

## Youth Swim Sessions:

Winter 1 (6 weeks) Jan 5-Feb 14

Winter 2 (6 weeks) Feb 16-Mar 28

Spring (6 weeks) Apr 6-May 19 (Omit Apr 20-21)

# Youth Swimming

## CLASS DESCRIPTIONS

### Pre-School Kindergarten Classes:

To gain comfort and confidence in the water. Learn basic swim skills.

**Starfish:** No swim experience. May be hesitant or fearful in the water. All new 3 year old swimmers.

**Guppy:** Comfortable in water and class setting. Can blow bubbles and submerge face.

**Penguin:** Can submerge and float independently, very comfortable in water. Can paddle unassisted.

### School Age Classes:

Each class builds on essential skills mastered in the previous level.

**Novice:** Introductory to The Sports Club of Novi swimming for ages 10 and under. Students will learn and develop basic swimming techniques used throughout our level program.

**Learner:** Jumps in shallow water. Able to swim 10' with face in water. Focus on rotary breathing, backstroke and deep water exposure.

**Swimmer:** Jumps in deep water. Able to swim front crawl with rotary breathing and backstroke 20'. Focus on building endurance in the front crawl, backstroke and diving.

**Technique:** Swims front crawl and backstroke 25 meters without stopping. Knows breaststroke kick. Focus on bi-lateral breathing front crawl, breaststroke and butterfly.

**Mastery 1:** Swims the four competitive strokes with correct technique. End Goal: 100 meters front crawl with flip turns. Swim 50 meters all other strokes.

**Mastery 2:** Swim one hour. Increase endurance, improve technique. Prepare for swim team and school activities. Must have completed Mastery 1.

**Middle School/High School Beginner:** Comfortable in the water. Ready to learn correct stroke techniques.

## Preschool Classes Ages 3-5

### Starfish (30 minutes)

Wed 10:00-10:30 am

### Guppy (30 minutes)

Wed 10:00-10:30 am

Sat 12:00-12:30 pm

Sun 11:45 am-12:15 pm

### Penguin (30 minutes)

Wed 10:30-11:00 am

Sat 12:00-12:30 pm

Sun 11:45 am-12:15 pm

## Youth Swim Classes Kindergarten and Up

### Novice (30 minutes)

Tues 6:15-6:45 pm

Sat 11:15-11:45 am

Sun 11:45 am-12:15 pm

### Learner (45 minutes)

Mon 6:15-7:00 pm

Tues 5:30-6:15 pm

Wed 6:15-7:00 pm

Thurs 5:30-6:15 pm 6:15-7:00 pm

Sat 11:15 am-12:00 pm

Sun 10:15-11:00 am

### Swimmer (45 minutes)

Mon 6:15-7:00 pm

Tues 5:30-6:15 pm

Wed 5:30-6:15 pm

Thurs 6:15-7:00 pm

Sat 11:15 am-12:00 pm

Sun 12:15-1:00 pm

### Technique (45 minutes)

Mon 5:30-6:15 pm

Tues 6:15-7:00 pm

Wed 5:30-6:15 pm

Thurs 5:30-6:15 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

### Mastery (45 minutes)

Mon 5:30-6:15 pm

Tues 7:00-7:45 pm

Wed 6:15-7:00 pm

Sat 10:30-11:15 am

Sun 11:00-11:45 am

### Mastery 2 (60 minutes)

Mon 7:00-8:00 pm

Sat 12:30-1:30 pm

### Middle/High School Beginner (45 minutes)

Call for details.

<b>Cost: Youth Swim 6 weeks</b>	<b>30/45 min.</b>	<b>60 min.</b>
<b>Fitness Members</b>	<b>\$82</b>	<b>\$101</b>
<b>Program Members</b>	<b>\$86</b>	<b>\$105</b>



## Youth Swim Private Swim Lessons

For additional information, call programs at 248-735-8850, ext. 112.

**Private 30 minute lessons – Fee per swimmer**

**Semi-Private 30 minute lessons –**

**Add \$6.00 per ½ hour**

### Youth Swim Instructors ½ hour

**Fitness Members \$28**

**Program Members \$30**

### Advanced Swim Instructors

**Fitness Members \$36**

**Program Members \$38**

### Surgeon Swim Team Coaches

**Fitness Members \$40**

**Program Members \$42**



## Novi Sturgeons Swim Team

### The Teams

#### Junior #1\* (two days per week)

Mon/Thurs 5:15-6:00 pm

Tues/Fri 5:15-6:00 pm

Wed/Sat W-6:15-7:00 pm S-11:30 am-12:15 pm

#### Junior #2\* (two days per week)

Mon/Thurs 6:00-7:00 pm

Tues/Fri 6:00-7:00 pm

Wed/Sat W-5:15-6:15 pm S-10:30-11:30 am

#### Junior #3\* (3 days per week)

Mon/Wed 5:30-7:00 pm

Tues/Thurs 5:30-7:00 pm

Sat 10:30 am-12:00 pm

#### Junior Intensive Team\* (4 days per week)

Swimmer can vary schedule week to week. Swimmer is strongly advised to make the Friday workout with the State Team.

Mon - Fri 5:30-7:00 pm



#### State Team\*

Motivated age group swimmers who want to compete successfully at the state level. Swimmers are required to swim at a minimum of five days per week.

Mon-Thurs 6:45-8:45 pm

Fri 3:30-5:30 pm or 5:30-7:00 pm  
(coaches approval)

Sat 8:00-10:30 am

#### Senior Team\*

This program is for a dedicated swimmer who is trying to excel and compete at state, regional and national levels. Must maintain a 90% practice attendance record.

Mon-Fri 3:30-5:30 pm

Sat 8:00-10:30 am

**\*All levels require coaches approval.**

Contact Programs for swimmers eligibility, tryouts and program rates.

**PLEASE NOTE:** Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. **No refunds or make-ups for missed classes, except for pool cancellations.**

**PLEASE NOTE:** In case of inclement weather call the Hotlines at 248-735-8850. Youth Swim ext. 237, or the Swim Team at ext. 236.