## CHIPPEWA VALLEY SCHOOLS ADULT & COMMUNITY EDUCATION

Classes held at Chippewa Valley High School Pool: 18300 19 Mile Rd, Clinton Twp 48038



# Class Dates for Fall 2025 Session 1



Monday: At Chippewa Valley High School

**Session 1:** 09/08, 09/15, 09/22, 09/29, 10/06, 10/13, 10/20

Friday: At Chippewa Valley High School

**Session 1:** 09/12, 09/19, 09/26, 10/03, 10/10, 10/17, 10/24

Wednesday: At Chippewa Valley High School

**Session 1:** 09/10, 09/17, 09/24, 10/01, 10/08, 10/15, 10/22

Saturday: At Chippewa Valley High School

**Session 1:** 09/13, 09/20, 09/27, 10/04, 10/11, 10/18, 10/25

Class Fees: \$68.00 per student / all classes are 45 minutes unless otherwise noted / 7-day classes.

Swim Program Pool Supervisor: Alex Sprowitz, <a href="mailto:asprowitz@cvs.k12.mi.us">asprowitz@cvs.k12.mi.us</a>

\*\*All registration for the Swim Program is handled through the Community Education Office **NOT** at the pool.

#### Aqua Tots - 1/2 Hour Class

For children 6 months to 3 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.

Aqua Tots-09-13-S1	Saturday	12:15 PM



#### Goldfish (PA) - 1/2 hour class

For children 3-5 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.

GoldfishPA-09-08-M1	Monday	6:45 PM		
GoldfishPA-09-10-W1	Wednesday	6:45 PM		
GoldfishPA-09-13-S2	Saturday	10:45am		
GoldfishPA-09-13-S3	Saturday	11:30am		



#### Goldfish (Reg)

For children 3-5 years old, no parent assistance is needed. Child uses a flotation device.

Goldfish-09-08-M1	Monday	6:00 PM
Goldfish-09-08-M2	Monday	6:45 PM
Goldfish-09-10-W1	Wednesday	6:00 PM
Goldfish-09-10-W2	Wednesday	6:45 PM
Goldfish-09-13-S1	Saturday	10:00 AM
Goldfish-09-13-S2	Saturday	10:45 AM
Goldfish-09-13-S3	Saturday	11:30 AM

## Starfish

For children 3-5 years old. Children will learn the basic skills of swimming without a flotation device or parent assistance.

Starfish-09-08-M1	Monday	6:00 PM
Starfish-09-08-M2	Monday	6:45 PM
Starfish-09-10-W1	Wednesday	6:00 PM
Starfish-09-10-W2	Wednesday	6:45 PM
Starfish-09-13-S1	Saturday	10:00 AM
Starfish-09-13-S2	Saturday	10:45 AM
Starfish-09-13-S3	Saturday	11:30 AM

## Level 1 – Introduction to Water Skills

For children 6 & up. This class is designed to help students feel comfortable in the water. Learn to submerge mouth, nose & eyes.

Level-1-09-08-M1	Monday	6:00 PM
Level-1-09-08-M2	Monday	6:45 PM
Level-1-09-10-W1	Wednesday	6:00 PM
Level-1-09-10-W2	Wednesday	6:45 PM
Level-1-09-13-S1	Saturday	10:00 AM
Level-1-09-13-S2	Saturday	10:45 AM
Level-1-09-13-S3	Saturday	11:30 AM

#### **Level 2 - Fundamental Aquatic Skills**

Gives students success with fundamental skills.

This class is taught in deep water.

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Level-2-09-08-M1	Monday	6:00 PM		
Level-2-09-08-M2	Monday	6:45 PM		
Level-2-09-10-W1	Wednesday	6:00 PM		
Level-2-09-10-W2	Wednesday	6:45 PM		
Level-2-09-13-S1	Saturday	10:00 AM		
Level-2-09-13-S2	Saturday	10:45 AM		
Level-2-09-13-S3	Saturday	11:30 AM		

## Level 3 - Stroke Development

Level 2: Fundamental Aquatic Skills. Gives students success with fundamental skills. Taught in deep water.

Level-3-09-08-M1	Monday	6:00 PM
Level-3-09-08-M2	Monday	6:45 PM
Level-3-09-10-W1	Wednesday	6:00 PM
Level-3-09-10-W2	Wednesday	6:45 PM
Level-3-09-13-S1	Saturday	10:00 AM
Level-3-09-13-S2	Saturday	10:45 AM
Level-3-09-13-S3	Saturday	11:30 AM

#### Level 4 - Stroke Improvement

This class develops confidence in the skills learned & helps improve other aquatic skills.

Level-4-09-08-M1	Monday	6:00 PM
Level-4-09-08-M2	Monday	6:45 PM
Level-4-09-10-W1	Wednesday	6:00 PM
Level-4-09-10-W2	Wednesday	6:45 PM
Level-4-09-13-S1	Saturday	10:00 AM
Level-4-09-13-S2	Saturday	10:45 AM
Level-4-09-13-S3	Saturday	11:30 AM

### <u>Level 5 – Stroke Refinement</u>

This class teaches the refinement of the front/back crawl, breaststroke, butterfly, elementary backstroke, sidestroke, and diving.

