

DELTA TOWNSHIP AQUATICS PROGRAMS

Delta Township Aquatics **Winter 2016** 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. **It is the Delta Township Pool policy to not allow children over age 5 in opposite gender locker rooms.** 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 **7:30pm – 8:30pm, 1/12 – 3/3.**

The Delta Township Aquatics Youth Instructional Swim Program offers swimmers a lower student-to-teacher ratio than most other local swim programs. You can reach us by telephone at (517) 484-5600, office hours are Monday through Friday 10am-3pm. All swim lessons are held in the warm and friendly Delta Pool at Waverly East Intermediate School. The pool address is 3131 West Michigan Avenue, Lansing, MI 48917. Please park in the back, east parking lot, you can enter the building through door #14. Also remember an adult, age 18 or over, **must** remain in attendance during swim lessons and family swim times.

Adult Water Exercise, Lap, Open and Family Swim Information

Please refer to the current pool schedule for Lap/Open/Family Swim hours, and Water Aerobics class times; available from the Delta Township Aquatics office (484-5600). Schedules and class times are also available on the Township Web site at www.deltami.gov/parks

Swim Fees:

Family Swim: Purchase a Lap Swim/Family Swim Punch Card, \$35 for 10 visits. **Drop-in fee is \$4 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, \$35 for 10 visits. **Drop-in fee is \$4 per person (please bring correct change).**

Adult Open Swim: Purchase a Lap Swim/Family Swim Punch Card, \$35 for 10 visits. **Drop-in fee is \$4 per person (please bring correct change).**

Water Exercise: Purchase a Water Exercise Punch Card, \$55; Age 55 and over = \$50; **Drop-in fee is \$7 per person (please bring correct change).** 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.

Punch cards can be purchased three ways:

1. In person, at the Delta Township Aquatics Office, located inside the Delta Enrichment Center, 4538 Elizabeth Rd, Lansing, MI 48917. Cash, checks, money orders, or credit/debit cards accepted.
2. Over the phone with a credit/debit card, 484-5600. Cards purchased over the phone will be delivered to the pool twice a week.
3. On the pool deck from the Life Guard. Checks and money orders accepted.

Registration and Payment

Registration can be done 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, activities, safety information, and safe exiting of the pool. Limit 10.

\$56 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.

\$56 for 8 sessions.

Starfish (3 Years)

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

\$56 for 8 sessions.

Guppy (4 Years)

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

\$56 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.

\$56 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.

\$56 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.

\$68 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.

\$68 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.

\$76 for 8 sessions.

Adult Beginner Tu., 7- 7:30 p.m., 1/12 - 3/1, AQA401

Adult Intermediate Th., 7– 7:30 p.m., 1/14 - 3/3, AQA411

Adult Lessons Sat., 11:30- 12 p.m., 1/16 - 3/5, AQA421

Tuesday Evening Classes 1/12 – 3/1

| Code | Name | Dates | Days | Times |
|--------|--------------|------------|------|--------------|
| AQY401 | Parent/Child | 1/12 – 3/1 | Tu. | 5-5:30 p.m. |
| AQY402 | Minnow | 1/12 – 3/1 | Tu. | 5:30-6 p.m. |
| AQY403 | Starfish | 1/12 – 3/1 | Tu. | 6-6:30 p.m. |
| AQY404 | Guppy | 1/12 – 3/1 | Tu. | 6:30-7 p.m. |
| AQY405 | Level 1 | 1/12 – 3/1 | Tu. | 7-7:30 p.m. |
| AQY406 | Level 2 | 1/12 – 3/1 | Tu. | 6-6:30 p.m. |
| AQY407 | Level 3 | 1/12 – 3/1 | Tu. | 6-6:45 pm |
| AQY408 | Level 4-5-6 | 1/12 – 3/1 | Tu. | 6:45-7:30 pm |

Thursday Evening Classes 1/14 – 3/3

| Code | Name | Dates | Days | Times |
|--------|--------------|------------|------|--------------|
| AQY411 | Parent/Child | 1/14 – 3/3 | -Th. | 5:30-6 p.m. |
| AQY412 | Minnow | 1/14 – 3/3 | Th. | 5-5:30 p.m. |
| AQY413 | Starfish | 1/14 – 3/3 | Th. | 7-7:30 p.m. |
| AQY414 | Guppy | 1/14 – 3/3 | Th. | 6-6:30 p.m. |
| AQY415 | Level 1 | 1/14 – 3/3 | Th. | 6:30-7 p.m. |
| AQY416 | Level 2 | 1/14 – 3/3 | Th. | 5:30-6 p.m. |
| AQY417 | Level 3 | 1/14 – 3/3 | Th. | 6:45-7:30 pm |
| AQY418 | Level 4-5-6 | 1/14 – 3/3 | Th. | 6-6:45pm |

Saturday Morning Classes 1/16 – 3/5

| Code | Name | Dates | Days | Times |
|--------|--------------|------------|------|----------------|
| AQY421 | Parent/Child | 1/16 – 3/5 | Sat. | 10-10:30 a.m. |
| AQY422 | Minnow | 1/16 – 3/5 | Sat. | 10:30-11 a.m. |
| AQY423 | Starfish | 1/16 – 3/5 | Sat. | 11:30-12 a.m. |
| AQY424 | Guppy | 1/16 – 3/5 | Sat. | 11-11:30 a.m. |
| AQY425 | Level 1 | 1/16 – 3/5 | Sat. | 12-12:30 p.m. |
| AQY426 | Level 2 | 1/16 – 3/5 | Sat. | 11:30-12 p.m. |
| AQY427 | Level 3 | 1/16 – 3/5 | Sat. | 10-10:45 am |
| AQY428 | Level 4-5-6 | 1/16 – 3/5 | Sat. | 10:45-11:30 am |

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

All swim lessons are held at the warm and friendly Delta Township Pool at Waverly East Intermediate School, 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 the **Pool Information Line (484-9322)** for information about pool closings.

Please secure your belongings; Delta Township and the Waverly Schools are not responsible for lost or stolen items.

Aquatics Office Location

We are located inside the Delta Enrichment Center at 4538 Elizabeth Rd, Lansing MI, 48917. Come visit us or call us at 484-5600.

Pool Closings:

Friday January 1, 2016

Monday January 18, 2016

Friday March 25, 2016

The Pool Information Line is **484-9322**

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

Register online at www.DeltaMi.gov/parks