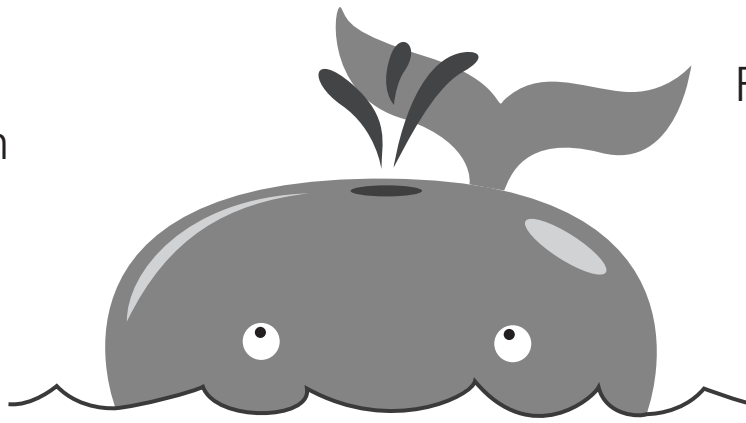


Pool Director:
Melissa Vaughn
Assistant:
Mara Chandler

Fraser High School
33466 Garfield
Fraser, MI 48026



FRASER AQUATICS

fraseraquatics@gmail.com

586.439.7259

WINTER SESSION 2018

Monday, Wednesday, Friday, or Saturday

– NINE WEEK SESSION –

January 29 – March 28

REGISTRATION TIMES

BY MAIL

Postmarked By:
January 13

AT THE POOL

6:00 – 9:00 pm
January 22 & 24

LOCATION

Fraser High School is located on Garfield between 14 & 15 Mile Roads. The pool entrance 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.

Next session, Spring 2018, is to be determined.

SWIM PROGRAM

MONDAY *9 classes*

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	RECREATIONAL SWIM
8:00 - 9:00	SLIMNASTICS (water exercise)
9:00 -10:00	LAP SWIM 9-9:30 or 9:30-10 ADULT LESSONS

WEDNESDAY *9 classes*

5:00 - 5:40	Jellyfish, Guppies, Flounders, 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 ADULT LESSONS
7:00 - 7:40	Electric Eels (Seahorse), 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	LAP SWIM 9-9:30 or 9:30-10 ADULT LESSONS

FRIDAY *9 classes*

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 - 8:30	DIVING
7:00 - 8:00	Deep Water Aerobics / Hydro Tone

SATURDAY *9 classes*

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

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.

DIVING CLASS -- \$160 (90 minute class)

SLIMNASTICS or HYDRO TONE -- \$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
- D. Lifeguard Readiness

POOL NEWS

In this tough economic time, we would like to thank you for your patronage. Without your support this program would not be what it is today. Our goal is to provide equal opportunities for everyone to learn how to enjoy the water safely. In certain cases, we may be able to assist anyone who may be having a financial hardship; please speak to Melissa for more information. As always, if you have any concerns or questions please feel free to contact us or fill out the comments section at the bottom of the registration and we will address each one.

From all of us at Fraser Aquatics, THANK YOU!

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.

Check us out online at 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 registration form. Sorry, we are not able to accept payment on-line.

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.

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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, January 13, 2018

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 _____