

# CITY OF INKSTER PARKS AND RECREATION DEPARTMENT

# 2010 SUMMER AQUATIC SCHEDULE



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  
BEGINNERS A**  
MONDAY - WEDNESDAY - FRIDAY  
JUNE 28 - AUGUST 20

WATER ACTUAINTANCE, FLOATING, HOLDING  
BREATH UNDER WATER & JUMPING INTO SHALLOW  
END OF POOL

COST: \$ 50 (ENTIRE SUMMER)  
TIME: 11:00 A.M. - 11:45 A.M.  
EACH SESSION 45 MINUTES

**MINNOWS, FISH  
BEGINNERS B**  
MONDAY/WEDNESDAY/FRIDAY  
JUNE 28 - AUGUST 20

SHOULD BE ABLE TO SWIM LENGTH OF  
POOL WITHOUT STOPPING & JUMPING IN  
DEEP END OF THE POOL. STUDENTS WILL BE  
TAUGHT CORRECT BREATHING TECHNIQUES  
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 29 - AUGUST 19

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. - 12:34 p.m.  
EACH SESSION 45 MINUTES

**SENIOR LIFESAVING**  
TUESDAY/THURSDAY  
JUNE 29 - AUGUST 19

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 30 - AUGUST 18

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 10 - AUGUST 21

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

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.

- |  |   |
|--|---|
| <input type="checkbox"/> <b>POLLIWOGS &amp; GUPPIES-BEGINNERS A: \$ 50</b> | <input type="checkbox"/> <b>SENIOR LIFESAVING: \$ 60</b>        |
| <input type="checkbox"/> <b>MINNOWS &amp; FISH-BEGINNERS B: \$ 50</b>      | <input type="checkbox"/> <b>ADULT LESSONS: \$ 45</b>            |
| <input type="checkbox"/> <b>SHARKS-INTERMEDIATE: \$55</b>                  | <input type="checkbox"/> <b>SENIOR SWIM/WATER AEROBICS: \$0</b> |

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** \_\_\_\_\_

\_\_\_\_\_  
PARENT/GUARDIANS SIGNATURE

\_\_\_\_\_  
DATE