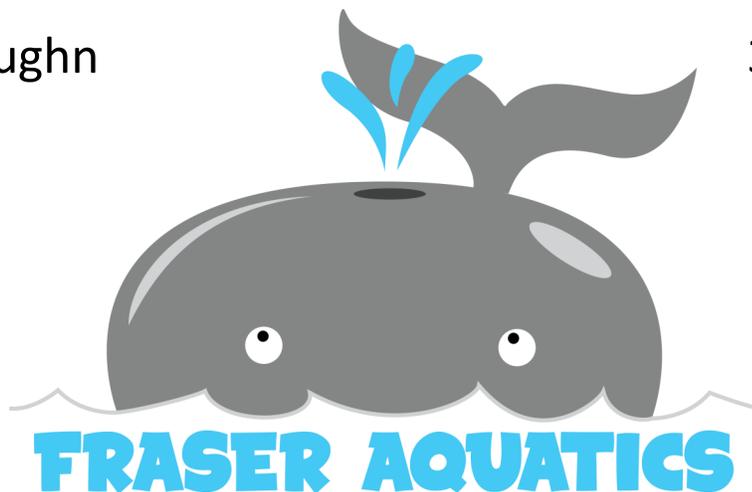


Pool Director:
Melissa Vaughn

Fraser High School
33466 Garfield Rd.
Fraser, MI 48026



fraseraquatics@gmail.com

586.439.7259

SUMMER SESSION 2023

June 19 — August 24

Pool CLOSED July 3-6 and July 31 to August 3

See inside for complete class details

REGISTRATION TIMES

BY MAIL

Postmarked by:
Saturday
May 20, 2023

AT THE POOL

6:00—9:00 pm
Monday and Wednesday
June 5 and 7, 2023

**Registration for additional morning sessions (session 2, 3 and 4)
will occur on the last day of the current morning session.**

NEXT SESSION: Fall 2023 TBD

MORNING SWIM PROGRAM

Sessions 1, 2, 3, and 4

These sessions run FOUR days per week, Monday through Thursday, for two weeks. There are many benefits of having lessons multiple days in a row including building endurance, confidence, and strength. We have seen many students improve their abilities and excel at a faster pace by receiving lessons on a repetitive schedule, both on a daily basis as well as on a session-to-session basis.

(We can accommodate our prices on a weekly basis if necessary. Please see a supervisor to discuss.)

SESSION 1

Mon-Thur
for 2 weeks
6/19 – 6/29

Closed the week of 7/3

SESSION 2

Mon-Thur
for 2 weeks
7/10 – 7/20

SESSION 3

Mon-Thur
for 2 weeks
7/24 – 8/10

Closed the week of 7/31

SESSION 4

Mon-Thur
for 2 weeks
8/14 – 8/24

SCHEDULE

10:00 - 10:40 Duckling, Seahorse / Electric Eel, Stingray, Manatee

10:45 - 11:25 Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray

11:30 - 12:10 Jellyfish, Guppy, Turtle, Seahorse / Electric Eel, Stingray

12:15 - 12:55 Jellyfish, Guppy, Turtle, Manatee, Marlin, Barracuda

1:00 - 2:30 OPEN SWIM

AFTERNOON SWIM PROGRAM

2:30 - 4:00 Beginner Swim Camp (Monday – Wednesday only)

Fraser Aquatics is offering an entry level summer swim program for students interested in developing the skills and technique necessary for future swim team participation.

Note: Participants must be able to swim 25 yards, unassisted, with a fully submerged face.

[See additional form for complete information on this camp.](#)

EVENING SWIM PROGRAM

These classes are ONE day per week for eight weeks.

Choose between Monday *OR* Tuesday *OR* Wednesday *OR* Thursday evenings!

MONDAYS

8 WEEKS OR
6/19 – 8/21

TUESDAYS

8 WEEKS OR
6/20 – 8/22

WEDNESDAYS

8 WEEKS OR
6/21 – 8/23

THURSDAYS

8 WEEKS
6/22 – 8/24

THE POOL WILL BE CLOSED THE WEEKS OF JULY 3rd AND JULY 31st.

SCHEDULE

MONDAY

1:00 - 2:30	OPEN SWIM
5:30 - 6:10	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:15 - 6:55	Jellyfish, Guppy, Flounder, Turtle, Seahorse / Electric Eel, Stingray
7:00 - 8:00	OPEN SWIM
8:00 - 9:00	Slimnastics (water exercise) MUST SECURE SPOT DAILY ONLINE
9:00 -10:00	LAP SWIM

TUESDAY

1:00 - 2:30	OPEN SWIM
5:30 - 6:10	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:15 - 6:55	Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray
7:00 - 7:30	Ducklings 7:00 - 7:40 Manatee, Marlin, Barracuda
8:00 - 9:00	DIVING
8:00 - 8:30	Adult / Teen lessons 8:30 - 9:00 Adult / Teen lessons
9:00 - 10:00	LAP SWIM

WEDNESDAY

1:00 - 2:30	OPEN SWIM
5:00 - 5:40	Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray
5:45 - 6:25	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:30 - 7:00	Ducklings
7:00 - 7:40	Seahorse, Electric Eel, Stingray, Manatee, Marlin
7:00 - 7:55	Advanced Swimming (help build endurance, Manatee level or higher)
8:00 - 9:00	Slimnastics (water exercise) MUST SECURE SPOT DAILY ONLINE
9:00 -10:00	LAP SWIM

THURSDAY

1:00 - 2:30	OPEN SWIM
4:45 - 5:25	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
5:30 - 6:10	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:15 - 6:55	Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray
7:00 - 7:30	Ducklings
7:00 - 7:40	Manatee, Marlin, Barracuda



MORNING

Morning classes *run four days per week, Monday – Thursday, for two weeks*, a total of eight classes. A new session starts *every two weeks*.

