

Exit Skills:

Each level has a series of skills that your child must demonstrate to move onto the next level. Listed below are the exit skill for each level

Puddle Jumpers: Enter and exit water alone, submerge mouth nose and eyes and blow bubbles for 3 seconds, supported front and back float for 5 seconds.

Water Bugs: Supported front and back float, 5 seconds, supported kicking on front and back, combined stroke on front and back for 5 feet.

Sea Serpents: Front and back glide for 2 body lengths, roll over from front to back and back to front, swim 15 ft on front and back, Jellyfish float 5 seconds, Fining arm action on back for 10 feet.

Level 1 and 2: Jump into chest deep water, float on front and back for 5 seconds, swim on front and back for 5 body lengths, front and back float for 15 seconds.

Level 3: Jump into chest deep water, swim front crawl for 15 yards, tread water for 30 seconds, swim elementary backstroke for 15 yards.

Level 4: Feet first entry into deep water, swim front crawl and elementary backstroke for 25 yds, swim breaststroke and backstroke for 15 yds, .

Level 5: Perform a shallow dive in deep water, swim front crawl and elementary backstroke for 50 yds, swim backstroke and breaststroke for 25 yds,

Level 6: Swim 500 continuously using any 3 strokes of your choice, swim at least 50 yards of each stroke.

Hammerhead Swim Club: If your child has passed Level 4, 5, or 6 and is still interested in swimming, we highly recommend the Hammerhead Swim Team. This is an age group team that competes from mid October until mid March. For more information please contact the pool office.



ADDITIONAL POOL ACTIVITIES

Lap Swims

Monday, Wednesday, Friday Mornings: 6:00 - 11:00 am
Tuesday and Thursday Mornings: 7:00 - 11:00 am
Monday through Sunday Evenings: 5:30 - 6:30 pm

Recreational Swims

Monday, Friday, Saturday Evenings: 6:30 - 8:30 pm
Sunday Afternoons: 3:00 - 5:30 pm

Senior Citizens Water Aerobics

Monday, Wednesday, Friday Afternoons: 11:00 - 12:00 pm

*Lap Swim will be expanded from 5:30 - 7:30 pm on Tuesday, Wednesday and Thursday's during lessons. April 13th - June 3rd

COSTS

Harbor Springs School District Residents:

\$3.00 per person
\$2.00 Senior Citizens

Non-District Residents:

\$4.00 per person
\$3.00 Senior Citizens

Passes are available for 3, 6 and 12 months. Contact the pool office for more information.

Harbor Springs Community Pool

Harbor Springs Community Pool
327 East Bluff Dr
Harbor Springs, MI 49740

Phone: 231-526-4824
Website: www.harborps.org

Harbor Springs Community Pool

2010 Spring Swim Lessons



Registration for the 2010 Spring Swim Lessons will begin Monday, March 15th and run through March 22nd.

Lessons will begin the week of April 12th, meeting once a week for 8 weeks. Please keep in mind that lessons will begin the week that schools return from Spring Break.

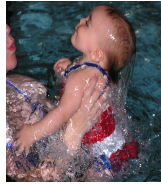
**Give your child a skill that will last a lifetime —
Swim Lessons**

To register for lessons contact the pool office at 231-526-4824

Swim Lessons

Parent - Tot And Pre - School Classes

Parent - tot classes are geared towards children who are 6 months to 4 years old. Parent - tot #1 is for 6 to 18 months old. Parent - tot #2 is for 19 months to 3 years, and Parent - tot #3 is for 3 - 4 year olds.



Parent - Tot #1: Will be offered on Tuesday evenings from 5:30 - 6:00 pm.

Parent - Tot #2: Will be offered on Tuesday evenings from 6:00 - 6:30 pm.

Parent - Tot #3: Will be offered on Wednesday evenings from 5:30 - 6:00 pm. Parent-tot #3 will follow the Puddle Jumpers criteria with the parent in the water along with the child.

Pre School classes are geared towards children who are 4 - 6 years old. All classes are 30 minutes long.



Puddle Jumpers: Will be offered on Tuesday or Thursday evenings from 6:30 - 7:00 pm or Saturday mornings from 9:00 - 9:30 am.

Water Bugs: Will be offered on Tuesday evenings from 7:00 - 7:30 pm, Wednesday evenings from 6:30 - 7:00 pm, or Saturday mornings from 9:45 - 10:15 am.

Sea Serpents: Will be offered on Wednesday or Thursday evenings from 7:00 - 7:30 pm, or Saturday mornings from 10:30 - 11:00 am.

American Red Cross "Learn To Swim" Program



Levels 1 through 6 are for children 7 and older. All classes are 50 minutes long.

Level 1 and 2: Will be offered on Tuesday afternoons from 4:35 - 5:25 pm and on Saturday mornings from 11:00 am - 12:00 pm

Level 3: Will be offered on Wednesday evenings from 6:35 - 7:25 pm, Thursday afternoons from 4:35 - 5:25 pm, and Saturday mornings from 9:00 - 9:50 am.



Level 4: Will be offered on Thursday afternoons from 4:35 - 5:25 pm, Thursday evenings from 6:35 - 7:25 pm, and Saturday mornings from 10:00 - 10:50 am.

Level 5: Will be offered on Saturday mornings from 11:00 - 11:50 am.

Level 6: Will be offered on Tuesday afternoons from 4:35 - 5:25 pm.

Private Lessons: Eight 30 minute lessons based on pool and instructor availability. Contact the pool office for schedule and pricing.

Specialty Classes: With the extra pool space available the Pool will be offering Spring Board Diving, Kayaking, SCUBA, Life guarding and Water Safety Instructor courses. Please contact the pool for further details and specific class times.



Registration Form

Please use one form per family

Parent/Guardian Name: _____

Address: _____

City: _____ Home Phone: _____

Work Phone: _____ Cell Phone: _____

Email address: _____

Class Title	Session	Day	Time	Student Name	Fee

Swimming Lesson Costs

Harbor Springs School District Residents: \$45.00
Non-District Residents: \$55.00

Method of Payment

- Cash
- Check
- Credit Card

Total: _____

Credit Card # _____ Exp. date _____

Signature _____



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