CHIPPEWA VALLEY SCHOOLS ADULT & COMMUNITY EDUCATION Classes held at Chippewa Valley High School Pool: 18300 19 Mile Rd, Clinton Twp 48038

Class Dates for Winter 2024

No Swim: January 15 and February 19 through 24

Monday: At Chippewa Valley High School	Wednesday: At Chippewa Valley High School
Session 1: 01/08, 01/22, 01/29, 02/05, 02/12, 02/26	Session 1: 01/10, 01/17, 01/24, 01/31, 02/07, 02/14, 02/28
Friday: At Chippewa Valley High School	Saturday: At Chippewa Valley High School
Session 1: 01/12, 01/19, 01/26, 02/02, 02/09, 02/16, 03/01	Session 1: 01/13, 01/20, 01/27, 02/03, 02/10, 02/17, 03/02

Class Fees: \$68.00 per student / all classes are 45 minutes unless otherwise noted / 7-day classes.

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.

<u> Aqua Tots – ½ Hour Class</u>

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.

Agua Tots-01-13-S1 Saturday 12:15 PM



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.

GoldfishPA-01-08-M2	Monday	6:45 PM
GoldfishPA-01-10-W2	Wednesday	6:45 PM
GoldfishPA-01-13-S2	Saturday	10:45am
GoldfishPA-01-13-S3	Saturday	11:30am

Goldfish (Reg)

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

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Goldfish-01-08-M1	Monday	6:00 PM
Goldfish-01-08-M2	Monday	6:45 PM
Goldfish-01-10-W1	Wednesday	6:00 PM
Goldfish-01-10-W2	Wednesday	6:45 PM
Goldfish-01-13-S1	Saturday	10:00 AM
Goldfish-01-13-S2	Saturday	10:45 AM
Goldfish-01-13-S3	Saturday	11:30 AM

<u>Starfish</u>

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

Starfish-01-08-M2 Starfish-01-10-W1	Monday Wednesday	6:45 PM 6:00 PM
Starfish-01-10-W1	Wednesday	6:45 PM
Starfish-01-13-S1	Saturday	10:00 AM
Starfish-01-13-S2	Saturday	10:45 AM
Starfish-01-13-S3	Saturday	11:30 AM

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.

Level-1-01-08-M1	Monday	6:00 PM
Level-1-01-08-M2	Monday	6:45 PM
Level-1-01-10-W1	Wednesday	6:00 PM
Level-1-01-10-W2	Wednesday	6:45 PM
Level-1-01-13-S1	Saturday	10:00 AM
Level-1-01-13-S2	Saturday	10:45 AM
Level-1-01-13-S3	Saturday	11:30 AM

Level 2 – Fundamental Aquatic Skills

Gives students success with fundamental skills.

This c	lass is taug	ht in deep	water.

Level-2-01-08-M1	Monday	6:00 PM
Level-2-01-08-M2	Monday	6:45 PM
Level-2-01-10-W1	Wednesday	6:00 PM
Level-2-01-10-W2	Wednesday	6:45 PM
Level-2-01-13-S1	Saturday	10:00 AM
Level-2-01-13-S2	Saturday	10:45 AM
Level-2-01-13-S3	Saturday	11:30 AM

Level 3 – Stroke Development

Level 2: Fundamental Aquatic Skills. Gives students success with fundamental skills. Taught in deep water

	skills. Taugilt in deep wat	ei.
Level-3-01-08-M1	Monday	6:00 PM
Level-3-01-08-M2	Monday	6:45 PM
Level-3-01-10-W1	Wednesday	6:00 PM
Level-3-01-10-W2	Wednesday	6:45 PM
Level-3-01-13-S1	Saturday	10:00 AM
Level-3-01-13-S2	Saturday	10:45 AM
Level-3-01-13-S3	Saturday	11:30 AM

<u>Level 4 – Stroke Improvement</u>

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

	aquatic skills.	
Level-4-01-08-M1	Monday	6:00 PM
Level-4-01-08-M2	Monday	6:45 PM
Level-4-01-10-W1	Wednesday	6:00 PM
Level-4-01-10-W2	Wednesday	6:45 PM
Level-4-01-13-S1	Saturday	10:00 AM
Level-4-01-13-S2	Saturday	10:45 AM
Level-4-01-13-S3	Saturday	11:30 AM

<u>Level 5 – Stroke Refinement</u>

This class teaches the refinement of the front/back crawl, breaststroke,

butterfly, elementary backstroke, sidestroke, and diving.		
Level-5-01-08-M1	Monday	6:00 PM
Level-5-01-08-M2	Monday	6:45 PM
Level-5-01-10-W1	Wednesday	6:00 PM
Level-5-01-10-W2	Wednesday	6:45 PM
Level-5-01-13-S1	Saturday	10:00 AM
Level-5-01-13-S2	Saturday	10:45 AM
Level-5-01-13-S3	Saturday	11:30 AM

Level 6 – Swimming & Skill Proficiency

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

include personal water s	safety, fundamentals of div	ving, and fitness swimmer.
Level-6-01-08-M1	Monday	6:00 PM
Level-6-01-08-M2	Monday	6:45 PM
Level-6-01-10-W1	Wednesday	6:00 PM
Level-6-01-10-W2	Wednesday	6:45 PM
Level-6-01-13-S1	Saturday	10:00 AM
Level-6-01-13-S2	Saturday	10:45 AM
Level-6-01-13-S3	Saturday	11:30 AM

CHIPPEWA VALLEY SCHOOLS ADULT & COMMUNITY EDUCATION

Classes held at Chippewa Valley High School Pool: 18300 19 Mile Rd, Clinton Twp 48038

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

Adult Lap-Drop In

\$5.00 per session

AD-Lap-(date)-M Monday 7:30pm-8:30pm AD-Lap-(date)-W Wednesday 7:30pm-8:30pm

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.

Chippewa Valley High School Pool 7:30-8:30pm

7 Weeks - \$68.00	Seniors (55+) - \$65.00
6 Weeks - \$58.00	Seniors (55+) - \$55.00

AD-WA-01-08-(01/08-02/26)	Monday	(6 Weeks)
AD-WA-01-10-(01/10-02/28)	Wednesday	(7 Weeks)



POOL PARTIES

Hold your next function at Chippewa Valley High School Pool Great for Birthday Parties, Cub Scouts, Girl Scouts, or for a Family Gathering!!!

Pre-Competitive Swim

For students who have passed level 4 and want to build endurance while working on technique. PC-Swim-01-12-F3 FRI 7:30pm-8:30pm

Springboard and Diving

Approved students will learn proper diving techniques. Must be at least 10 years old and have completed Level 4. Springboard-01-10-W3 Wed 7:30pm-8:30pm



For beginner swimmers over age 18 AD-Swim-01-08-M Mon 7:30pm-8:30pm



When: Fridays Session 1: 01/12/2024 to 03/01/2024 Time: 6:30PM - 7:30PM Fees: Register Online and bring receipt

Ages 11 and Under - \$4.00 Ages 12 and Up - \$5.00

<u>Rules</u>

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

 When: Fridays 01/12-03/01

 Time: 6:30–7:30pm/swim time

 7:30–8:30pm/party room

 Fee: \$22/per hour for party room

 Swim Fee: \$5.00/ Ages 12 & up

 \$4.00/ Ages 11 & under

 Call: 586-723-2058 to reserve room



You can register online: <u>https://chippewavalleyschools.ce.eleyo.com</u> 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 THE 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: _____