

Alleghen Recreation & Aquatic Center

2010 Summer Programs

1560 M-40 North, Alleghen, MI 49010

269-673-7002 ex. 5504

Fax: 269-686-2486

"NEW" E-mail: ard@alleghanps.org

Penguin Parent/child (6 mths-3 yrs.) class. **\$30**

Classes are as follows; Monday-Thursday for 2 weeks.

Limited to 10 pre-paid participants.



Geared toward children 6 months to 3 years of age. The objectives of this level are to help children feel comfortable in the water and to enjoy the water safely. The instructor will guide the parent & child through the basic swimming skills including floating, getting in/out of the pool unassisted, blowing bubbles, submerging face and front & back kick. Child must wear a swim diaper and swimsuits are required by adults, no street clothes. **Class dates Mondays - Thursdays:** June 14 - 24th from 4:30 - 5:00; June 28 - July 1 & July 12 - 15 from 12:00 - 12:30; July 19th - 29th from 4:30 - 5:00; August 2 - 12 from 12:00 - 12:30. **Must have at least 5 registrants in order to hold a session, no more than 10 participants**

Frog Children 3 to 5 yrs. **\$40**

Classes are as follows; Monday-Thursday for 2 weeks.

Limited to 15 pre-paid participants.



The objectives of this level are to help children improve their swimming skills that are to help children feel comfortable in the water and be able to understand and follow direction. The instructors will review with the children the basic swimming skill including floating, getting in/out of the pool unassisted, blowing bubbles, submerging face and front & back kick. Child must wear a swim diaper if not potty trained. No personal flotation devices allowed. Parent does not get in w/the child. **Class dates Mondays - Thursdays:** June 14- 24 from 5:05 - 5:35; June 28 - July 1 & July 12 - 15 from 12:35 - 1:05; July 19- 29 from 5:05 - 5:35; Aug.2- 12 from 12:35 - 1:05. **Must have at least 5 registrants in order to offer this session, no more than 15 participants.**

Starfish \$45

Beginners 5 Yrs. & Up

Classes are as follows; Monday-Thursday for 2 weeks.

Limited to 25 pre-paid participants.



This is a beginner level for children ages 5 and up. No swimming skills necessary for this level. The objective of this level is to get the children comfortable in the water. They will be taught the very basic swimming techniques. All of the children will be assessed and divided into groups according to their swimming abilities. **Class dates:** June 14- 24 from 5:40 - 6:25; June 28 - July 1 & July 12 - 15 from 1:10 - 1:55; July 19- 29 from 5:40 - 6:25; Aug.2- 12 from 1:10 - 1:55. **Must have at least 10 participants in a class in order to hold that session - combined with dolphins.**

Dolphin \$45

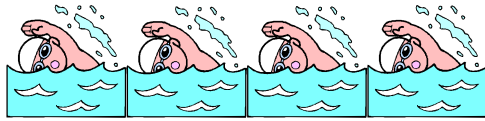
Intermediate/Advanced

Classes are as follows; Monday-Thursday for 2 weeks.

Limited to 25 pre-paid participants.



Intermediate: For children that are comfortable in the water and are able to swim short distances unassisted and be able to front float or back float without assistance. **Advanced:** Children will be required to perform the front crawl; elementary backstroke and backstroke for 25 yards. Rhythmic breathing will be taught at this level. **Class dates:** June 14- 24 from 5:40 - 6:25; June 28 - July 1 & July 12 - 15 from 1:10 - 1:55; July 19- 29 from 5:40 - 6:25; Aug.2- 12 from 1:10 - 1:55. **Must have at least 10 participants in a class in order to hold that session-could be combined with starfish, but would work on more advanced skills and techniques.**



Allegan Aquatic Center

*Open Swim Times

Tue 6:30 pm to 8 pm

Fri 6:30 pm to 8:30 pm

Sat. 12 pm to 2 pm

Open Swim Cost

\$1 Children Pre-K & Younger

\$2 Students (K-12)

\$3 Adults

\$2 Sr. Citizens (65 & up)

We honor Sr. Cit. Athletic passes during **Open or Lap Swim** only.

*Lap Swims Times & Cost

\$2 per swimmer

M, T, & TH 6:30 am to 7:30 am

Tuesdays 2:00 – 3:00 pm

M, W, TH 6:30 pm to 7:30 pm

- **Swim Passes** for Lap Swim only.

10 visits \$18 exp. 1-month

20 visits \$36 exp. 3-months

30 visits \$54 exp. 6-months

*Aqua Aerobics Classes

\$35 for 10 visits (exp. 1 mths)

\$4 drop-in fee

Monday 3 to 4 pm

Mon, Wed. & Thu. 4 pm to 5 pm

Saturday Morning 10:30 am to 11:30 am

**Times, prices & activities are subject to change without prior notice.*



- **Pool Party** information is available at the Aquatic Center or online at: www.alleganps.org/rec
- Book it early-Saturdays fill up fast. Don't delay!!
- Private party and open swim times are available
- Rent the pool alone or along with the party room.



Summer Tennis Info

Registration @ the courts.

