



CHIPPEWA VALLEY SCHOOLS ADULT & COMMUNITY EDUCATION

Classes held at Dakota High School Pool: 21051 21 Mile Rd., Macomb MI 48044



Class Dates for Summer 2023

Session 1: 6/19/23 - Monday-Thursday: 06/19, 06/20, 06/21, 06/22, 6/26, 6/27, 6/28, 6/29	Session 2: 7/10/23 - Monday-Thursday: 7/10, 7/11, 7/12, 7/13, 7/17, 7/18, 7/19, 7/20
Session 3: 7/24/23 - Monday-Thursday: 7/24, 7/25, 7/26, 7/27, 7/31, 8/1, 8/2, 8/3	Session 4: 8/07/23 - Monday-Thursday: 8/7, 8/8, 8/9, 8/10, 8/14, 8/15, 8/16, 8/17
Session 5: 8/21/23 - Monday-Thursday: 8/21, 8/22, 8/23, 8/24	

NOTE: no swim classes week of July 4th

Class Fees: \$77.00 per student / all classes are 45 minutes unless otherwise noted / 8-day classes

Session 5: 4-day class \$39.00

Swim Program Pool Supervisor: Alex Sprowitz, asprowitz@cvs.k12.mi.us

****All registration for the Swim Program is handled through the Community Education Office NOT at the pool.**

Like Us on Facebook @ <http://www.facebook.com/CVSCommEd>

Goldfish (PA) - ½ hour class

For children 3-5 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.

Session 1	GoldfishPA-6-19	M – Th 6:45pm
Session 2	GoldfishPA-7-10	M – Th 6:45pm
Session 3	GoldfishPA-7-24	M – Th 6:45pm
Session 4	GoldfishPA-8-07	M – Th 6:45pm
Session 5	GoldfishPA-8-21	M – Th 6:45pm

Goldfish (Reg)

For children 3-5 years old, no parent assistance is needed. Child uses a flotation device.

Monday-Thursday	6:00pm	6:45pm
Session 1	Goldfish-6-19-1	Goldfish-6-19-2
Session 2	Goldfish-7-10-1	Goldfish-7-10-2
Session 3	Goldfish-7-24-1	Goldfish-7-24-2
Session 4	Goldfish-8-07-1	Goldfish-8-07-2
Session 5	Goldfish-8-21-1	Goldfish-8-21-2

Starfish

For children 3-5 years old. Children will learn the basic skills of swimming without a flotation device or parent assistance.

Monday-Thursday	6:00pm	6:45pm
Session 1	Starfish-6-19-1	Starfish-6-19-2
Session 2	Starfish-7-10-1	Starfish-7-10-2
Session 3	Starfish-7-24-1	Starfish-7-24-2
Session 4	Starfish-8-07-1	Starfish-8-07-2
Session 5	Starfish-8-21-1	Starfish-8-21-2

Level 1 – Introduction to Water Skills

For children 6 & up. This class is designed to help students feel comfortable in the water. Learn to submerge mouth, nose & eyes.

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-1-6-19-1	Level-1-6-19-2
Session 2	Level-1-7-10-1	Level-1-7-10-2
Session 3	Level-1-7-24-1	Level-1-7-24-2
Session 4	Level-1-8-07-1	Level-1-8-07-2
Session 5	Level-1-8-21-1	Level-1-8-21-2

Level 6 – Swimming & Skill Proficiency

This class refines all 6 strokes so the child can swim with ease, efficiency, power & smoothness over greater distances.

Option after completing include personal water safety, fundamentals of diving, and fitness swimmer

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-6-6-19-1	Level-6-6-19-2
Session 2	Level-6-7-10-1	Level-6-7-10-2
Session 3	Level-6-7-24-1	Level-6-7-24-2

Level 2 – Fundamental Aquatic Skills

Gives students success with fundamental skills.

This class is taught in deep water.

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-2-6-19-1	Level-2-6-19-2
Session 2	Level-2-7-10-1	Level-2-7-10-2
Session 3	Level-2-7-24-1	Level-2-7-24-2
Session 4	Level-2-8-07-1	Level-2-8-07-2
Session 5	Level-2-8-21-1	Level-2-8-21-2

Level 3 – Stroke Development Level 2

Fundamental Aquatic Skills

Gives students success with fundamental skills.

This class is taught in the deep water.

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-3-6-19-1	Level-3-6-19-2
Session 2	Level-3-7-10-1	Level-3-7-10-2
Session 3	Level-3-7-24-1	Level-3-7-24-2
Session 4	Level-3-8-07-1	Level-3-8-07-2
Session 5	Level-3-8-21-1	Level-3-8-21-2

Level 4 – Stroke Improvement

This class develops confidence in the skills learned & helps improve other aquatic skills.

