

CLASS DESCRIPTIONS:

Level classes are 2:8 ratio

Include at least 5 minutes per class of diving & jumping skills.

Level 1 (5 yrs+) Front/back floats with support, kicking, alternating arm action & safety.

Level 2 Front & back glides, kicking, arm action, turning over, safety skills.

Level 3 Diving, back crawl, crawl, elementary backstroke, treading water and safety skills.

Level 4 Stroke improvement, breaststroke, sidestroke, scissor kick, endurance.

Level 5 Stroke improvement, dolphin kick, diving, endurance for higher level swimming.

Level 6 Arm movements for butterfly, rescue dives, flip turns & endurance for competitive swim.

Pre-ones (3-5 yrs) Preschoolers learn to be comfortable in and around water. Basic skills will be taught through FUN GAMES. Introduction to floating & kicking techniques.

Parent & Tot Water Acquaintance (6 months to 3 yrs) Self-directed class for parent & child.

Private Lessons Call for more information 586-752-6543 opt 2

PARENT & TOT Water Acquaintance Drop-In Classes \$5 per pair at the door Ages 6 mos - 3 yrs

Self directed time in the pool for you & your tot; no instructor. Follow along with the Pre-Ones from afar or just get acquainted with the water in your own way!

**Look for the Pre-Ones times marked with an asterisk for dates & times. *4 Pair limit per session.*

LEVEL CLASSES \$48 NR \$54
PRE-ONES (3-5 Yrs) \$28 NR \$34
ALL PROGRAMS HELD AT THE RMS POOL
11091 32 Mile Rd, Romeo

SUMMER SESSIONS

1 week sessions - 4 classes per week, Mon-Thur

Session 1 Mon-Thur, Jun 12 -15	Session 4 Mon-Thur, Jul 10 -13
Session 2 Mon-Thur, Jun 19 -22	Session 5 Mon-Thur, Jul 17 -20
Session 3 Mon-Thur, Jun 26 -29	Session 6 Mon-Thur, Jul 24 -27

	Summer 1	Summer 2	Summer 3	Summer 4	Summer 5	Summer 6
5:05 - 6:00 pm						
Level 1	7725	7731	7737	7743	7749	7755
Level 2	7726	7732	7738	7744	7750	7756
Level 3	7727	7733	7739	7745	7751	7757
Level 4	7728	-	-	7746	-	7758
Level 5	-	7734	-	-	7752	-
Level 6	-	-	7740	-	-	-
PRE-ONES						
5:05-5:30 pm	7729*	7735*	7741*	7747*	7753*	7759*
5:35-6:00 pm	7730*	7736*	7742*	7748*	7754*	7760*

**SIGN UP TO RECEIVE SCHEDULE
UPDATES AND ALERTS!**
CALL US AT: 586.752.6543



	SUM 1	SUM 2	SUM 3	SUM 4	SUM 5	SUM 6
9:15 - 10:10 am						
Level 1	7626	7640	-	-	-	7708
Level 2	7627	7641	7657	7674	7691	-
Level 3	7628	7642	7658	7675	-	-
Level 4	-	-	7659	7676	7692	-
Level 5	-	-	-	-	7693	7709
Level 6	-	-	-	-	-	7710
10:20 - 11:15 am						
Level 1	-	-	7660	7677	7694	-
Level 2	7629	7643	-	7678	7695	7711
Level 3	7630	7644	7661	-	7696	7712
Level 4	7631	7645	7662	7679	-	7713
Level 5	-	-	-	-	-	-
Level 6	-	-	-	-	-	-
11:25 - 12:20 pm						
Level 1	7632	7646	7663	7680	7697	7714
Level 2	-	7647	7664	7681	-	7715
Level 3	-	7648	-	7682	7698	7716
Level 4	7633	-	-	-	-	-
Level 5	7634	-	7665	-	7699	-
Level 6	-	-	-	-	-	-
12:30 - 1:25 pm						
Level 1	-	-	-	-	7700	7717
Level 2	-	-	7666	-	7701	7718
Level 3	-	-	-	7683	7702	7719
Level 4	-	7649	-	7684	-	-
Level 5	-	7650	7667	7685	-	-
Level 6	-	7651	7668	-	-	-
PRE-ONES						
9:30 - 9:55 am	7635*	7652*	7669*	7686*	7703*	7720*
10:00 - 10:25 am	7636*	7653*	7670*	7687*	7704*	7721*
10:30 - 10:55 am	7637*	7654*	7671*	7688*	7705*	7722*
11:00 - 11:25 am	7638*	7655*	7672*	7689*	7706*	7723*
11:30 - 11:55 am	7639*	7656*	7673*	7690*	7707*	7724*