

# HIGH SCHOOL POOL 863-6042

# SWIM LESSONS

**ONLINE REGISTRATION BEGINS APRIL 8 AT [WWW.RPSSIGNMEUP.COM](http://WWW.RPSSIGNMEUP.COM)**

*Walk-in, Mail or Fax Registrations begins April 15. Registration form is on page 24.*

## LEVEL ONE

Water Exploration is for the beginner ages 5 and up. Your child will learn basic swimming skills: floating, kicking, and beginner strokes. No prerequisites.

M, T, W, Th	M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
10:00-10:45 am	11:00-11:45 am	10:00-10:45 am	10:00-10:45 am
#4307-S10A - \$55	#4307-S10B - \$55	#4307-S10C - \$55	#4307-S10D - \$55

## LEVEL TWO

Primary skills teaches confidence, retrieving objects underwater, gliding, unsupported floating, performing combined strokes on the front and back and rhythmic breathing.

M, T, W, Th	M, T, W, Th	M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	6/28 – 7/9	7/12 – 7/23	7/12 – 7/23
10:00-10:45 am	10:00-10:45 am	11:00-11:45 am	10:00-10:45	11:00-11:45 am
#4308-S10A - \$55	#4308-S10B - \$55	#4308-S10C - \$55	#4308-S10D - \$55	#4308-S10E - \$55

## LEVEL THREE

Stroke Readiness is for stronger swimmers who can swim independently, and know front and back crawl basics. Students will learn rotary breathing, the elementary back stroke and treading water.

M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
10:00-10:45 am	11:00-11:45 am	10:00-10:45 am
#4302-S10A - \$55	#4302-S10B - \$55	#4302-S10C - \$55

## LEVEL FOUR

Stroke Development introduces advanced skills: Sidestroke, breaststroke and diving from poolside. Swimmers are challenged to increase their endurance by swimming greater distances of the front and back crawl and elementary back stroke. Student must be able to swim 10 yards.

M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
11:00-11:50 am	10:00-10:50 am	11:00-11:50 am
#4310-S10A - \$55	#4310-S10B - \$55	#4310-S10C - \$55

## LEVEL FIVE / LEVEL SIX

Stroke Refinement coordinates and refines key strokes. Swimmer is introduced to the butterfly, open turns, and surface diving. Swim all strokes for increased distances. Student must be able to swim 25 yards or have passed Level 4.

M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
11:00-11:50 am	11:00-11:50 am	11:00-11:50 am
#4303-S10A - \$55	#4303-S10B - \$55	#4303-S10C - \$55

## PARENT & CHILD CLASSES

KIDS – Beginning swimming for ages 18 months-4 years. Parent and child attend class together and learn swimming techniques such as floating, crawl and water safety.

### AQUA KIDS: ages 18 months-4 years.

M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
11:00-11:30 pm	10:00-10:30 pm	11:00-11:30 am
#4306-S10A - \$55	#4306-S10B - \$55	#4306-S10C - \$55

### ADVANCED AQUA KIDS: ages 4 & 5 years old without parent

M, T, W, Th	M, T, W, Th	M, T, W, Th
6/14 – 6/25	6/28 – 7/9	7/12 – 7/23
10:00-10:30 am	11:00-11:30 am	10:00-10:30 am
#4301-S10A - \$55	#4301-S10B - \$55	#4301-S10C - \$55

For more information on level placement call Harold at 863-6042.

*Fridays will be used as a make up day. Make up classes are due to maintenance or inclement weather cancellations, it is not for missed classes.*

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### ROCKFORD RIPTIDE SWIM TEAM

**SPRING SWIM SEASON**

April 12 - May 27

**JR RIPTIDE**

April 19- May 19

**FOR MORE INFORMATION GO TO [WWW.RIPTIDE.ORG](http://WWW.RIPTIDE.ORG)**

Contact [sritsema@riptide.org](mailto:sritsema@riptide.org) or  
Suelyn at 616-863-0613



### LAP SWIMS

(ROCKFORD HIGH SCHOOL)

**EARLY BIRD LAP SWIM**

Monday thru Friday 5:30-7:30 am

**OPEN SWIM** (Rockford High School)

Begins April 2-June 11

Monday and Wednesday 7:30-9:30 pm

Begins June 14

Tuesday and Thursday 4:00-6:00 pm

### ROCKFORD COMMUNITY SERVICES LEARN TO SWIM CLASSES

All Learn to Swim Classes are held at the **Rockford High School Pool**

Rockford High School - 4100 Kroes Rd.

Fee includes a \$10 non-refundable registration fee. For more information on Learn to Swim Classes, please call Harold at High School Pool 863-6042.

*Aquatic programs fill quickly and are subject to limited enrollment, please include a 2nd or 3rd choice if possible.*



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## COMMUNITY POOL REGISTRATION FORM

**POOL PAYMENTS MUST BE MADE SEPARATELY FROM ALL OTHER CLASS PAYMENTS**

Swimmer's name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip \_\_\_\_\_ Phone: Home \_\_\_\_\_ Work/Cell \_\_\_\_\_

Swimmer's Age \_\_\_\_\_ Time \_\_\_\_\_ Level \_\_\_\_\_

Class Code # \_\_\_\_\_ Days per week \_\_\_\_\_ Class Date \_\_\_\_\_

2nd Choice Class Code# \_\_\_\_\_ Time \_\_\_\_\_ Class Date \_\_\_\_\_

Visa/MasterCard \_\_\_\_\_ Exp. Date \_\_\_\_\_

Email \_\_\_\_\_ Parent Name \_\_\_\_\_

*Email for confirmation/receipt only*

Mail or Fax WITH PAYMENT to:

### ROCKFORD COMMUNITY SERVICES

**350 N. Main, Rockford, MI 49341**

Make checks payable to Rockford Community Services.



**[WWW.RPSSIGNMEUP.COM](http://WWW.RPSSIGNMEUP.COM) PHONE - 863-6322 FAX - 866-5994**