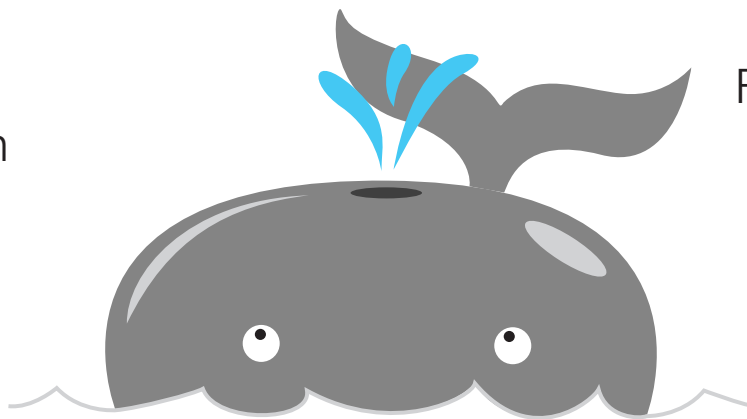


Pool Director:  
Melissa Vaughn  
Assistant:  
Mara Gross

Fraser High School  
33466 Garfield  
Fraser, MI 48026



# FRASER AQUATICS

fraseraquatics@gmail.com

586.439.7259

## WINTER SESSION 2020

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Monday, Wednesday, Friday, or Saturday

– NINE WEEK SESSION –

January 27 –March 28

## REGISTRATION TIMES

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### BY MAIL

Postmarked By:  
January 11, 2020

### AT THE POOL

6:00 – 9:00 pm  
January 20 & 22

### 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, Spring 2020, begins Monday March 30.  
Registration is March 23 & 25, 2020.**

# SWIM PROGRAM

<b>MONDAY</b> <i>9 classes</i>	5:30 - 6:10	Guppy, Flounder, Turtle, Electric Eel, Stingray, Manatee
	6:15 - 6:55	Jellyfish, Seahorse, Turtle, Electric Eel, Stingray, Marlin, Barracuda
	<b>7:00 - 8:00</b>	<b>RECREATIONAL SWIM</b>
	8:00 - 9:00	SLIMNASTICS (water exercise)
	<b>9:00 -10:00</b>	<b>LAP SWIM</b> <b>9-9:30 or 9:30-10</b> <b>ADULT (or private) LESSONS</b>

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<b>WEDNESDAY</b> <i>9 classes</i>	5:00 - 5:40	Jellyfish, Guppy, Turtle, Electric Eel, Manatee, Marlin
	5:45 - 6:25	Jellyfish, Guppy, Flounder, Seahorse, Turtle, Electric Eel, Stingray
	6:30 - 7:00	Ducklings
	6:30 - 7:00	<b>PRIVATE LESSONS</b> (deep water only available at this time)
	7:00 - 7:40	Seahorse, Electric Eel, Stingray, Manatee, Marlin, Barracuda
	7:00 - 7:55	Advanced Swimming (help build endurance, Manatee level or higher)
	8:00 - 9:00	SLIMNASTICS (water exercise)
	<b>9:00 -10:00</b>	<b>LAP SWIM</b> <b>9-9:30 or 9:30-10</b> <b>ADULT (or private) LESSONS</b>

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<b>FRIDAY</b> <i>9 classes</i>	5:30 – 6:10	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Stingray
	6:15 – 6:55	Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray
	7:00 – 7:40	Manatee, Marlin, Barracuda
	<b>7:00 – 8:00</b>	<b>SLIMNASTICS (water exercise)</b>

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<b>SATURDAY</b> <i>9 classes</i>	9:00 – 9:40	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Marlin, Barracuda
	9:45 – 10:25	Jellyfish, Guppy, Seahorse, Turtle, Electric Eel, Stingray, Manatee
	10:30 – 11:00	Ducklings
	10:30 – 11:10	Seahorse, Electric Eel, Stingray
	11:15 – 11:55	Jellyfish, Guppy, Flounder, Turtle, Electric Eel, Manatee
	12:00 – 12:40	Jellyfish, Guppy, Turtle, Stingray, Manatee, Marlin, Barracuda
	12:45 – 1:15	Adaptive Aquatics / Adult and Teen lessons / Private

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## CLASS FEES

**\*\* THIS IS BASED ON A 9 WEEK SESSION, ONE DAY A WEEK \*\***

**JELLYFISH – BARRACUDA: \$72      DUCKLINGS: \$50**

**ADVANCED SWIMMING: \$100      This is a 55 minute class.**

**Adaptive Aquatics (30 min. class for the mentally and/or physically handicapped) \$100**

**Adult & Teen Lessons (30 min. class for anyone, any skill level) \$90**

**PRIVATE LESSON \$130    This is a one on one 30 min. class.**

**SLIMNASTICS or HYDRO TONE -- \$3.50 per class / \$30 for 10 classes (punch card)**

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

# **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**

We would like to 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 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 let us know by selecting your choice below and providing us with your e-mail address. You **MUST** register with google groups once we send you the welcome email to join if you wish to receive our emails.

Check us out online at [www.fraseraquatics.com](http://www.fraseraquatics.com) or on FACEBOOK under Fraser Aquatics! You can get information about pool events, learn more about each class level, see the current class schedule and print out a registration form. Sorry, we are not able to accept payment on-line. We can also be found on Twitter and Pinterest. We are still working to build the information on those sites, but come join us!

You can find our Pool Policies online for further information. Our EMAIL 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 Saturday, January 11, 2020**

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 \_\_\_\_\_