

Delta Township **Summer 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 **7:00pm – 8:00pm, 6/14- 8/4 only.**

The Delta Township Aquatics 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, 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, Adult Open, 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 Township Activities office (484-5600). Schedules and class times are also available on the Township Web site at [www.deltami.gov/parks](http://www.deltami.gov/parks)

#### Swim Fees:

**Family Swim:** Purchase a Lap Swim/Family Swim Punch Card, \$25 for 10 visits. **Drop-in fee is \$4 per person (Life Guard cannot make 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. Ages 18+, or be accompanied by an adult. **Drop-in fee is \$4 per person (Life Guard cannot make change).**

**Adult Open Swim:** Relax in the water and do what you want to do. Ages 18+. Purchase a Lap/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.** You do not need to be a swimmer to participate. Your first visit to one water exercise class is free! Call or click for a current schedule.

Age 54 and under = \$55      Age 55 and over = \$50.00

Drop-in fee is \$7 **(Life Guard cannot make change)**

#### Additional Classes

##### **Adult Learn to Swim (18+)**

Course designed for adults. Class includes supported front and back flutter kicks, alternate arm action, and fundamental strokes such as front and back crawl. Limit 6.

**Adult Beginner: Tu., 6:30-7 p.m., 6/9 – 7/28; AQA501. \$76 for 8 sessions.**

**Adult Intermediate: Th., 6:30-7 p.m., 6/11 – 7/30; AQA511. \$76 for 8 sessions.**

#### 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**

**48 hours advanced notice required for make ups, cancellations or refunds. Payment due at time of registration.**

#### **\*Punch cards can be purchased three ways:**

1. At the Delta Township Aquatics Office, located inside the Delta Enrichment Center, 4538 Elizabeth Rd., Lansing, Mi. 48917
2. Over the phone with a credit or debit card, 484-5600. Phone orders will be delivered to the pool twice per week.
3. On the pool deck, from the Life Guard. Checks and money orders accepted.

**\*Refunds will not be issued for new or partially used punch cards.**

## Registration and Payment

Register online, beginning **May 31, 2016**, by visiting our website; or call the office, 484-5600. 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. **Refunds, after course start date, will be given on a pro-rata basis.**

## Course Information:

### **Parent/Child (6 Months – 3 Years)**

Course content includes water adjustment, safe pool entry, breath control, submerging face, motor skills, activities, and 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, and 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, and 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.**

## **Tuesday Evening Classes 6/14 – 8/2 Session 1**

Code	Name	Dates	Days	Times
AQY501	Parent/Child	6/14-8/2	Tu.	5:30-6 p.m.
AQY502	Minnow	6/14-8/2	Tu.	5-5:30 p.m.
AQY503	Starfish	6/14-8/2	Tu.	6:30-7 p.m.
AQY504	Guppy	6/14-8/2	Tu.	6-6:30 p.m.
AQY505	Level 1	6/14-8/2	Tu.	5:30-6 p.m.
AQY506	Level 2	6/14-8/2	Tu.	6-6:30 p.m.
AQY507	Level 3	6/14-8/2	Tu.	5:45-6:30 p.m.
AQY508	Level 4/5/6	6/14-8/2	Tu.	5-5:45 p.m.
AQA501	Adult Beginner	6/14-8/2	Tu.	6:30-7 p.m.

## **Thursday Evening Classes 6/16 – 8/4 Session 2**

Code	Name	Dates	Days	Times
AQY511	Parent/Child	6/16-8/4	Th.	6-6:30 p.m.
AQY512	Minnow	6/16-8/4	Th.	6:30-7 p.m.
AQY513	Starfish	6/16-8/4	Th.	5:30-6 p.m.
AQY514	Guppy	6/16-8/4	Th.	5-5:30 p.m.
AQY515	Level 1	6/16-8/4	Th.	5-5:30 p.m.
AQY516	Level 2	6/16-8/4	Th.	6-6:30 p.m.
AQY517	Level 3	6/16-8/4	Th.	6:15-7 p.m.
AQY518	Level 4/5/6	6/16-8/4	Th.	5:30-6:15 p.m.
AQA511	Adult Intermed	6/16-8/4	Th.	6:30-7 p.m.

## **Tuesday & Thursday Afternoon Classes 6/14 – 7/7 Session 3**

Code	Name	Dates	Days	Times
AQY521	Parent/Child	6/14-7/7	Tu/Th	3-3:30 p.m.
AQY522	Minnow	6/14-7/7	Tu/Th	3:30-4 p.m.
AQY523	Starfish	6/14-7/7	Tu/Th	4:30-5 p.m.
AQY524	Guppy	6/14-7/7	Tu/Th	4:30-5 p.m.
AQY525	Level 1	6/14-7/7	Tu/Th	4-4:30 p.m.
AQY526	Level 2	6/14-7/7	Tu/Th	4-4:30 p.m.
AQY527	Level 3	6/14-7/7	Tu/Th	3-3:45 p.m.
AQY528	Level 4/5/6	6/14-7/7	Tu/Th	3:45-4:30 p.m.

## **Tuesday & Thursday Afternoon Classes 7/12 – 8/4 Session 4**

Code	Name	Dates	Days	Times
AQY531	Parent Child	7/12-8/4	Tu/Th	3:30-4 p.m.
AQY532	Minnow	7/12-8/4	Tu/Th	4-4:30 p.m.
AQY533	Starfish	7/12-8/4	Tu/Th	3:30-4 p.m.
AQY534	Guppy	7/12-8/4	Tu/Th	4:30-5 p.m.
AQY535	Level 1	7/12-8/4	Tu/Th	4:30-5 p.m.
AQY536	Level 2	7/12-8/4	Tu/Th	3-3:30 p.m.
AQY537	Level 3	7/12-8/4	Tu/Th	3:45-4:30 pm
AQY538	Level 4/5/6	7/12-8/4	Tu/Th	3-3:45 p.m.

## **Mon.-Thurs. Mid-Afternoon Classes 7/11 – 7/21 Session 5**

Code	Name	Dates	Days	Times
AQY541	Parent/Child	7/11-7/21	M-Th	2:30-3 p.m.
AQY542	Minnow	7/11-7/21	M-Th	2-2:30 p.m.
AQY543	Starfish	7/11-7/21	M-Th	2:30-3 p.m.
AQY544	Guppy	7/11-7/21	M-Th	1-1:30 p.m.
AQY545	Level 1	7/11-7/21	M-Th	1:30-2 p.m.
AQY546	Level 2	7/11-7/21	M-Th	2-2:30 p.m.
AQY547	Level 3	7/11-7/21	M-Th	1-1:45 p.m.
AQY548	Level 4/5/6	7/11-7/21	M-Th	1:45-2:30 pm

### Pool Closings:

**Monday May 30, 2016**

**Monday July 4, 2016**

**Monday September 5, 2016**