



**Grosse Pointe Woods  
Lake Front Park  
2026 Aquatic Facility  
23000 Jefferson**



**Swim Lessons**

**\$60 Registration Fee**—6 Classes per session, 30 minute classes  
Monday & Wednesday **OR** Tuesday & Thursday  
Visit [gpwmi.us](http://gpwmi.us) for class times

**Session 1**

**June 15 – July 1**

Registration begins at 8:30 a.m. on Thursday, May 28

**Session 2**

**July 13 – July 30**

Registration begins at 8:30 a.m. on Tuesday, July 7

**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 15—July 16**

**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 2.

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 11.**

**Introduction to Synchronized Swim (ages 6 and older)**

**June 22—July 23**

**10:50—11:30 a.m.**

Tuesday & Thursday

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

Registration begins at 8:30 a.m. on Tuesday, June 2.

Designed to teach participants fundamental skills of synchronized swimming. **Participants will have a routine in the Synchronized Swim Show on Saturday, July 25.**

A dress rehearsal will be held on Friday, July 24 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.**