"Carnival Day"

Thursday, June 17th @ 10 am-1 pm

Tiny Tykes

for 3 to 5 yr. olds

Starts June 21st or 22nd

Monday & Wednesday 8:30-9:00 am

or Tuesday & Thursday 8:30-9:00 am

Future Stars Morning Lessons

Starts June 21st

M-Th 9:00 am to 10:00 am

or M-Th 10:00 am to 11:00 am

"QUICKSTART" Tennis

More play, more improvement, more FUN!

MORE info at the "Carnival Day"

June 17th @ 10 am-1 pm

Jr. Team Tennis

Starts June 14th

Mon-Thu. with matches on Friday

Middle School ages 11am to 12:30 pm

High School ages 12:30-2pm

Adult Program

Mixed Doubles begins June 21st

Mondays-6:30 to ?pm

For Adult Programs contact Gary Ellis 673-8703 by June 11th.

NO TENNIS July 5th - 9th

A **detailed brochure** is available at all Allegan Public Schools, at the Allegan Rec./Aquatic Center, or online.



Summer Cardio-Kickboxing

May 1st-September 10th AHS Balcony

Tuesdays & Thursdays 7:05 – 7:45 pm

\$5 drop in or \$30 per month

Questions??? Contact Rafael @ www.axkick.com

269-673-5429



Summer Family Taekwondo

May 1st-September 10th AHS Balcony

Tuesdays & Thursdays 6:00-7:00 pm

A 1-month session is \$55.

Questions??? Contact Rafael @ www.axkick.com

269-673-5429



Welcome to the Allegan Aquatic Center,

The goal of our swim lessons is to progress your child's skills at a rate that is comfortable for them yet challenges their abilities. It is important that children feel comfortable in the water and have the trust in the instructors to learn and try new skills.

The first lesson will be evaluating their skills so we can place them in a class with swimmers who have similar skills. Each class will have an instructor and when needed a spotter. Lessons will be planned and adapted to meet the needs of the class. Each lesson will consist of review skills and introduction of new skills.

Starfish & Dolphin level parents are welcome to stay, but we ask that you sit in the spectators seating. (FYI: It can get pretty humid in the spectators seating, you are welcome to bring water only.) The instructor will have the child's full attention and they will get the most out of each lesson. **Frog level parents are** welcome to stay, but are not required to be in the pool with your child. **Penguin level requires at least one parent** to be in the pool with your child. The instructors want your child to get the full benefit from each lesson, so they ask that siblings and/or other spectators not to be on the pool deck during your lesson.

A certificate will be given after the last lesson. The certificate will list the skills that your child is able to perform.

If you have any questions, please feel free to contact the Recreation & Aquatic Center at 269-673-7002 ex. 5504 or at our "new" e-mail: ard@alleganps.org

Thank you,

Your Aquatic Center Staff

PS: For the safety of your child/children, please do not drop them off unattended in the locker room/pool area prior to the start of the session. Once the session begins you are welcome to leave. Thank you for your cooperation!



Allegan Aquatic Center



2010 Summer Swim Lessons

Name _____ Age _____ Grade _____ (next yr.) Phone# _____

Address _____ City _____ Zip _____ E-Mail _____

(Circle One)

Township you live in: Allegan City Allegan Twp Cheshire Monterey Trowbridge Valley Other

Penguin \$30 (Parent/Tot 6 mo-3 yrs)

Frog \$40 (3-5 yrs)

Starfish \$45 (Beginner 5 & up)

Dolphin \$45 (Intermediate/Advanced)

FAMILY DISCOUNTS: *The amount will be taken off the total fee charged your family for this program.*

Registering 3 children - take \$10 off; 4 children – take \$15 off; 5 children – take \$20 off

REDUCED RATES: *Aquatic/Rec Center will honor a discounted rate for individuals who qualify for the school free or reduced lunch programs. Please call our office to verify the amount to deduct from your program registration.*

_____ **June 14 – 24 -- Evenings**

_____ **June 28 - July 1 & July 12 – 15 -- Afternoons**

_____ **July 19 – 29 -- Evenings**

_____ **August 2 – 12 -- Afternoons**

Did you attend swim lessons last Fall/Spring/Summer? _____ If yes, please indicate which level: Penguin, Frog Starfish or Dolphin (circle one)
Passed? ___ or Retained? ___

I, the undersigned, give my permission for the above named to participate in Allegan Aquatic/Recreation programs. I realize by signing this form that I assume full responsibility for any injuries. I will not hold the Allegan Aquatic/Rec. Dept. responsible for any injuries or liability. No refunds for Aquatic/Recreation programs will be provided after the first session.

Parent/Guardian's Signature: _____ Date ____/____/____

PLEASE ENCLOSE PAYMENT WITH REGISTRATION: Cash Checks/Money Orders payable to: **Allegan Public Schools**

Master Card Visa # _____ Exp. Date: ___/___/___ Signature _____

Mail form & fee to: Allegan Rec. Dept., c/o AHS, 1560 M-40 North, Allegan, MI 49010 or Fax w/credit card info to: (269) 686-2486 or Drop-Off box for after hours located at Aquatic/Rec. office or scan and email to ard@alleganps.org.