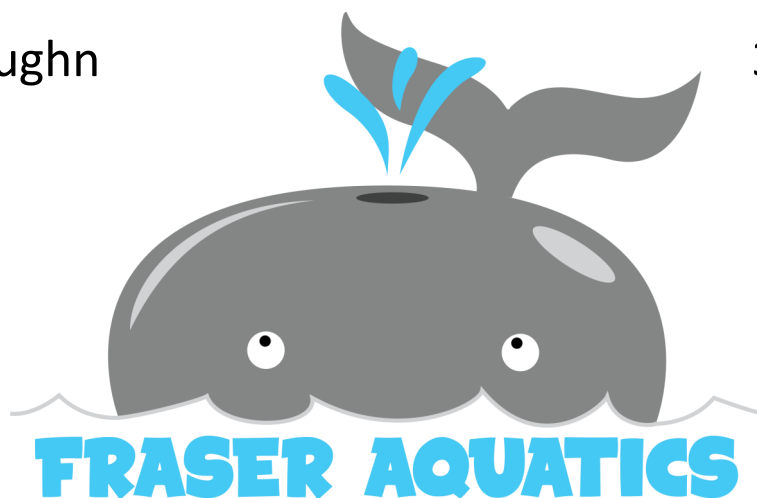


Pool Director:
Melissa Vaughn

Fraser High School
33466 Garfield Rd.
Fraser, MI 48026



fraseraquatics@gmail.com

586.439.7259

HOLIDAY SESSION 2023

November 6 — January 20

Monday, Wednesday, Friday or Saturday

7 or 9 week session, please see inside for day specifics

***Pool will be closed Nov 23-26 for Thanksgiving and
December 21-January 7 for Christmas and New Years***

REGISTRATION TIMES

BY MAIL

Postmarked by:
Saturday
October 14, 2023

AT THE POOL

6:00—9:00 pm
Monday and Wednesday
October 30 and
November 1, 2023

NEXT SESSION: Winter 2024

BEGINS: January 22, 2024

WALK IN REGISTRATION will be January 15 and 17

SWIM PROGRAM

MONDAY

9 classes

| | |
|--------------|---|
| 5:30 - 6:10 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray |
| 6:15 - 6:55 | Jellyfish, Guppy, Flounder, Turtle, Seahorse/Electric Eel, Stingray |
| 7:00 - 8:00 | OPEN SWIM |
| 8:00 - 9:00 | SLIMNASTICS (water exercise, walk in) |
| 9:00 - 9:30 | Adult/Teen lessons |
| 9:00 - 10:00 | LAP SWIM |

WEDNESDAY

9 classes

| | |
|--------------|--|
| 5:00 - 5:40 | Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray |
| 5:45 - 6:25 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray |
| 6:30 - 7:00 | Ducklings |
| 7:00 - 7:40 | Electric Eels, Stingray, Manatee, Marlin, Barracuda |
| 7:00 - 7:55 | Advanced Swimming (to help build endurance, Manatee lever or higher) |
| 8:00 - 9:00 | SLIMNASTICS (water exercise, walk in) |
| 9:00 - 9:30 | Adult/Teen lessons |
| 9:00 - 10:00 | LAP SWIM |

FRIDAY

7 classes

| | |
|-------------|--|
| 5:30 - 6:10 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray |
| 6:15 - 6:55 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray |
| 7:00 - 7:40 | Jellyfish, Guppy, Turtle, Manatee, Marlin, Barracuda |

SATURDAY

7 classes

| | |
|---------------|--|
| 9:00 - 9:40 | Jellyfish, Guppy, Turtle, Electric Eel, Stingray |
| 9:45 - 10:25 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel |
| 10:30 - 11:00 | Ducklings |
| 10:30 - 11:10 | Stingray, Manatee, Marlin, Barracuda |
| 11:15 - 11:55 | Jellyfish, Guppy, Flounder, Turtle, Electric Eel |
| 12:00 - 12:40 | Jellyfish, Guppy, Turtle, Electric Eel, Stingray |
| 12:45 - 1:25 | Jellyfish, Guppy, Turtle, Manatee, Marlin, Barracuda |
| 12:45 - 1:15 | Adult and Teen lessons |

CLASS FEES

**** Fees are based on an 7 OR 9 week session, ONE DAY A WEEK ****

Number of classes per day offered can be found directly under the day listed.

JELLYFISH – BARRACUDA: \$63 or \$81 DUCKLINGS: \$49 or \$63

Advanced Swimming: \$108

Adult & Teen Lessons (30 min. class for anyone, any skill level) \$78 (Sat) or \$100 (Mon/Wed)

SLIMNASTICS -- \$4 per class / \$35 for 10 classes (punch card)

LAP SWIM-- \$3.00 per person, (Senior Citizens, free)

THERE IS NO NEED TO REGISTER FOR EITHER THE SLIMNASTICS OR THE OPEN / LAP SWIM.

THESE PROGRAMS ARE PAY-AS-YOU-GO.

