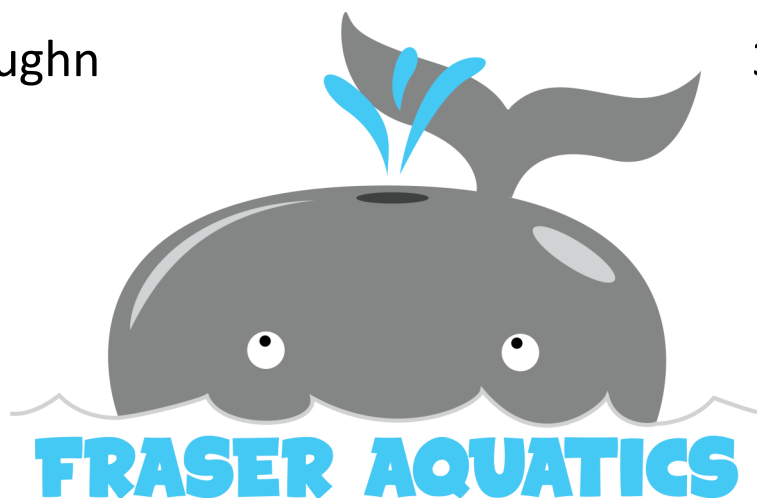


**Pool Director:**  
Melissa Vaughn

**Fraser High School**  
33466 Garfield Rd.  
Fraser, MI 48026



fraseraquatics@gmail.com

586.439.7259

## **FALL SESSION 2025**

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August 25 — October 25

Monday, Wednesday, Friday or Saturday

8 or 9 week session

See inside for details

**POOL CLOSED August 29—September 1**

## **REGISTRATION TIMES**

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### **BY MAIL**

Postmarked by:  
Wednesday  
August 6, 2025

### **AT THE POOL**

6:00—9:00 pm  
Monday and Wednesday  
August 18 and 20, 2025

**NEXT SESSION: Holiday 2025**

**BEGINS: October 27, 2025**

**WALK IN REGISTRATION will be October 20 and 22**

# SWIM PROGRAM

## **MONDAY**

*8 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
9:30-10:00	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
9:30-10:00	Adult/Teen Lessons
9:00 -10:00	LAP SWIM

## **FRIDAY**

*8 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**

*8 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 8 OR 9 week session, ONE DAY A WEEK \*\***

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

**JELLYFISH – BARRACUDA: \$80 or \$90      DUCKLINGS: \$64 or \$72**

**Advanced Swimming: \$117**

**Adult & Teen Lessons (30 min. class for anyone, any skill level) \$96 or \$108**

**SLIMNASTICS -- \$5 per class / \$45 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.

<b><u>DUCKLINGS:</u></b>	Age 6 months to 5 years; Parents are required to be in the water.
<b><u>JELLYFISH:</u></b>	Age 3-5 years; Will willingly “swim” w/o parent, takes and follows direction.
<b><u>GUPPY:</u></b>	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.
<b><u>FLOUNDER:</u></b>	Age 3-5 years; Can swim on stomach without help for 10 feet and on back for 5 feet, safety skill unaided.
<b><u>SEAHORSE:</u></b>	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](http://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.** We accept cash, check or money order only. **We do NOT accept credit or debit cards.**

You can find our Pool Policies online for further information. Our E-MAIL is [fraseraquatics@gmail.com](mailto: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 Wednesday, August 6, 2025**

**ONE FORM PER HOUSEHOLD/FAMILY – PARENT OR LEGAL GUARDIAN INFO MUST BE ON FORM**

\* 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 \_\_\_\_\_