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-4-6-19-1	Level-4-6-19-2
Session 2	Level-4-7-10-1	Level-4-7-10-2
Session 3	Level-4-7-24-1	Level-4-7-24-2
Session 4	Level-4-8-07-1	Level-4-8-07-2
Session 5	Level-4-8-21-1	Level-4-8-21-2

Level 5 – Stroke Refinement

This class teaches the refinement of the front/back crawl, breaststroke, butterfly, elementary backstroke, sidestroke, and diving.

Monday-Thursday	6:00pm	6:45pm
Session 1	Level-5-6-19-1	Level-5-6-19-2
Session 2	Level-5-7-10-1	Level-5-7-10-2
Session 3	Level-5-7-24-1	Level-5-7-24-2
Session 4	Level-5-8-07-1	Level-5-8-07-2
Session 5	Level-5-8-21-1	Level-5-8-21-2

Session 4	Level-6-8-07-1	Level-6-8-07-2
Session 5	Level-6-8-21-1	Level-6-8-21-2

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Classes held at Dakota High School Pool: 21051 21 Mile Rd., Macomb MI 48044

Open Swim

When: Tuesdays and Thursdays 6/19/2023 to 8/24/2023

Time: 7:30PM - 8:30PM

Fees: Register Online and bring receipt

Ages 11 and Under - \$4.00

Ages 12 and Up - \$5.00

Rules

- Ages 8 & under **MUST** be accompanied, **IN THE WATER**, by a responsible person 18 years or older or as determined by supervisor.
- Swim diapers are **REQUIRED** for untrained children.
- Men/boys swimsuits **MUST HAVE A LINER** – no underwear, briefs, or shorts.

Private and Semi-Private Lessons

Private lessons are available at
\$34.00/per ½ hour

Semi-Private Lessons are available at
\$50 per ½ hour for 2 students

5:00PM-5:30PM or 7:30PM-8:00PM

Available by Request Only

For an appointment email asprowitz@cvs.k12.mi.us

Pre-Competitive Swim

For students who have passed level 4 and want to build endurance while working on technique.

PC-Swim-6-19-sum1 Mon 7:30pm-8:30pm
6/19/2023-8/21/2023 - \$87.00

Springboard and Diving

Approved students will learn proper diving techniques.
Must be at least 10 years old and have completed Level 4.

Springboard-6-21-sum1 Wed 7:30pm-8:30pm
6/21/2023-8/23/2023 - \$87.00

Adult Water Aerobics

The viscosity and weight of the water provides an impact-free way to intensify your work out. All fitness levels welcome!

Ideal exercise for any shape or fitness level!
Must be 18. Proper swim attire required.

Dakota High School Pool 7:30-8:30pm

4 Weeks - \$39.00 Seniors (55+) - \$35.00

5 Weeks - \$48.00 Seniors (55+) - \$44.00

AD-WA-6-19-(06/19-07/17)	Monday	(4 Weeks)
AD-WA-7-24-(07/24-08/21)	Monday	(5 Weeks)
AD-WA-6-21-(06/21-07/19)	Wednesday	(4 Weeks)
AD-WA-7-26-(07/26-08/23)	Wednesday	(5 Weeks)

Adult Lap-Drop In

\$5.00 per session

AD-Lap-(date)-T Tuesday (7:30pm-8:30pm)

AD-Lap-(date)-TH Thursday (7:30pm-8:30pm)

You can register online: <https://chippewavalleyschools.ce.eleyo.com> with a Debit/Credit Card

Or in person at Community Education 19120 Cass Ave. Clinton Twp, MI 48038

Parents Name: _____ Email Address: _____
Home Address: _____ City: _____ Zip: _____
Home Phone: (____) _____ Alternate Phone: (____) _____
Childs Name: _____ DOB: _____ Class #: _____ Class Name: _____ Cost: _____
Childs Name: _____ DOB: _____ Class #: _____ Class Name: _____ Cost: _____
MC/Visa#: _____ Exp.Date: _____ Name on Card: _____

Classes may be canceled, shortened in length or combined in the event of low enrollment. Refund Policy: If you need to cancel, please call 586-723-2050 before first class. NO REFUNDS ARE ISSUED FOR ONE-NIGHT CLASSES, SPECIAL EVENTS OR AFTER FIRST CLASS HAS MET. An \$8 processing fee will be deducted from all refunds. All attempts will be made for a refund should extenuating circumstances arise. We promise to be fair and reasonable with each customer on any concern or request, always considerate of the customer's point of view. There are no confirmations mailed out, if you don't hear from us, we will see you at the class. Thank you for your continued support!

Recording of various school and classroom activities with interviews, photography, and video equipment is done throughout the year. This recording may be featured in district publications, local media, the Internet, or aired on our educational access channel (CVC-TV). Please fill out the media release form below indicating your approval or denial.

I will allow photograph of this student to be posted on the Community Education Website ☐ NO ☐ YES

Parent Signature: _____

Date: _____