48917.
Please make checks payable to DELTA TOWNSHIP.**

Registration and Payment

Registration begins **September 1, 2010** by calling 484-5600 or by visiting our website for online registration. Payment must accompany your registration. If the pool is closed due to severe weather or conditions beyond our control, a make-up session will be scheduled.

Class Information

Parent/Child (6 Months – 3 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 10.

\$48 for 8 sessions.

Minnow (2-4 Years)

Course for students who have outgrown the parent/child class but who are not quite ready for a class on their own. Parents work in the water with their children for the first 3-5 weeks. By the end of the course, children will be working independently with the instructor. Limit 4.

\$48 for 8 sessions.

Starfish (3 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting from the pool. Limit 4.

\$48 for 8 sessions.

Guppy (4 Years)

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, songs and activities, safety information, and safe exiting of the pool. Limit 4.

\$48 for 8 sessions.

Level 1 (5 Years)

Course content includes independent entry and exit of pool, learning basic water and safety rules, face submersion, bobs, supported front and back flutter kicks, introduce alternate arm action, and jumping into the pool. Limit 8.

\$48 for 8 sessions.

Level 2 (5 Years and Over)

Course content builds on Level 1 skills and introduces underwater holding of breath and retrieval of objects from bottom, as well as fundamental strokes like front and back crawl, and jumping from side of pool into deeper water. Limit 8.

\$48 for 8 sessions.

Level 3 (5 Years and Over)

Expands on Level 2 skills and increases competency with swimming skills, rhythmic breathing, and breathing while kicking with kick boards; introduces sculling, treading water, and superman gliding. Limit 8.

\$60 for 8 sessions.

Level 4/5/6 (5 Years and Over)

Continues refinement of front crawl, back crawl, breast and side stroking as well as elementary backstroke; introduces butterfly stroke and stride jump entries; surface and long shallow dives are also part of this course (when registering, please indicate whether student is to be placed in Level 4, 5 or 6). Limit 8.

\$60 for 8 sessions.

Adult Learn to Swim (18+)

Course designed for adults. Includes supported front and back flutter kicks, alternate arm action, and fundamental strokes such as front and back crawl. Limit 6. **\$68 for 8 sessions.**

Adult Beginner Tu, 7 - 7:30 p.m., 9/14 - 11/2 - A401

Adult Intermediate Th, 7 - 7:30 p.m., 9/16 - 11/4 - A402

Adult Lessons Tu-Th, 7 - 7:30 p.m., 11/9 - 12/9 - A403

Tuesday Evening Classes 9/14 – 11/2

| Code | Name | Dates | Days | Times |
|------|--------------|-----------|------|----------------|
| Y401 | Parent/Child | 9/14–11/2 | Tu. | 7-7:30 p.m. |
| Y402 | Minnow | 9/14–11/2 | Tu. | 6:30-7 p.m. |
| Y403 | Starfish | 9/14–11/2 | Tu. | 6-6:30 p.m. |
| Y404 | Guppy | 9/14–11/2 | Tu. | 5-5:30 p.m. |
| Y405 | Level 1 | 9/14–11/2 | Tu. | 5:30-6 p.m. |
| Y406 | Level 2 | 9/14–11/2 | Tu. | 7-7:30 p.m. |
| Y408 | Level 3 | 9/14–11/2 | Tu. | 5-5:45 p.m. |
| Y409 | Level 4-5-6 | 9/14–11/2 | Tu. | 5:45-6:30 p.m. |

Thursday Evening Classes 9/16 – 11/4

| Code | Name | Dates | Days | Times |
|------|--------------|-----------|------|----------------|
| Y410 | Parent/Child | 9/16-11/4 | Th. | 5-5:30 p.m. |
| Y411 | Minnow | 9/16-11/4 | Th. | 5:30-6 p.m. |
| Y412 | Starfish | 9/16-11/4 | Th. | 5:30-6 p.m. |
| Y413 | Guppy | 9/16-11/4 | Th. | 7-7:30 p.m. |
| Y414 | Level 1 | 9/16-11/4 | Th. | 6:30-7 p.m. |
| Y416 | Level 2 | 9/16-11/4 | Th. | 6-6:30 p.m. |
| Y417 | Level 3 | 9/16-11/4 | Th. | 6-6:45 p.m. |
| Y418 | Level 4-5-6 | 9/16-11/4 | Th. | 6:45-7:30 p.m. |

Tuesday-Thursday Evening Classes 11/9 – 12/9

| Code | Name | Dates | Days | Times |
|------|--------------|-----------|------|----------------|
| Y419 | Parent/Child | 11/9-12/9 | T-Th | 5:30-6 p.m. |
| Y420 | Minnow | 11/9-12/9 | T-Th | 6-6:30 p.m. |
| Y421 | Starfish | 11/9-12/9 | T-Th | 6:30-7 p.m. |
| Y422 | Guppy | 11/9-12/9 | T-Th | 6:30-7 p.m. |
| Y423 | Level 1 | 11/9-12/9 | T-Th | 7-7:30 p.m. |
| Y424 | Level 2 | 11/9-12/9 | T-Th | 5-5:30 p.m. |
| Y425 | Level 3 | 11/9-12/9 | T-Th | 5-5:45 p.m. |
| Y426 | Level 4-5-6 | 11/9-12/9 | T-Th | 5:45-6:30 p.m. |

There will be no lessons on 11/23/10 or 11/25/10.

Private Swim Lessons

Interested in private lessons for adults or children?

Please call 484-5600 to schedule a session.

\$25 per ½ hr. for private lessons

\$20 per ½ hr., per person, for semi-private lesson

Pool Information

Location

All swim lessons are held at the warm and friendly Waverly East Intermediate School pool, 3131 W. Michigan Avenue, Lansing. In the event that the Waverly School district is closed for bad weather, the pool will also be closed. Please call our cancellation line (484-9322) for information about pool closings.

Office Location

Our Office has moved to a new location! We are located inside the Enrichment Center at 4538 Elizabeth Rd, Lansing MI, 48917. Come visit us or call us at 484-5600.

The Pool will be closed on the following dates:

September 4, 6

November 25, 26, 27

December 24, 25

January 1

New Years Eve-day pool party: Friday Dec. 31, 1-4 p.m. Join us for an end of year family pool party. Pizza and soft drinks provided. Call or click to register. \$6 per person.

It is the Delta-Waverly Pool policy to not allow children over the age of 5 in opposite gender locker rooms.