

# FRASER AQUATICS

FRASER PUBLIC SCHOOLS

Fraser High School

33466 Garfield

Fraser, MI 48026-1892

***NEW*** Schedule and different days and times added!!

Please *double check* class times and availability.

We will be OPEN AGAIN this year during the fall craft show.

Pool Director

Melissa Vaughn

(586) 439-7259

## FALL SESSION - 2017

Monday, Wednesday, Friday OR Saturday

**\*\* NINE \*\*** Week Session

*September 8<sup>th</sup> - November 8<sup>th</sup>*

## REGISTRATION TIMES

### BY MAIL

Postmarked By:

WED., Aug 23, 2017

### AT THE POOL

6:00 - 9:00 pm

Aug 28 - 30 & Sept 6, 2017

## LOCATION

Fraser High School is located on Garfield between 14 & 15 Mile Roads. The entrance for the pool is on Klein St., which runs diagonally from 15 Mile to Garfield and is behind the school near the tennis courts. Look for the "SWIMMING POOL" sign on the building and park near the middle of the lot.

## NEXT SESSION

WINTER Session 2017

Registration: 11/6 and 11/8

Classes Begin: FRIDAY, NOVEMBER 10, 2017

# SWIM PROGRAM

<b>MONDAY</b> <i>9 classes</i>	5:30 - 6:10	Jellyfish, Guppies, Flounders, Seahorse, Turtles, Electric Eels, Stingray, Manatees
	6:15 - 6:55	Jellyfish, Guppies, Turtles, Electric Eels, Stingrays, Marlins, Barracuda
	7:00 - 8:00	<b>RECREATIONAL SWIM</b>
	8:00 - 9:00	SLIMNASTICS (water exercise)
	9:00 -10:00	<b>LAP SWIM</b> 9-9:30 or 9:30-10 <b>ADULT LESSONS</b>
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<b>WEDNESDAY</b> <i>9 classes</i>	5:00 - 5:40	Jellyfish, Guppies, Flounders, Seahorse, Turtles, Electric Eels, Stingrays, Manatees, Marlins
	5:45 - 6:25	Jellyfish, Guppies, Flounders, Seahorse, Turtles, Electric Eels, Stingrays, Manatees
	6:30 - 7:00	Ducklings    7:00 - 7:30 <b>ADULT LESSONS</b>
	7:00 - 7:40	Electric Eels, Stingrays, Manatee, Marlins, Barracuda
	7:00 - 7:55	Advanced Swimming (help build endurance, Manatee level or higher)
	8:00 - 9:00	SLIMNASTICS (water exercise)
	9:00 -10:00	<b>LAP SWIM</b> 9-9:30 or 9:30-10 <b>ADULT LESSONS</b>
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<b>FRIDAY</b> <i>9 classes</i>	5:30 - 6:10	Jellyfish, Guppies, Flounders, Turtles, Electric Eels, Stingrays, Manatees
	6:15 - 7:00	Jellyfish, Guppies, Seahorse, Turtles, Electric Eels, Stingrays
	7:00 - 8:00	<b>Deep Water Aerobics / Hydro Tone</b>
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<b>SATURDAY</b> <i>9 classes</i>	9:00 - 9:40	Jellyfish, Guppies, Flounders, Turtles, Electric Eels, Stingrays, Marlins Barracuda
	9:45 - 10:25	Jellyfish, Guppies, Flounders, Seahorse, Turtle, Electric Eels, Stingrays, Manatee
	10:30 - 11:00	Ducklings
	10:30 - 11:10	Seahorse, Electric Eels, Stingrays
	11:15 - 11:55	Jellyfish, Guppies, Flounders, Turtles, Electric Eels, Stingray, Manatees
	12:00 - 12:40	Jellyfish, Guppies, Turtles, Electric Eels, Stingray, Marlins, Barracuda
	12:45 - 1:15	Adaptive Aquatics / Adult and Teen lessons
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## CLASS FEES

\*\* THIS IS BASED ON AN 9 WEEK SESSION, ONE DAY A WEEK \*\*

**JELLYFISH - BARRACUDA: \*\$63\***                      **DUCKLINGS: \*\$45\***

**ADVANCED SWIMMING: \*\$90\*** This is a 55 minute class.

**Adaptive Aquatics** (30 min. class for the mentally and/or physically handicapped) **\$85**

**Adult & Teen Lessons** (30 min. class for anyone, any skill level) -- **\$90**

**PRIVATE LESSON - \$120** This is a one on one 30 min. class.

**SLIMNASTICS or DEEP WATER AEROBICS** -- \$3.50 per class / \$30 for 10 classes (punch card)

**RECREATIONAL SWIM AND LAP SWIM**-- \$2.00 per person, Senior Citizens, free.

# 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.

- DUCKLINGS:** Age 6 months to 5 years, Parents are required to be in the water.
- JELLYFISH:** Age 3-5 years, Will try without parents in the water with them.
- GUPPIES:** Age 3-5 years, Can swim with floatation on their front 30 ft. and on back for 3 ft. in shallow or deep water; safety skill with floatation.
- FLOUNDERS:** Age 3-5 years, Can swim on stomach without help for 10 ft. and on back for 5 ft., safety skill unaided.
- SEAHORSE:** 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 what 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 that level.

**TURTLES (Red Cross Level 1):** Beginners level, requires assistance to swim in shallow or deep water on their front or back for 30 ft.

**ELECTRIC EELS (Red Cross Level 2):** Comfortable swimming in deep water for 30 ft, several times unaided on their stomach and back; safety skill unaided in deep end.

**STINGRAYS (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 yds.

**MANATEES (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.

**MARLINS (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 yds, standing dive off the board.

**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.

**EXIT BARRACUDA:** (see pool office for more information)

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

# POOL NEWS

In the event of a pool closure due to inclement weather or due to a mechanical issue, we will notify all parents via a texting program called Remind. If you are interested in joining to get these notifications, please see Melissa or a senior member of staff to get signed up. We will no longer call individual households as we cannot accomplish this in a timely manner.

We've gone green. If you are interested in receiving the registration form via e-mail, please let us know by selecting your choice below and providing us with your e-mail address. You will need to accept the invitation from GOOGLE and follow the prompts to sign up and complete the registration.

Check us out online at [www.fraseraquatics.com](http://www.fraseraquatics.com) or on FACEBOOK under Fraser Aquatics! You can get information about pool events, learn more about each class level, see the current class schedule and print out a complete registration form (found under the COMING UP tab). Sorry, we are not able to accept payment on-line as we do not accept credit or debit cards.

We can also be found on Twitter and Pinterest. We are still working to build the information on those sites, but come join us!

You can find our Pool Policies online for further information. Our EMAIL is [fraseraquatics@gmail.com](mailto:fraseraquatics@gmail.com).

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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 Wednesday, August 23, 2017

Parents Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Student 1: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

Student 2: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

Student 3: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

Student 4: \_\_\_\_\_ DOB: \_\_\_\_\_ Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Cost: \_\_\_\_\_

\_\_\_\_\_ **YES** I am interested in receiving the registration form via e-mail.

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 \_\_\_\_\_