



Summer 2022

Monday-Thursday A.M.

<i>Session One</i>	June 20th -June 30th	Levels 1, 2, 4, 5, 6 10:00am – 10:45am
<i>Session Two</i>	July 11th-July 21st	Parent & Child
<i>Session Three</i>	July 25th -August 4th	Preschool Level 3
<i>Session Four</i>	August 8th-August 18th	10:50am – 11:35am

Wednesday P.M.

June 22nd - August 17th

No class 7/6/2022

Parent & Child
Preschool
Level 3
6:00pm-6:45pm

Levels 1, 2, 4, 5, 6
6:50pm-7:35pm

Facility will be closed
July 4th - July 8th

Friday A.M.

July 1st – August 26th

No class 7/8/2022

Levels 1, 2, 4, 5, 6
10:00am – 10:45am

Parent & Child
Preschool
Level 3

10:50am – 11:35am

**SPACE IS LIMITED.
REGISTER ONLINE TODAY & SAVE!**

SUMMER RATES:

Otsego County Residents.....\$70
Out-of-County Residents.....\$80
Pass Holders Subtract.....\$5
Early Bird Subtract.....\$10

Early Bird rates expire one week prior to 1st class

Registrations can be processed over the phone.
Payment is expected at the time of registration.
We accept credit cards, checks and cash.

REFUND POLICY

Patron refund requests will only be honored if requested prior to the 1st class, minus \$10 administration fee. No refunds for missed days.

* The Sportsplex reserves the right to CANCEL or COMBINE CLASSES that do not meet minimum registration requirements (minimum: 4 students per class)

Pre-Register online at www.ocsportsplex.com. Office staff will contact you to complete the registration process
Checks payable to: Otsego County Sportsplex PO Box 1886 Gaylord, MI 49734 989-731-3546

SWIMMING AND WATER SAFETY COURSES

PARENT AND CHILD AQUATICS

Parents and children (**6months-3years**) learn together to increase a child's comfort in the water and builds a foundation for basic skills.

Builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

PRESCHOOL AQUATICS PROGRAM

This course orients children (**ages 3 & 4**) to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
 - Blow bubbles through mouth and nose
 - Submerge mouth, nose and eyes
 - Open eyes under water and retrieve submerged objects
 - Front and back glides and recover to a vertical position
 - Back float and recover to a vertical position
 - Roll from front to back and back to front
 - Tread with arm and hand actions
 - Alternating and simultaneous leg actions on front and back
 - Alternating and simultaneous arm actions front and back
 - Combined arm and leg actions on front and back
-

American Red Cross LEARN-TO-SWIM

Six Levels of instruction to help swimmers age **5years and up**, of all abilities, develop their skills. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Each level also includes lessons in water safety.

LEVEL 1: INTRODUCTION TO WATER SKILLS (ages 5-7)

PURPOSE: Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions front and back
- Combined arm and leg actions on front and back

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

(8 and Older, Unless Passed or moved by OUR instructors from level 1)

PURPOSE: Gives participants success with fundamental skills.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change directions of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Fining arm action

LEVEL 3: STROKE DEVELOPMENT

PURPOSE: Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

LEVEL 4: STROKE IMPROVEMENT

PURPOSE: Develop confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back

LEVEL 5: STROKE REFINEMENT

PURPOSE: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

LEVEL6: SWIMMING AND SKILL PROFICIENCY

PURPOSE: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, such as Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving,

Options include:

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving

PRIVATE SWIM LESSONS:

ONE-ON-ONE INSTRUCTION

PURPOSE: Provides adults and children the opportunity to face unattained swimming goals (e.g. gaining greater water comfort ability and confidence; learning the fundamentals; stroke refinement) Contact the Sportsplex for more information at 989-731-3546 or check out our website www.ocsportsplex.com