

Anchor Bay School District Aquatic Center Fall 2009

www.anchorbay.misd.net/schools/aquatic or 586-716-4623

Programs and Schedules can change or be canceled in the event of School Use or low interest/ enrollment

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*AM Lap Swim 6:00 – 8:00	AM Lap Swim 8:00 – 9:00	AM Lap Swim 6:00 – 8:00	AM Lap Swim 8:00 – 9:00	AM Lap Swim 6:00 – 8:00	AM Lap Swim 8:00 - 10:00am
Water Aerobics 7:00 or 9:30 am	Stretch & Tone 8:30 - 9:15 am	Water Aerobics 7:00 or 9:30 am	Stretch & Tone 8:30 - 9:15 am	Water Aerobics 7:00 or 9:30 am	Water Aerobics 8:30 – 9:30am
Adult Swim 11:00 -12:30 pm	Adult Swim 11:00 -12:30 pm	Adult Swim 11:00 -12:30 pm	Adult Swim 11:00 -12:30 pm	Adult Swim 11:00 -12:30 pm	Swim Lessons 9:30 - 11:30
Water Aerobics 6:00 – 7:00 p.m.	Hydro Robics 6:00 – 7:00 p.m.	Water Aerobics 6:00 – 7:00 p.m.	Hydro Robics 6:00 – 7:00 p.m.	Begin Sept. 11	Begin Sept. 12
				Family Open Swim 6:00 – 8:00 pm	Open Swim & Lap Swim 11:30 - 1:00
Swim Lessons 7:00 – 8:00 p.m. Parent & Child 7:30 - 8:00 pm Club & Advance 7:00 – 8:00 p.m.	<u>No P.M Programs</u> <u>Home Swim Meets</u> Sept. 15 th Oct. 20 th Boys Winter Meet Schedule to be determined	Swim Lessons 7:00 – 8:00 p.m. Parent & Child 7:30 – 8:00 pm Club & Advance 7:00 – 8:00 p.m.	<u>No P.M. Programs</u> <u>Home Swim Meets</u> Sept. 10, 17,24 Oct. 1,22,29 Nov. 5 th	Fall Fri & Sat. CLOSED Oct. 17 Nov.6,7,26,28	
<i>PM Lap Swim</i> 6:00 – 8:00 pm	<i>PM Lap Swim</i> 6:00 – 8:00	<i>PM Lap Swim</i> 6:00 – 8:00	<i>PM Lap Swim</i> 6:00 – 8:00		

2009 Fall Kids Learn to Swim Lessons \$35 - \$45 per session

EVENINGS: Monday & Wednesday classes meet twice a week, for three weeks (6 classes)

Pre- School A: 6/30 min. Levels 1 & 2: 6/35 min.; Levels 3: 6/40 min; Levels 4 & 5 6/ 45 min.:

Dates	Time	Registration	Swim Lesson Reminder
Sept. 14 – 30 th :	7:00 p.m.	August 13 – Sept. 12 th	In the event you are unable to attend your scheduled class we do not offer make-ups, or refunds
Oct. 5 – 21 st	7:00 p.m.	Sept. 24 – Oct. 3 rd	
Nov. 2 – 18 th	7:00 p.m.	Oct. 22 - Oct. 31 st	
Nov. 30 – Dec. 16	7:00 p.m.	Nov. 19 - Nov. 30	

Saturdays: classes meet for five (5) Saturday classes

Pre- School A: 5/35 min. Levels 1 & 2: 5/40 min.; Levels 3: 5/45 min; Levels 4 & 5: 5/ 50 min.:

Dates	Time	Registration	Facility Reminders:
Sept. 12 – Oct. 10	9:30 or 10:30am	Aug. 13 – Sept. 11	We recommend you wear traction shoes No perfumes, colognes, lotions in facility Under 12 years must have guardian supervision
Oct. 24 – Dec. 5 (no class Nov. 7, 28)	9:30 or 10:30am	Oct. 12 – Oct. 23	

Parent & Child Swim Class: 4/ 30 min. Classes \$25

Monday Nights OR Wednesday Nights

Aug. 31 – Sept. 28 (no class Sept. 7)	Sept. 9 – 30 th
Oct. 5 -26	Oct. 7 – 28
Nov. 2 – 23	Nov. 4 – 25

**5 yrs and older use gender specific locker room
Bathroom use and shower prior to class**

