



Youth Swimming

Ages 3-6

3's & 4's (30 minutes)

Wed	5:00-5:30 pm*
Thurs	5:00-5:30 pm*
Sat	11:30 am-12:00 pm
Sun	10:30-11:00 am

5's & 6's (30 minutes)

Tues	6:15-6:45 pm
Wed	6:30-7:00 pm
Thurs	5:00-5:30 pm* 5:30-6:00 pm
Sat	10:00-10:30 am
Sun	12:00-12:30 pm

*5:00 pm classes available Winter 1 only

Ages 7 and Up

Learner (45 minutes)

Mon	6:15-7:00 pm
Tues	5:30-6:15 pm
Wed	6:15-7:00 pm
Thurs	6:15-7:00 pm
Sat	10:30-11:15 am
Sun	11:00-11:45 am

Swimmer (45 minutes)

Mon	6:15-7:00 pm
Tues	5:30-6:15 pm
Wed	6:15 pm-7:00 pm
Thurs	6:15-7:00 pm 7:00-7:45 pm
Sat	10:45-11:30 am
Sun	10:30-11:15 am

Technique (45 minutes)

Mon	5:30-6:15 pm
Tues	6:15-7:00 pm 7:00-7:45 pm
Wed	5:30-6:15 pm 5:45-6:30 pm
Thurs	5:30-6:15 pm
Sat	10:45-11:30 am
Sun	11:15 am-12:00 pm

Mastery (45 minutes)

Mon	5:30-6:15 pm
Tues	7:00-7:45 pm
Wed	7:00-7:45 pm
Sat	10:00-10:45 am
Sun	10:30-11:15 am 11:15 am-12:00 pm

Mastery 2 (60 minutes)

Mon	7:00-8:00 pm
Sat	12:00-1:00 pm
Sun	12:00-1:00 pm

Middle/High School Beginner

Call for 248.735.8850, ext.112 for details.

Cost: Youth Swim 8 weeks	30/45 min.	60 min.
Fitness Members	\$120	\$144
Program Members	\$128	\$152

Youth Swim Sessions:

Winter 1 (8 weeks) Jan 3-Feb 27

*5:00 pm classes available Winter 1 only

Winter 2 (8 weeks) Mar 6-May 7 (Omit Apr 6-12)

Director: Corrie Belle

CLASS DESCRIPTIONS

Ages 3-6 Classes:

Gain confidence in the water. Learn basic swim skills. No experience necessary.

3's & 4's: A fun introduction to swimming.

5's & 6's: Swimmer will learn and develop basic swimming techniques used throughout our program.

Ages 7 and Up Classes:

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

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.

No refunds or makeups for missed classes. Goggles required for all students.

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 makeups for missed classes, except for pool cancellations.**



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

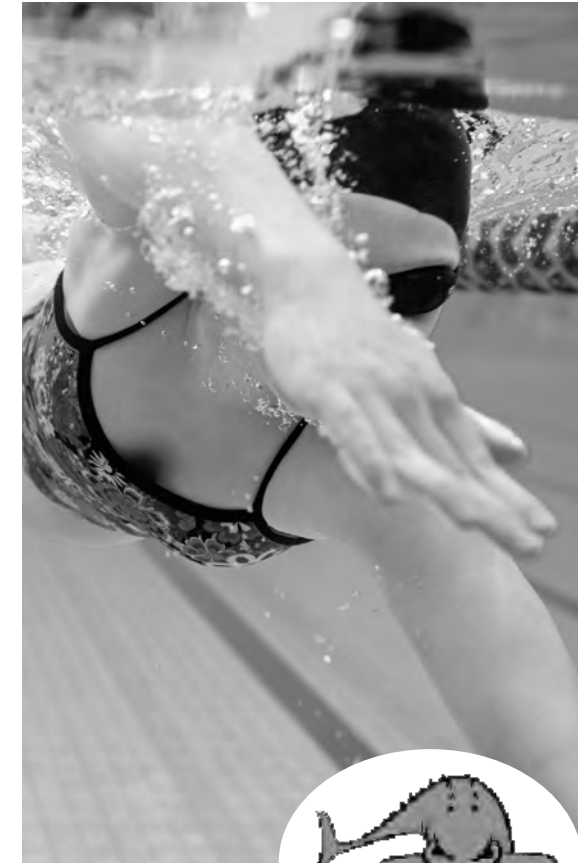
Youth Swim Instructors	1/2 hour
Fitness Members	\$28
Program Members	\$30

Advanced Swim Instructors

Fitness Members	\$36
Program Members	\$38

Sturgeon Swim Team Coaches

Fitness Members	\$45
Program Members	\$47



Novi Sturgeons Swim Team

Directors: Bob Jenrow and Mark Winter

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
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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.