Do you want more out of your summer swim? Join our daytime lessons where your child can swim for multiple days and get that extra boost they need.

(We can accommodate our prices on a weekly basis if necessary, please see a supervisor to discuss.)



VS.

Evening classes run *one day per week*, Monday, Tuesday, Wednesday OR Thursday for eight weeks for a total of eight classes.

Some people like to register for multiple evening classes for that extra practice.



EVENING

Class Requirements, American Red Cross Program

Pre-School Classes – Ages: 6 months – 5 years

We believe that the sooner children become accustomed to the water and begin to develop not only water skills, but also social interaction skills, the easier it will be for them to enter into the higher Red Cross levels when they turn 6 years old. As always, please consult a supervisor if you are unsure of where to place your child.

<u>DUCKLINGS:</u>	Age 6 months to 5 years; Parents are required to be in the water.
<u>JELLYFISH:</u>	Age 3-5 years; Will try without parents in the water with them.
<u>GUPPY:</u>	Age 3-5 years; Can swim with floatation on their front 30 feet and on back for 3 feet in shallow or deep water, safety skill with floatation.
<u>FLOUNDER:</u>	Age 3-5 years; Can swim on stomach without help for 10 feet and on back for 5 feet, safety skill unaided.
<u>SEAHORSE:</u>	Age 3-5 years; The same skills as electric eels.

Ages: 6 years and up

Fraser Aquatics follows the American Red Cross set of guidelines for swim lessons, which sets forth the skills each person must accomplish before continuing on to the next level, **regardless of age.**

The following is only a brief listing of the skills needed for each level.

TURTLE (Red Cross Level 1): Beginner level, requires assistance to swim in shallow or deep water on their front or back for 30 feet.

ELECTRIC EEL (Red Cross Level 2): Comfortable swimming in deep water for 30 feet, several times unaided on their stomach and back, safety skill unaided in deep end. (Prerequisite: Learn To Swim Level 1 “Turtle” card or supervisor approval.)

STINGRAY (Red Cross Level 3): Swims beginner’s stroke with rhythmic breathing and “birdie arms” on back with body horizontal and strong arms and legs for 15 yards. (Prerequisite: Learn To Swim Level 2 “Eel” card or supervisor approval.)

MANATEE (Red Cross Level 4): Swims front crawl with rotary breathing for 15 yards, back crawl for 15 yards, performs elementary backstroke for 15 yards, performs dolphin kick for 15 yards, performs a compact dive off the side, dives off the diving board, and comfortable swimming 25 yards. (Prerequisite: Learn To Swim Level 3 “Stingray” card or supervisor approval.)

MARLIN (Red Cross Level 5): Swims front crawl and back crawl with bent arm pull for 25 yards, performs elementary backstroke, breaststroke, and sidestroke properly for 15 yards, standing dive off the board. (Prerequisite: Learn To Swim Level 4 “Manatee” card or supervisor approval.)

BARRACUDA (Red Cross Level 6): Swims front crawl with bilateral breathing and back crawl for 50 yards with flip turns, can swim breaststroke, butterfly, elementary backstroke, and sidestroke for 25 yards. (Prerequisite: Learn To Swim Level 5 “Marlins” card or supervisor approval.)

EXIT BARRACUDA: (See pool office for more information)

- A. Personal Water Safety
- B. Fundamentals of Diving
- C. Fitness Swimmers
- D. Lifeguard Readiness

CLASS FEES: (PER SESSION/DAY)

JELLYFISH through BARRACUDA:

\$72.00 PER 8 class session (either every day or once a week classes)

DUCKLINGS: \$56.00 (30 minute class)

ADVANCED SWIMMING: \$96.00 (55 minute class)

DIVING: \$160.00

WE ALSO OFFER THESE CLASSES AND SERVICES:

ADULT & TEEN LESSONS: (30 min. class) -- \$90

Elementary Camp -- \$200

SLIMNASTICS -- \$35 for 10 classes (punch card) or \$4.00 per class.

RECREATIONAL AND LAP SWIM -- \$3.00 PER PERSON, SENIOR CITIZENS (62 and older) ARE FREE.

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FRASER SWIM PROGRAM REGISTRATION FORM

Please make checks payable to FRASER PUBLIC SCHOOLS

MAIL TO: Fraser Public Schools

Attn: Swim Registration

34270 Garfield, Fraser, MI 48026-1898

Postmarked by Saturday, May 20, 2023

PLEASE PRINT CLEARLY

Parent's Name: _____ Phone #: _____

Address: _____ City: _____ Zip: _____

What are you registering for? PLEASE CIRCLE:

Morning Session: 1 2 3 4 **OR** Evening Session: MON TUE WED THUR

Student 1: _____ DOB: _____ Class: _____ Time: _____ Cost: _____

Student 2: _____ DOB: _____ Class: _____ Time: _____ Cost: _____

Student 3: _____ DOB: _____ Class: _____ Time: _____ Cost: _____

Student 4: _____ DOB: _____ Class: _____ Time: _____ Cost: _____

My e-mail address is: _____

Please list any important medical information about your child so that we may accommodate them: _____

We reserve the right to combine and/or cancel classes based on demand.

REGISTRATION FEES ARE NON-REFUNDABLE—Credit based

OFFICE USE ONLY:

Cash _____ Check _____