



Grosse Pointe Woods Lake Front Park 2024 Aquatic Facility 23000 Jefferson



Swim Lessons

\$55 Registration Fee—6 Classes per session, 30 minute classes

Monday & Wednesday **OR** Tuesday & Thursday

Visit www.recweb.gpwmj.us for class times and registration

Session 1

June 17 – July 3*

Registration begins at 8:30 a.m. on Tuesday, June 4

*No class July 4. Make-up class will be June 28.

Session 2

July 15 – August 1

Registration begins at 8:30 a.m. on Monday, July 8

Preschool—Beginner I (ages 2 and 3, ages 4 and 5)

Designed to help young children feel comfortable swimming in a class setting without their parents. Enforces comfort in the water while introducing rudimentary swimming skills.

Preschool—Intermediate (ages 4 and 5)

Designed to prepare children for upper levels and more advanced stroke work. New skills are introduced but work is focused primarily on swimmers being able to successfully swim on fronts and backs without assistance needed from the instructor. Once completed move to level 2 dependent on instructor recommendation.

Level 2: Primary Skills (ages 6 and older)

Designed to teach participants fundamental skills. Continue work on swimming skills on both front and back but working towards the goal of needing no assistance from the instructor.

Preschool—Beginner II (ages 2 and 3, ages 4 and 5)

Designed to teach children to be more independent in the water and continues introducing and solidifying basic swimming skills on fronts and backs.

Level 1: Water Exploration (ages 6 and older)

Designed to help participants feel comfortable in the water and to enjoy the water safely. Work on floats and successful swimming on both their front and their back (with instructor assistance).

Level 3: Stroke Readiness (ages 6 and older)

Designed to teach participants to build on previous skills by providing additional guided practice. New strokes introduced and work done on head-first entries and treading in the diving well.

Introduction to Aquatic Teams!

Introduction to Swim Team (ages 6 and older)

June 17—July 18

9—9:45 a.m. OR 10—10:45 a.m.

Monday & Wednesday **OR** Tuesday & Thursday

\$65 Registration Fee—10 Classes, 45 minute classes

Registration begins at 8:30 a.m. on Tuesday, June 4.

Designed for swimmers who have reached the top level of swim lessons, but are not quite ready to participate in a full season of swim team. Focused on development of proficient freestyle and backstrokes, along with introductions to breaststroke and butterfly. The class is structured to follow team style practices and prepare the participants for swim team in the future. Class will not be held July 4, a make-up class will be held June 28.

Participants will compete in the mini meet on July 13.

Introduction to Synchronized Swim (ages 6 and older)

June 24—July 26

10:50—11:30 a.m.

Tuesday & Thursday

\$65 Registration Fee—10 Classes, 30 minute classes

Registration begins at 8:30 a.m. on Tuesday, June 4.

Designed to teach participants fundamental skills of synchronized swimming. **Participants will have a routine in the Synchronized Swim Show on Saturday, July 27.**

Practice will not be held on Tuesday, July 4. A dress rehearsal will be held on Friday, July 26 for the entire team 12:45—2:45 p.m.

During morning aquatic programs the main pool will be closed for open swim.

Baby pools and a limited number of lap lanes will be available for use during morning aquatic programs.

Tennis & Pickleball Programs

Grosse Pointe Woods
Lake Front Park
23000 Jefferson



SCAN ME

2024 Tennis & Pickleball Lessons

Group Lessons Tuesday & Thursday

Visit www.recweb.gpwmi.us for class times, prices and registration

| <u>Spring Session</u> | <u>Summer Session 1</u> | <u>Summer Session 2</u> | <u>Fall Session</u> |
|------------------------------|-------------------------------|-------------------------------|----------------------------------|
| May 21—June 13 | June 18—July 11 | July 23—August 15 | September 10 —Oct. 3 |
| Registration beings May 2 | Registration beings June 7 | Registration beings July 9 | Registration beings August 22 |

Youth Tennis—Ages 7—12

\$100

Teaching the foundations of tennis and building a love for the sport. Focus is on learning and practicing the strokes like forehand, backhand, volley, and serve. Building double team spirit, court etiquette and enjoying outdoor exercise while building friendships in the sport.

Adult Tennis—Back to Basics

\$125

Designed for returning residents who have leveled up and for those with some experience in play. Gaining more confidence in playing, ball direction, and movement on court. Working on doubles strategy, court partnerships, control of the shots and direction of the ball in more competitive play. An extra court is added this season for those players seeking hard hitting and intense cardio and play.

Adult Tennis—Return to the Courts

\$125

Learning and practicing the basic strokes of tennis including forehand, backhand, volley, and serve. Improve confidence in hitting the tennis ball and build consistency of hitting in game play. Enjoying outdoor exercise to help enhance fitness as well as building new friendships interested in tennis play.

Adult Pickleball—Introduction to Pickleball

\$125

For the beginner pickleball player to learn the fundamentals and scoring of the game so that they can move up to Pickleball II. Learn to play the game with increasing confidence and more complimentary games. Enjoy outdoor exercise and make new friends in the sport.

Adult Pickleball—Beginner II

\$125

Building on Pickleball skills from last season and for those who have hit and played before. It is designed for fun and competitive play while enjoying the exercise and outdoor fun. The course identifies ways to improve while also learning new tips on shots. Continuing to build consistency in hitting the pickleball along with racquet techniques.

Adult Pickleball—Intermediate

\$125

Returning players and those that play pickleball seeking to practice and improve their skills while gaining instruction and tips on different grips and shots. Continue to build on knowledge and skill level while enjoying the outdoor exercise and building friendships in the sport.

To ease the registration process it is strongly recommended that residents log into their online account prior to registration day to verify their account and family members. In most cases, the username is the email that was provided on the most recent park pass application.

For assistance regarding online accounts, contact the Community Center at 313-343-2408.