CITY OF INKSTER PARKS AND RECREATION DEPARTMENT

2011 SUMMER AQUATIC SCHEDULE

June 25, 2011 - August 20, 2011

Swimming is anticipated to continue as the most popular recreational activity in the new millennium. It is regarded as being physically beneficial as aerobics without the impact of the joints, or as leisurely refreshing as the participant needs it to be. It is a universal sport without age or physical limitations. If you or your child has not yet learned to swim, now is your opportunity. Register for a summer instructional swim program and see how much fun swimming can be. Our competent, certified instructors are among the best, and are willing to take the time to personally introduce you to the benefits of knowing safety in swimming.

POLLIWOGS & GUPPIES **MINNOWS & FISH** **BEGINNERS A/B** MONDAY-WEDNESEAY-FRIDAY JUNE 27 - AUGUST 19	WATER ACTUAINTANCE, FLOATING, HOLDING BREATH UNDER WATER & JUMPING INTO SHALLOW END OF POOL SHOULD BE ABLE TO SWIM LENGTH OF POOL WITHOUT STOPPING & JUMPING IN DEEP END OF THE POOL. STUDENTS WILL BE TAUGHT CORRECT BREATHING TECHNQUES BASIC CRAWL & BACK STROKE	COST: $50 (ENTIRE SUMMER) TIME: 12:00 P.M. - 12:45 P.M. EACH SESSION 45 MINUTES
SHARKS **ADVANCES BEGINNERS** TUESDAY/THURSDAY JUNE 28 - AUGUST 18	STUDENTS SHOULD HAVE PASSED RED CROSS ADVANCED BEGINNERS TEST, WHICH INCLUDES FIVE (5) MINUTES OF SWIM AND DEMONSTRATION BASIC CRAWL & BACK STROKE	COST: $ 55 (ENTIRE SUMMER) TIME: 12:00 P.M. - 12:45 p.m. EACH SESSION 45 MINUTES
SENIOR LIFESAVING TUESDAY/THURSDAY JUNE 28 - AUGUST 18	MUST PASS BOTH A WRITTEN & WATER TEST GIVEN BY W.S.I. TO OBTAIN A RED CROSS ADV. LIFESAVING CARD. PURCHASE OF RED CROSS MANUAL IS REQUIRED.	COST: $ 60 (ENTIRE SUMMER) TIME: 12:00 P.M. - 12:45 P.M. EACH SESSION 45 MINUTES
ADULT LESSONS MONDAY/WEDNESDAY JUNE 27 - AUGUST 17	LEARN HOW TO SWIM OR PERFECT THE SWIM STROKES YOU ALREADY KNOW. ADULTS WILL LEARN WITH ADULTS.	COST: $ 45 (ENTIRE SUMMER) TIME: 6:30 P.M. - 7:45 P.M. EACH SESSIONS 45 MINUTES
SENIOR SWIM & AEROBICS SATURDAY JULY 9 - AUGUST 20	ENJOY THE WARM WATER (HEATED POOL) PERFORM AND LEARN BASIC SWIM STROKES AND/OR POOL EXERCISES	COST: $ 0 (ENTIRE SUMMER) TIME: 12:00 P.M. - 12:45 P.M. EACH SESSION 45 MINUTES

PARENTS, IF YOU HAVE MORE THAN ONE CHILD AT A DIFFERENT SKILLS LEVEL,
WE TRY TO ACCOMMODATE BOTH CHILDREN IN THE SAME CLASS SESSION, IF POSSIBLE.

PLEASE CHECK DESIRED CLASS

IF YOU ARE INTERESTED IN ANY OTHER CLASSES SUCH AS ADAPTIVE ACQUATICS, PARENTS & TOTS, SENIOR SWIM AND WATER AEROBICS, INFORMATION WILL BE AVAILABLE UPON REQUEST.

☐ **POLLIWOGS & GUPPIES-BEGINNERS A/B: $ 50**
MINNOWS & FISH

☐ **SENIOR LIFESAVING: $ 60**

☐ **ADULT LESSONS: $ 45**

☐ **SHARKS-INTERMEDIATE: $55**

☐ **SENIOR SWIM/WATER AEROBICS: $0**

I hereby give my permission for my child to participate in swimming activities sponsored by the City of Inkster Parks and Recreation Department. To the best of my knowledge he/she has no physical problems that would inhibit him/her from participating in this sport, and agree that the City of Inkster, its employees and agents will be held blameless from any and all liability for any injury due to his/her participation in this program.

PERSON TO CONTACT IN CASE OF EMERGENCY

NAME _____ **PHONE** _____ **ATL.** _____

PARTICIPANTS NAME _____ PHONE _____

ADDRESS _____ CITY _____ ZIP _____

_____ _____

D.E
6/17/11