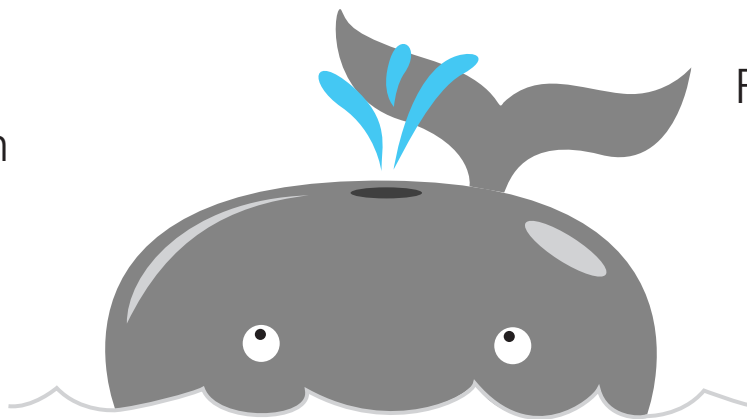


Pool Director:  
Melissa Vaughn  
Assistant:  
Mara Gross

Fraser High School  
33466 Garfield  
Fraser, MI 48026



# FRASER AQUATICS

fraseraquatics@gmail.com

586.439.7259

## SPRING SESSION 2021

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Monday, Wednesday, or Saturday

– NINE WEEK SESSION –

Starts March 29

*Pool will be closed April 1 - 11 for Spring Break  
and May 29 - 31 for Memorial Day*

## REGISTRATION TIMES

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**ON-SITE ONLY. NO MAIL IN REGISTRATION WILL BE ACCEPTED!**

**March 15th & 17th FOR FAMILIES WITH CREDITS ONLY**

from last year's closure, 6-9pm at the pool

**March 22nd & 24th for the general public will be**

**from 6-9pm at the pool**

## LOCATION

Fraser High School is located on Garfield between 14 & 15 Mile Roads. The pool entrance is on Klein St. which runs diagonally from 15 Mile to Garfield and is behind the school near the tennis courts. Look for the SWIMMING POOL sign on the building.

**Next session, Summer 2021, begins in June.**

# **SWIM PROGRAM**

## **MONDAY**

*9 classes*

5:00 - 5:45	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:00 - 6:45	Jellyfish, Guppy, Flounder, Seahorse, Turtles, Electric Eel, Stingray
7:00 - 7:45	Electric Eel, Stingray, Manatee, Marlin, Barracuda
8:00 - 9:00	SLIMNASTICS (water exercise) <b>MUST SECURE SPOT DAILY ONLINE</b>
9:00 -10:00	LAP SWIM

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## **WEDNESDAY**

*9 classes*

5:00 - 5:45	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
6:00 - 6:30	Ducklings
6:00 - 6:45	Flounder, Seahorse, Electric Eel, Stingray
7:00 - 7:45	Electric Eels, Stingray, Manatee, Marlin, Barracuda
8:00 - 9:00	SLIMNASTICS (water exercise) <b>MUST SECURE SPOT DAILY ONLINE</b>
9:00 -10:00	LAP SWIM

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## **SATURDAY**

*9 classes*

9:00 – 9:45	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
10:00 – 10:30	Ducklings
10:00 – 10:45	Manatee, Marlin, Barracuda
11:00 – 11:45	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
12:00 – 12:45	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
1:00 – 1:30	Adult and Teen lessons

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# **CLASS FEES**

**\*\* THIS IS BASED ON A 2 WEEK SESSION, ONE DAY A WEEK \*\***

**JELLYFISH – BARRACUDA: \$81      DUCKLINGS: \$60**

**Adult & Teen Lessons (30 min. class for anyone, any skill level) \$100**

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

**LAP SWIM-- \$3.00 per person, Senior Citizens (62 & older), free**

**THERE IS NO NEED TO REGISTER FOR EITHER THE SLIMNASTICS OR THE LAP SWIM. BOTH ARE PAY-AS-YOU-GO.**

**PLEASE NOTE the registration page with changes to**  
**our facility before registering!**

# **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 try without parents in the water with them.
<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 dolphin 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

### **Please make note of these COVID-related changes to our swim program:**

Before arrival to the facility, please go online and complete our COVID screening form; one form must be filled out PER PERSON.

Entrance and exit doors will be clearly marked in order to maintain social distance and one way traffic. You will enter via the traditional main entrance; however, the exit will be the clear glass doors located at the other end of the bleachers.

Only one parent per family is allowed to accompany children for swim lessons and children who are not enrolled in lessons will not be allowed to observe. An exception will be made for parents of two Ducklings enrolled in the same class, as well as for combination Ducklings and preschool level classes. Face shields instead of masks are required for parents in the Ducklings class.

Spots on the bleachers for parents to sit will be marked with blue painter's tape. Please do not sit where there isn't a tape mark. The wall benches near the shallow end of the pool will not be used for parent observation.

Showers and lockers will not be available for use.

Children will be required to wear a mask until they reach the side of the pool where their class is located. Parents can then collect the masks and return to their seats to prevent the masks from getting wet.

Once lessons are completed, it is imperative that students dry off quickly and families exit the facility as soon as possible so that sanitation can occur and the next group of students may enter.

Thank you for your patience and assistance in these matters.

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## FRASER SWIM PROGRAM REGISTRATION FORM

Please make checks payable to FRASER PUBLIC SCHOOLS

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 \_\_\_\_\_