

# DEARBORN HEIGHTS NO. 7 SWIMMING PROGRAM MAKES A BIG SPLASH

The Annapolis High School pool has become a place to learn water safety and swimming techniques. Teaching kids to swim can be a valuable and rewarding experience, both for you and your children. Before you introduce your kids to swimming it is important to know the basics of water safety and swimming techniques. Parents should also have realistic expectations of what their child is going to accomplish. Learning to swim especially at first, isn't about a perfect breast stroke or swan dive. Overall swimming should be a fun, no pressure activity for your child. Teaching kids to swim means helping them to stay safe and feel confident in the water.



## Open Swim Schedule



Open swim will be held on  
Tuesdays and Thursdays

**When** June: 18, 20, 25, 27  
July: 9, 11, 16, 18, 23, 25, 30  
August: 1

**Time:** 1:00 p.m. to 4:00 p.m.

**Where:** Annapolis High School Pool  
4650 Clippert

**Cost:** Individual \$4  
Family \$8



Children ages 6 and under must be accompanied by an adult in the water



Children ages 7-10 must be accompanied by a person 16 years or older

# DEARBORN HEIGHTS SCHOOL DISTRICT NO. 7

## 2019 Summer Swimming Program

### Swimming Lessons and Open Swimming



Annapolis High School  
4650 Clippert

Dearborn Heights MI 48125  
Program Director Karen Kreusel  
(313)203-1471



PLEASE PRINT Student's Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Male / Female \_\_\_\_\_ Age \_\_\_\_\_  
 (Pls. Circle) \_\_\_\_\_ Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Parent/Guardian Contact Information: Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone # \_\_\_\_\_  
 CLASS SELECTION \_\_\_\_\_ Relationship \_\_\_\_\_  
 Summer Session I ( June 17-27) Level: \_\_\_\_\_ Time: \_\_\_\_\_ Pd: \_\_\_\_\_ cash/check# \_\_\_\_\_  
 Summer Session II ( July 8-18) Level: \_\_\_\_\_ Time: \_\_\_\_\_ Pd: \_\_\_\_\_ cash/check# \_\_\_\_\_  
 Summer Session III (July 22-Aug.1) Level: \_\_\_\_\_ Time: \_\_\_\_\_ Pd: \_\_\_\_\_ cash/check# \_\_\_\_\_

Registration will be accepted at the Annapolis High School indoor pool May 20th and June 3rd 5:45-6:20 p.m.

Make checks payable to: Dearborn Heights #7 Schools

FEES: \$45 (CASH or CHECK; no refunds unless lessons are cancelled)

PLEASE NOTE: Late registration fee of \$5 will be applied for day off registration.

## SWIMMING LEVEL DESCRIPTION

### Step 1: Review swimming level descriptions

**Parent - Tot** classes are for toddlers age 12-36 months and require an adult to be in the water during the lesson with them.

**Preschool** class is for 3-5 year old children that are potty trained and ready to be introduced to the water, learning basic skills and safety tips.

**Level 1-6 are for children age 5-17 currently enrolled in school.**

#### Level 1

Introduction to water skills- includes basic personal water safety information and skills. Participants learn to feel comfortable in the water and enjoy it safely. Development of positive attitudes, good swimming habits and safe practices in and around the water are the main focus.

#### Level 2

Fundamental Aquatic Skills- Participants learn to float without support, how to move arms and legs in the water on the front and back , and additional safety skills

#### Level 3

Stroke development- Participants learn the survival float, front crawl and elementary backstroke. scissors and dolphin kicks, treading water, beginning diving and safety skills

#### Level 4

Stroke improvement- Participants develop confidence in the front crawl and elementary backstroke by swimming further distances. They begin learning sidestroke, back crawl, breast stroke, butterfly and basics of turning at the wall

#### Level 5

Stroke refinement- Participants work on coordination and refinement of the front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke and increase their distances. Flip turns on the front and back are also introduced

#### Level 6

Swimming and sill proficiency- Participants refine strokes to swim with more ease, efficiency, power and smoothness over greater distances Preparation for competitive swimming or diving.

#### Adult Learn to Swim

Adults 18 years of age or older fundamental aquatic skills we be acquired in a safe and comfortable setting.

## SESSION DATES

### Step 2 Choose a session

- Summer Session I**

June 17, 18, 19, 20, 24, 25, 26, 27

- Summer Session II**

July 8, 9, 10, 11, 15, 16, 17, 18

- Summer Session III**

July 22, 23, 24, 25, 29, 30, 31 Aug. 1

### Step 3 Choose Swim Level/Time

#### Class Times

4:00 p.m.-4:30 p.m.

4:35 p.m.-5:05 p.m.

5:10 p.m.-5:40 p.m.

5:45 p.m.-6:15 p.m.

4:00- p.m.4:45 p.m.

4:50 p.m.-5:35 p.m.

4:50 p.m.-5:35 p.m.

4:00 p.m.-4:45 p.m.

5:45 p.m.-6:15 p.m

4:40 p.m.-5:40p.m.

#### Class Levels

Parent Tot

Preschool

Level 1

Level2

Level 3

Level 4

Level 5

Level 6

Adult Learn to Swim  
Competitive Swim Program

#### Competitive Swim Program

For students who have completed Level 6 swim lessons and would like to learn more about competitive swimming. Students will improve their endurance by swimming longer yards and improving their strokes by learning new drills. We will cover starts, turns, relays and more, acclimating students to the great sport of competitive swimming

