Youth Swimming

Youth Swim Sessions:

 Winter 1 (6 weeks)
 Jan 6-Feb 15

 Winter 2 (6 weeks)
 Feb 17-Mar 29

 Spring (6 weeks)
 Apr 7-May 17

Preschool Classes Ages 3-5

Starfish (30 minutes)

Mon 10:00-10:30 am

Guppy (30 minutes)

 Mon
 10:00-10:30 am

 Sat
 12:00-12:30 pm

 Sun
 11:45 am-12:15 pm

Penguin (30 minutes)

Mon 10:30-11:00 am

Youth Swim Classes Kindergarten and Up

Novice (30 minutes)

Mon	6:15-6:45 pm
Wed	6:15-6:45 pm
Thurs	6:15-6:45 pm
Sat	10:30-11:00 am
Sun	11:45 am-12:15 pm
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Learner (45 minutes)

Tues	5:30-6:15 pm
Wed	6:15-7:00 pm
Thurs	5:30-6:15 pm
Sat	11:15 am-12:00 pm
Sun	12:30-1:15 pm

Swimmer (45 minutes)

Mon	6:15-7:00 pm
Tues	6:15-7:00 pm
Wed	5:30-6:15 pm
Thurs	6:30-7:15 pm
Sat	11:15 am-12:00 pm
Sun	12:30-1:15 pm

Technique (45 minutes)

Mon	5:30-6:15 pm
Tues	6:15-7:00 pm
Wed	5:30-6:15 pm
Thurs	5:30-6:15 pm
Sat	11:15 am-12:00 pm
Sun	11:00-11:45 am

Mastery (45 minutes)

Mon	5:30-6:15 pm
Tues	7:00-7:45 pm
Wed	7:00-7:45 pm
Sat	10:30-11:15 am
Sun	11:00-11:45 am



Mastery 2 & Middle/High School (60 minutes)

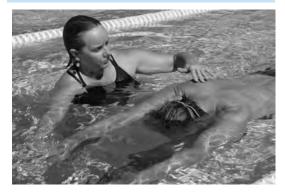
Mon 7:00-8:00 pm Sat 12:15-1:15 pm

Middle/High School Beginner (45 minutes) Call for details.

Adult Beginner (45 minutes)

Call for details.

Cost: Youth Swim 6 weeks	30/45 min.	60 min.
Fitness Members	\$80	\$98
Program Members	\$85	\$104



Youth Swim Private Swim Lessons For additional information, call programs at 248-735-8850, ext. 112.

Private 30 minute lessons – Fee per swimmer *Semi-Private 30 minute lessons – Add \$6.00 per ½ hour Instructors 1/2 hour

Vanessa Fillmore, Andrew Gourov Jonathon Lee, Anna Smith, Max Williams

Fitness Members\$24Swim Club & Program Members\$26Stella Bublitz, Emie Noble, Scott Winslow
Jen Zibbell\$32Fitness Members\$32Swim Club & Program Members\$34Corrie Belle, Thomas Naughton\$35Fitness Members\$35Swim Club & Program Members\$35Swim Club & Program Members\$37

Kelly Adams Fitness Members Swim Club & Program Members

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members	\$40
Swim Club & Program Members	\$42

\$37

\$39

Note: Program times, days and rates may be subject to change. Contact Programs at 248-735-8850, ext.112 for updated information. No refunds or make-ups for missed classes, except for pool cancellations.

CLASS DESCRIPTIONS

Pre-School Kindergarten Classes:

To gain comfort and confidence in the water. Learn basic swim skills.

Starfish: No swim experience. May be hesitant or fearful in the water. All new 3 year old swimmers.

Guppy: Not afraid of water, and comfortable in water. Can blow bubbles and submerge face.

Penguin: Can submerge and float independently, very comfortable in water. Can paddle unassisted.

School Age Classes:

Each class builds on essential skills mastered in the previous level.

Novice: Introductory to The Sports Club of Novi swimming for ages 10 and under. Students will learn and develop basic swimming techniques used throughout our level program.

Learner: Jumps in shallow end, able to put face in water, and swims 15 feet independently. Focus on rotary breathing, backstroke and deep water exploration.

Swimmer: Jumps in deep and swims front crawl with rotary breathing 10 meters. Focus on building endurance in the front crawl and backstroke. Introduction to diving.

Technique: Swims front crawl and backstroke 25 meters. Focus on bi-lateral breathing front crawl, breastroke and butterfly.

Mastery 1: Swims the four competitive strokes with correct technique. End Goal: 100 meters front crawl with flip turns. Swim 50 meters all other strokes.

Mastery 2 & Middle/High School: Swim one hour. Increase endurance, improve technique. Prepare for swim team and school activities. Must have basic skills in all four strokes.



Novi Sturgeons Swim Team

The Teams

Pre Team* (two days per week)

Mon/Thurs	5:15-6:00 pm	
Tues/Fri	5:15-6:00 pm	
Wed/Sat	W-5:15-6:00 pm	S-10:30-11:15 am

Developmental* (two days per week)

Mon/Thurs	6:00-7:00 pm	
Tues/Fri	6:00-7:00 pm	
Wed/Sat	W-6:00-7:00 pm	S-11:15 am-12:15 pm

Junior Team* (3 days per week)

 Mon/Wed
 5:30-7:00 pm

 Tues/Thurs
 5:30-7:00 pm

 Sat 10:30 am-12:00 pm

Junior Intensive Team* (4 days per week)

Swimmer can vary schedule week to week. Swimmer is strongly advised to make the Friday workout with the State Team.

Mon - Fri 5:30-7:00 pm

State Team*

Motivated age group swimmers who want to compete successfully at the state level. Swimmers are required to swim at a minimum of five days per week.

Mon-Thurs	6:45-8:45 pm
Fri 3:30-5:30 pm or 5:30-7:00 pm	
	(coaches approval)
Sat	8:00-10:30 am

Senior Team*

This program is for a dedicated swimmer who is trying to excel and compete at state, regional and national levels. Must maintain a 90% practice attendance record.

Mon-Fri	3:30-5:30 pm
Sat	8:00-10:30 am

*All levels require coaches approval.

Contact Programs for swimmers eligibility, tryouts and program rates.