

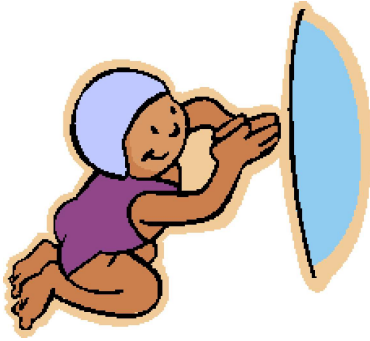
DEARBORN HEIGHTS NO. 7
SWIMMING PROGRAM
MAKES A BIG SPLASH



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: 27, 29 July: 11, 13, 18, 20
Time:	1:00 p.m. to 4:00 p.m.
Where:	Annapolis High School Pool
Cost:	District 7 Residents \$3 District 7 Resident Family \$6 Non-Resident \$4 Non-Resident 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

2017 Summer
Swimming Program

Swimming Lessons
and
Open Swimming



Annapolis High School
4650 Clippert

Dearborn Heights, MI 48125
Program Director Karen Kreusel
(248) 894-4679



SWIMMING LEVEL DESCRIPTION

SESSION DATES

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 will be acquired in a safe and comfortable setting.

Step 2 Choose a session

- **Summer Session I**
July 10, 11, 12, 13, 17, 18, 19, 20
- **Summer Session II**
closed

Step 3 Choose Swim Level/Time

Class Times	Class Levels
4:00 p.m.-4:30 p.m.	Parent Tot
4:35 p.m.-5:05 p.m.	Preschool
5:10 p.m.-5:40 p.m.	Level 1
5:45 p.m.-6:15 p.m.	Level 2
6:20- p.m.6:50 p.m.	Level 3
4:00 p.m.-4:45 p.m.	Level 4
4:50 p.m.-5:35 p.m.	Level 5
5:40 p.m.-6:30 p.m.	Level 6
5:35 p.m.-6:35 p.m	Adult Learn to Swim
4:00 p.m.-5:30 p.m.	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



PLEASE PRINT Student's Last Name

First Name

Male / Female
(Pls. Circle)

Date of Birth

Age

Street Address

City

Zip

Parent/Guardian Contact Information: Name

First Name

Relationship

Phone #

CLASS SELECTION

Summer Session I (June 20-30) Level: _____ Time: _____

Summer Session II (July 11-20) Level: _____ Time: _____

Pd: _____ cash/check# _____

Pd: _____ cash/check# _____

Registration for swimming program can be dropped off at Bedford Elementary #650 or sent in an envelope attention Karen Kreusel by June 11th.

Or during Open Swim June 27th and 29th 1-4 pm. Make checks payable to: Dearborn Heights #7 Schools

FEES: DISTRICT 7 RESIDENTS: \$35 NON-RESIDENTS: \$40 (CASH or CHECK; no refunds unless lessons are cancelled)

PLEASE NOTE: Summer Session I Registrations Received AFTER June 30th add \$5 late fee