

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

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 \$24

Swim Club & Program Members \$26

Stella Bublitz, Emie Noble, Scott Winslow
 Jen Zibbell

Fitness Members \$32

Swim Club & Program Members \$34

Corrie Belle, Thomas Naughton

Fitness Members \$35

Swim Club & Program Members \$37

Kelly Adams

Fitness Members \$37

Swim Club & Program Members \$39

Cammy Jenrow, Bob Jenrow, Mark Winter

Fitness Members \$40

Swim Club & Program Members \$42



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, breaststroke 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
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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.