

Learn to Swim

at Lahser High School

1/2 OFF

for ALL Employees!!!



BH
Bloomfield Hills Schools
Athletics, Recreation
and Community Services

GUPPY (Parent & Tot)

Parent and child work together to relax and enjoy the pool environment (6 months – 4 years).

4150-01	Tuesdays	4/15-6/10	6:30-7 PM
4150-02	Saturdays	4/12-6/14*	10:10-10:40 AM

TADPOLE (Ages 4-6)

Introduction to front float, back float, jumping in, and putting head under water. No swim aids (assisted).

4159-01	Tuesdays	4/15-6/10	6:30-7 PM
4159-02	Saturdays	4/12-6/14*	10:10-10:40 AM

PORPOISE (Ages 4-6)

Introduction to front glide with kick, back float with kick, and under water swim (unassisted).

4151-01	Tuesdays	4/15-6/10	7:05-7:35 PM
4151-02	Saturdays	4/12-6/14*	10:45-11:15 AM

TUNA (Ages 4-6)

Introduction to backstroke, forward arm strokes, and treading water.

4158-01	Tuesdays	4/15-6/10	7:05-7:35 PM
4158-02	Thursdays	4/17-6/12	6:30-7 PM
4158-03	Saturday	4/12-6/14*	10:45-11:15 AM

POLLYWOG (Ages 6+)

water adjustment, front/back float with support and glide, alternate arms front/back, release cramp, basic safety rules

4130-01	Tuesdays	4/15-6/10	7:40-8:10 PM
4130-02	Thursdays	4/17-6/12	6:30-7 PM
4130-03	Saturdays	4/12-6/14*	10:45-11:15 AM

MUDPUPPY (Ages 6+)

water adjustment, submerge 3 secs., front/back float, breathing, flutterkick, finning, combined strokes front and back 5 yds.

4102-01	Tuesdays	4/15-6/10	7:40-8:10 PM
4102-02	Thursdays	4/17-6/12	6:30-7 PM
4102-03	Saturdays	4/12-6/14*	11:20-11:50 AM

DOLPHIN / BARRACUDA (Ages 6+)

Dolphin-approach stroke (25), butterfly (10), tread no hands (1min.), survival stroke and float, breaststroke/sidestroke turns, flip turn, crawl, surface dives throwing rescues, 20 min. swim **Barracuda**-continuous swim 500 yds., crawl (200), back crawl (100), sidestroke (100), breaststroke (100), butterfly (25), springboard front dive, tread water (5 mins.), retrieve diving brick, deep water (8-10 ft.), backstroke flip turn

4161-01	Saturdays	4/12-6/14*	11:55-12:55 PM-
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TURTLE (Ages 6+)

open eyes, bobbing, submerge completely, front/back glide with kick, combined stroke with breathing 10 yds., rotary breathing, intro to dolphin kick

4152-01	Tuesdays	4/15-6/10	7:05-7:50 PM
4152-02	Thursdays	4/17-6/12	7:05-7:50 PM
4152-03	Saturdays	4/12-6/14*	11-11:45 AM

WIGGLER (Ages 6+)

15 yds. front crawl/back crawl, intro to elementary backstroke kick, horizontal/change/reverse direction, treading water, sit and kneel dives, survival float, front and back float

4153-01	Thursdays	4/17-6/12	7:05-7:50 PM
4153-02	Saturdays	4/12-6/14*	10:10-10:55 AM

MINNOW (Ages 6+)

deep water breathing, front/back crawl 25 yds., elementary backstroke, intro to breast/butterfly stroke kick, front/compact dive, 3 body lengths underwater, back and survival float, 15 yds. backstroke

4160-01	Thursdays	4/17-6/12	7:05-7:50 PM
4160-02	Saturdays	4/12-6/14*	11-11:45 AM

BLUEFISH (Ages 6+)

breaststroke and kick 15 yds., front and back from wall, open turns, treading 2 mins., intro to sidestroke, intro to dolphin kick, turns, change of direction, shallow dives

4156-01	Tuesdays	4/15-6/10	8:15-9 PM
4156-02	Saturdays	4/12-6/14*	11:55-12:40 PM

REDFISH / WHITEFISH (Ages 6+)

Redfish-breaststroke/sidestroke, front crawl (25), back crawl (25), elementary (25), dolphin kick (10), stride jump, flip turns front and back, underwater 15 yds. **Whitefish**-breaststroke (25), sidestroke (25), front crawl (50), back crawl (50), elementary (25), survival swim 5 mins., completed front/back flip turns, 25 yds. butterfly

4157-01	Saturdays	4/12-6/14*	11:55-12:55 PM
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TIGERSHARK (Ages 6+)

crawl (100), back crawl (100), breaststroke (50), sidestroke (50), butterfly (10) 10 min. swim

4136-01	Tuesdays	4/15-6/10	8:15-9:15 PM
4136-02	Saturdays	4/12-6/14*	11:55-12:55 PM

***NO CLASS 5/24**

Call to Register

248-433-0885