

Anchor Bay Schools Aquatic Center

Telephone Number: 586-716-4623

- Classes/ programs will be combined or canceled if there is low interest/ enrollment
- * Schedule Times can change for school use/ schedules

March 20 - June 16, 2006

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Lap Swim</u> 6:00 – 8:30am		<u>Lap Swim</u> 6:00 – 8:30 am		<u>Lap Swim</u> 6:00 – 8:30 am	<u>Lap Swim</u> 8:00 – 10:00 a.m
Water Aerobics 7:15 or 9:15	Stretch & Tone 8:15 – 9:00	* Water Aerobics 7:15 or 9:15	Stretch & Tone 8:15 – 9:00	Water Aerobics 7:15 or 9:15	Water Aerobics 8:30
<u>Adult Swim</u> 11:00 – 12:30	<u>Adult Swim</u> 11:00 – 12:30	<u>Adult Swim</u> 11:00 – 12:30	<u>Adult Swim</u> 11:00 – 12:30	<u>Adult Swim</u> 11:00 – 12:30	<u>Swim Lesson</u> 9:30 – 11:30
Open Swim 3:30 – 5:00	Coast Guard 1:00 – 3:00	Open Swim 3:30 – 5:00	Coast Guard 1:00 – 3:00	Open Swim 3:30 – 5:00	Open Swim 11:30 – 1:00
Water Aerobics 5:30 – 6:30	Water Aerobics 5:30 – 6:30	Water Aerobics 5:30 – 6:30	Water Aerobics 5:30 – 6:30	* <u>Adult Swim</u> 5:30 – 6:30	
Swim Lessons 6:30 – 8:00		Swim Lessons 6:30 – 8:00		Family Swim 6:30 – 8:00 p.m.	
Lap Swim 3:00 – 7:00 pm	Lap Swim 3:00 – 7:00 pm	Lap Swim 3:00 – 7:00 pm	Lap Swim 3:00 – 7:00		

SWIM LESSON INFORMATION: 4 years and up \$45 per session

Mon. & Wed. Eve Classes

DATES:
May 8 – May 24

TIMES:
6:30 or 7:15; 6:45 advance

Registration Dates:
April 20 – May 6

Tues. & Thur. Eve Classes

May 30 – June 15

6:30 or 7:15; 6:45 advance

May 8 – May 26

SATURDAY MORNINGS

April 29 – June 3 (no class May 27) 9:30 or 10:30 a.m.; 9:45 advance April 3 – Apr. 28

SATURDAYS: Parent & Child Swim Classes: 8 months – 48 months \$25 per session

DATES:

DAYS/ TIMES

Registration Dates:

April 29 – June 3 (no class May 27) 9:45 or 10:45 a.m.

April 3 – Apr. 28

Weekday Parent & Child Swim Classes: 8 months – 48 months \$25 per session

Dates:

Times

Registration Dates:

Wednesdays: May 17 – June 14

12:15 or 7 p.m.

May 11 – May 16

Tuesdays : May 23 – June 13

7 p.m.

May 12 – May 22

Open Swims: \$2 per student/ child \$3 per adult OR 20 visit punch card \$30
Water Aerobics \$4 per class OR 20 visit punch card \$45

Anchor Bay Aquatic Center 2006 Programs:

52401 Ashley Street
New Baltimore, MI. 48047
(586) 716-4623

Swim Suits, Goggles, Swim Caps
and more.. Aquatic Center Swim Shop

Swim Lessons for ages 4 and Up

M & W for 3 weeks OR Saturdays for 5 weeks (fall, winter, spring)
All Classes \$45

ST. Clair: Introduction to Water Safety

Recommended age: 4 & 5

The objective is to create a foundation for the aquatic environment and safety skills. The class goals are to have them floating and kicking on their front and back with support. Alternating arm actions. Being comfortable submerging their face into the water, for 3 seconds.

Erie: Primary Skill Development:

Recommended age: 6 & 7

Upon completion of this class students will be comfortable on their front and back, jumping into the pool, using a kickboard as a front crawl tool, introduction to back crawl, and additional emergency actions.

Ontario: Advanced Skill Development:

Recommended age: 8 & 9

Upon completion of this class students will be more familiar with rhythmic breathing, swimming front and back crawl for minimal yardage, introduce to elementary backstroke, dive from a kneeling position, discuss additional water safety rules.

Huron: Advance Stroke Development:

Recommended age for Advance Intermediate: 10 and up

Emphasize rotary breathing, learn standing dive, swim increased yards Introduce breaststroke kick, diving board, and wall turns. Discuss and demonstrate additional safety rules.

Advance Classes Combine: Recommend 10 and up

Michigan: Stroke Refinement:

Refine stroke mechanics; front, back, breast & elementary strokes, and flip turns. Introduce dolphin kick, sidestroke, compact and stride jump. Learn more advance emergency actions.

Superior: Stoke Proficiency: 10 and up

Increase yardage, refine butterfly stroke, demonstrate competitive turns with appropriate strokes, describe competitive dives. Demonstrate various rescue skills.

Swim Lesson Reminders:

- Children 5 years and older are required to use gender specific locker rooms; we do have hallway bathrooms or side pool entry for your convenience~
- We schedule programs to eliminate as much locker room congestion as possible
- Showers are required before swim class
- Children 12 and under must have a parent remain in the facility during lessons
- Parents, please do not remain on deck during class time

Thank you for your cooperation!

Refund Policy:

100% 10-6 days prior to class
50% 5 – 2 day prior to class
0% : day before start of class or during lesson

Make-up Policy:

We do not offer make-up classes

Class/ Program: _____ Dates/ Time: _____

Amount Paid: _____ Form of Payment: _____

Sold by: _____ Date: _____

Registered Party agrees with policies & rules: registered party signature: _____

Water Exercise Classes:

Morning Aqua Robics M-W-F:

A series of water exercises designed for senior adults to improve flexibility and tone muscles. All ages participate!!

Evening Aqua Robics M- Th.: 5:30 – 6:30

This class is designed to improve cardiovascular development, increase flexibility and tone the major muscle groups.

Tuesday & Thursday Stretch & Tone: 8:15 – 9:00 a.m.

A class designed to work the major muscle groups with stretching and water walking~

Book A Party for:

Birthday Parties, P.T.O. Groups, Brownies, Cub Scout Troops etc.

We offer the use of the multipurpose room for the gathering, and the pool for fun!

Prices vary based on hours, and number of participants.

Call for Availability!!