Class Requirements, American Red Cross Program

Pre-School Classes – Ages: 6 months – 5 years

We believe that the sooner children become accustomed to the water and begin to develop not only water skills, but also social interaction skills, the easier it will be for them to enter into the higher Red Cross levels when they turn 6 years old. As always, please consult a supervisor if you are unsure of where to place your child.

| | |
|--------------------------|---|
| <u>DUCKLINGS:</u> | Age 6 months to 5 years; Parents are required to be in the water. |
| <u>JELLYFISH:</u> | Age 3-5 years; Will “swim” with instructor using floatation without parents. |
| <u>GUPPY:</u> | Age 3-5 years; Can swim with floatation on their front 30 feet and on back for 3 feet in shallow or deep water, safety skill with floatation. |
| <u>FLOUNDER:</u> | Age 3-5 years; Can swim on stomach without help for 10 feet and on back for 5 feet, safety skill unaided. |
| <u>SEAHORSE:</u> | Age 3-5 years; The same skills as electric eels. |

Ages: 6 years and up

Fraser Aquatics follows the American Red Cross set of guidelines for swim lessons, which sets forth the skills each person must accomplish before continuing on to the next level, **regardless of age**.

The following is only a brief listing of the skills needed for each level.

TURTLE (Red Cross Level 1): Beginner level, requires assistance to swim in shallow or deep water on their front or back for 30 feet.

ELECTRIC EEL (Red Cross Level 2): Comfortable swimming in deep water for 30 feet, several times unaided on their stomach and back, safety skill unaided in deep end. (Prerequisite: Learn To Swim Level 1 “Turtle” card or supervisor approval.)

STINGRAY (Red Cross Level 3): Swims beginner’s stroke with rhythmic breathing and “birdie arms” on back with body horizontal and strong arms and legs for 15 yards. (Prerequisite: Learn To Swim Level 2 “Eel” card or supervisor approval.)

MANATEE (Red Cross Level 4): Swims front crawl with rotary breathing for 15 yards, back crawl for 15 yards, performs elementary backstroke for 15 yards, performs breaststroke kick for 15 yards, performs a compact dive off the side, dives off the diving board, and comfortable swimming 25 yards. (Prerequisite: Learn To Swim Level 3 “Stingray” card or supervisor approval.)

MARLIN (Red Cross Level 5): Swims front crawl and back crawl with bent arm pull for 25 yards, performs elementary backstroke, breaststroke, and sidestroke properly for 15 yards, standing dive off the board. (Prerequisite: Learn To Swim Level 4 “Manatee” card or supervisor approval.)

BARRACUDA (Red Cross Level 6): Swims front crawl with bilateral breathing and back crawl for 50 yards with flip turns, can swim breaststroke, butterfly, elementary backstroke, and sidestroke for 25 yards. (Prerequisite: Learn To Swim Level 5 “Marlins” card or supervisor approval.)

EXIT BARRACUDA: (See pool office for more information)

- A. Personal Water Safety
- B. Fundamentals of Diving
- C. Fitness Swimmers
- D. Lifeguard Readiness

POOL NEWS

Thank you for your patronage. Without your support this program would not be what it is today. Our goal is to provide equal opportunities for everyone to learn how to enjoy the water safely. In certain cases, we may be able to assist anyone who may be having a financial hardship; please speak to Melissa for more information. As always, if you have any concerns or questions please feel free to contact us or fill out the comments section at the bottom of the registration form and we will address each one.

From all of us at Fraser Aquatics, THANK YOU!

We've gone green. If you are interested in receiving the registration form via e-mail, please go online to our website. Under the tab that says "Blog and Info" you will find a box to submit your information to receive electronic information from us.

Check us out online at www.fraseraquatics.com or on FACEBOOK under Fraser Aquatics! You can get information about our pool program, learn more about each class level, see the current class schedule and print out our registration form. **Sorry, we are not able to accept payment on-line.**

You can find our Pool Policies online for further information. Our E-MAIL is fraseraquatics@gmail.com.

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FRASER SWIM PROGRAM REGISTRATION FORM

Please make checks payable to FRASER PUBLIC SCHOOLS

MAIL TO: Fraser Public Schools

Attn: Swim Registration

34270 Garfield, Fraser, MI 48026-1898

Postmarked by Saturday, October 14, 2023

* PLEASE PRINT CLEARLY *

Parents Name: _____ Phone # _____

Address: _____ City: _____ Zip: _____

Student 1: _____ DOB: _____ Class: _____ Day: _____ Time: _____ Cost: _____

Student 2: _____ DOB: _____ Class: _____ Day: _____ Time: _____ Cost: _____

Student 3: _____ DOB: _____ Class: _____ Day: _____ Time: _____ Cost: _____

Student 4: _____ DOB: _____ Class: _____ Day: _____ Time: _____ Cost: _____

My e-mail address is: _____

Please list any important medical information about your child so that we may accommodate them: _____

**We reserve the right to combine and/or cancel classes based on demand.
REGISTRATION FEES ARE NON-REFUNDABLE—Credit based**

OFFICE USE ONLY:
Cash _____ Check _____