

Harbor Springs Community Pool
Winter 2012 - Swim Lesson Schedule

The **2012 Winter Swim Lesson Series begins the week of January 9th**.

Please phone the **Pool Office (231)526-4824**, stop by in person or leave a message anytime regarding registration and your call will be returned. See website: <http://harborps.org/Pool/pool.htm> for additional information.

Please mail Registration and Payment to:

HS Pool
800 State Road
Harbor Spring, MI 49740

Cost:

Harbor Springs Residents - \$55
Non-Districts Residents - \$65

Parent/Child Aquatics: (Parent or guardian in the water with child). See website: <http://harborps.org/Pool/parenttot.htm>

PT-1 for Children 6 months to 2 years of age

PT-2 for Children 2 to 3 years of age

Preschool Aquatics: children who are 4-5 years old. See website: <http://harborps.org/Pool/preschool.htm>

Puddle Jumpers - is the entry-level course for children with little or no experience.

Water Bugs - can go under water, blow bubbles, and float on front and back with support

Sea Serpents - can go under water and hold breath, float on front and back, and swim 3 body lengths

Learn-to-Swim Aquatics: children 6 years or older. See website: <http://harborps.org/Pool/learntoswim.htm>

Level-1- Intro to water skills-develop good swimming habits and safe practices in and around water

Level-2- Fundamental Water Skills- begin developing true locomotion skills and additional safety skills

Level-3- Stroke Development- front crawl, elementary backstroke, scissors and dolphin kicks, and dives

Level-4- Stroke Improvement-all strokes and intro to turns at wall

Level-5- Stroke Refinement- coordination and refinement of all the strokes and intro to flip turns

Days and hours of class offerings:

Monday classes – Once per week for 8weeks

Puddle Jumpers: 4:15-4:45 pm

Water Bugs- 5:00-5:30pm

Sea Serpents 5:45-6:15pm

Level 3 6:40-7:30pm

Tuesday Classes: Once per week for 8weeks

Sea Serpents-4:15-4:45pm

Water Bugs-5:00-5:30pm

Puddle Jumpers- 5:45-6:15pm

Wednesday: Once per week for 8weeks

Sea Serpents 11:30am-12:00pm

Level 1- 4:15-5:05pm

PT-1- 5:30-6:00pm

PT-2- 6:00-6:30pm

Level 4- 6:30-7:20pm

Thursday: Once per week for 8weeks

Puddle Jumpers 11:15-11:45am

PT 11:50-12:20pm

Level 2- 4:15-5:05pm

Level 1 and 2(combined)- 5:15-6:05pm

Saturday classes: Once per week for 8weeks

Puddle Jumpers—9:00-9:30am

Water Bugs—9:45-10:15am and

Sea Serpents—10:30-11:00am

Level 2-11:10-12:00pm

Level 3-9:00-9:50am

Level 4-10:00-10:50am

Level 5- 11:00-11:50am

*Private Lessons: Six 40-minute lessons based on pool and instructor availability. Please contact the pool for schedule and pricing.

*Triathlete and Adult swim classes are also available

*Please note: Lessons are 8 weeks in duration and may include Holiday and swim meet schedule adjustments.