



Grosse Pointe Woods Lake Front Park 2025 Aquatic Facility 23000 Jefferson



SCAN ME

Swim Lessons

\$60 Registration Fee—6 Classes per session, 30 minute classes Monday & Wednesday **OR** Tuesday & Thursday

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

Session 1

June 16 – July 3

Registration begins at 8:30 a.m. on Thursday, May 29

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.

Session 2

July 14 – July 31

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

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 16—July 18

9—9:45 a.m. OR 10—10:45 a.m.

Monday & Wednesday **OR** Tuesday & Thursday

\$70 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.

Participants will compete in the mini meet on July 12.

Introduction to Synchronized Swim (ages 6 and older)

June 16—July 25

10:50—11:30 a.m.

Tuesday & Thursday

\$70 Registration Fee—10 Classes, 30 minute classes

Registration begins at 8:30 a.m. on Thursday, May 29.

Designed to teach participants fundamental skills of synchronized swimming. **Participants will have a routine in the Synchronized Swim Show on Saturday, July 26.**

A dress rehearsal will be held on Friday, July 25 for the entire team 12:45—2:45 p.m.

**During morning aquatic programs the main pool will be closed for open swim.
A limited number of lap lanes will be available for use during morning aquatic programs.**