Level-5-09-08-M1	Monday	6:00 PM
Level-5-09-08-M2	Monday	6:45 PM
Level-5-09-10-W1	Wednesday	6:00 PM
Level-5-09-10-W2	Wednesday	6:45 PM
Level-5-09-13-S1	Saturday	10:00 AM
Level-5-09-13-S2	Saturday	10:45 AM
Level-5-09-13-S3	Saturday	11:30 AM

#### Level 6 - Swimming & Skill Proficiency

This class refines all 6 strokes so the child can swim with ease, efficiency, power & smoothness over greater distances. Options after completing include personal water safety, fundamentals of diving, and fitness swimmer

include personal water safety, fundamentals of diving, and fitness swiffing		
Level-6-09-08-M1	Monday	6:00 PM
Level-6-09-08-M2	Monday	6:45 PM
Level-6-09-10-W1	Wednesday	6:00 PM
Level-6-09-10-W2	Wednesday	6:45 PM
Level-6-09-13-S1	Saturday	10:00 AM
Level-6-09-13-S2	Saturday	10:45 AM
Level-6-09-13-S3	Saturday	11:30 AM

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## **Private and Semi-Private Lessons**

Private lessons are available at \$34.00/per ½ hour Semi-Private Lessons are available at \$50 per ½ hour for 2 students 5:00PM-5:30PM or 7:30PM-8:00PM

### **Available by Request Only**

For an appointment email asprowitz@cvs.k12.mi.us

## **Adult Lap Swim**

## \$5.00 per session

AD-Lap-(date)-M Monday 7:30pm-8:30pm AD-Lap-(date)-W Wednesday 7:30pm-8:30pm

## Pre-Competitive Swim

For students who have passed level 4 and want to build endurance while working on technique.

PC-Swim-09-12-F3 FRI 7:30pm-8:30pm

## **Springboard and Diving**

Approved students will learn proper diving techniques. Must be at least 10 years old and have completed Level 4.

Springboard-09-10-W3 Wed 7:30pm-8:30pm

## **Adult Swim Lessons**

For beginner swimmers over age 18 AD-Swim-09-08-M Mon 7:30pm-8:15pm

## **Adult Water Aerobics**

The viscosity and weight of the water provides an impactfree way to intensify your work out. All fitness levels welcome!

> Ideal exercise for any shape or fitness level! Must be 18. Proper swim attire required.

Chippewa Valley High School Pool 7:30-8:30pm

7 Weeks - \$68.00 Seniors (55+) - \$65.00 6 Weeks - \$58.00 Seniors (55+) - \$55.00

AD-WA-09-08-(09/08-10/20)	Monday	(7 Weeks)
AD-WA-09-10-(09/10-10/22)	Wednesday	(7 Weeks)

Home Address:

## **Open Swim**

When: Fridays Session 1: 09/12/24 to 10/24/24

Where: Chippewa Valley High School

**Time:** 6:30PM - 7:30PM

Fees: Register Online and bring receipt

Ages 11 and Under - \$4.00 Ages 12 and Up - \$5.00

## <u>Rules</u>

- Ages 8 & under <u>MUST</u> be accompanied, <u>IN THE WATER</u>, by a responsible person 18 years or older or as determined by supervisor.
- Swim diapers are **REQUIRED** for untrained children.
- Men/boys swimsuits <u>MUST HAVE A LINER</u> no underwear, briefs, or shorts.

City: \_\_\_\_\_ Zip: \_\_

## You can register online: <a href="https://chippewavalleyschools.ce.eleyo.com">https://chippewavalleyschools.ce.eleyo.com</a> with a Debit/Credit Card Or in person at Community Education 19120 Cass Ave. Clinton Twp, MI 48038

Parents Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Phone: ()	one: () Alternate Phone: ()			
Childs Name:	DOB:	Class #:	Class Name:	Cost:
Childs Name:	DOB:	Class #:	Class Name:	Cost:
MC/Visa#:	Exp.Date	Name on	Card:	
Classes may be canceled, shortened in call 586-723-2050 <u>before</u> first class. N MET. An \$8 processing fee will be ded arise. We promise to be fair and reaso of view. There are no confirmations masupport! Recording of various school the year. This recording may be feature (CVC-TV). Please fill out the media release.	O REFUNDS ARE ISSUED FOR Concrete from all refunds. All atternable with each customer on a sailed out, if you don't hear from and classroom activities with insed in district publications, local ease form below indicating your	ONE-NIGHT CLAS: mpts will be made ny concern or rec us, we will see ye terviews, photogr media, the Intern approval or den	SES, SPECIAL EVENTS Of for a refund should exquest, always consideratou at the class. Thank yoraphy, and video equipriet, or aired on our educial.	R AFTER FIRST CLASS HA tenuating circumstances e of the customer's point ou for your continued ment is done throughout cational access channel
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