



Charlevoix Area
Community
POOL

Summer 2011



Charlevoix Area Community Pool
11905 US 31 North
Charlevoix, MI 49720
Phone: 231-547-0982
Fax: 231-547-1754
www.charlevoixpool.org

WELCOME

Thank you for being a part of the Charlevoix Area Community Pool family. Please take a few minutes to look over our policies and procedures as well as our great summer programs.

I hope you will have the opportunity to enjoy the pool and participate in some of our new programs this year.

If you have any questions, please call anytime.

Al Gooch, Director

CONTENTS

Introduction	2
General Information	3
Red Cross Swim School	4-8
Semi-Private Swim School	9-15
Private Swim Lessons	15
Youth Programs	16
Adult Programs, Certifications and Special Olympics	17
Charlevoix Stingrays Swim Team/Venetian Swim Meet	18-19
Water Fitness	20-21
Pool Promotions	22
Annual Pool Auction	23
Price and Pass Information	24-25
Pool Policies and Procedures	26
Mission Statement	27

Mission Statement

The Charlevoix Area Community Pool provides recreational, fitness, water safety and educational activities for all age groups in the Charlevoix Area.

Objectives:

- To provide users a safe, professionally supervised, reasonably priced place for learning to swim.
- To aid development of local and regional water safety programs and rescue services.
- To aid in physical therapy in conjunction with local hospitals.
- To allow physical training and activity for the disabled and handicapped.
- To assist in every possible way, the beneficial expansion of aquatic skills and capabilities in our patrons at a good value.
- To promote a location for young people to experience wholesome recreation and competition.
- To present families with planned and integrated activities.
- To serve as a health and fitness resource for all age groups in the community.

*Charlevoix Area Community Pool
Board of Directors*

Pool Policies and Procedures

- All swim attire must be commercially bought swim wear. No cutoffs, biking shorts, etc will be allowed.
- Everyone must take a soap shower, including hair, before entering the pool or spa.
- Any person suffering from an infection of the skin, eye, nose, mouth or ear cannot enter the pool or spa.
- Swimming aids allowed include goggles, kick boards, pull buoys, swim fins and life jackets. If you have a question regarding if something is okay to bring to the pool, please call the pool and inquire.
- No shoes are allowed on the pool deck. All shoes and socks must be removed in the locker room prior to coming out on the pool deck.
- A shower must be taken after being on the patio before getting back in the pool or spa.
- Children in PFD's, arm floats, on a noodle must stay in standing depth water or be with-in arms reach of their adult supervisor.
- No roughhousing or horseplay is allowed.
- Unnecessary visiting with on-duty lifeguards is prohibited.
- The pool and spa may be used only when a lifeguard is present at pool side. If a lifeguard is not present at pool side, swimmers must wait in their respective shower rooms.
- Lifeguards may ask swimmers to demonstrate their swimming ability. (ex. To be in the deep end)
- Food is not allowed on the pool deck or in the locker rooms.
- Please remove jewelry before entering the pool or spa.
- Glass and other breakable items are not allowed on the pool deck or in the locker rooms. Water in plastic bottles is allowed.
- The circle pattern will be used for swimming laps. Swimmers should always stay on the right side of the lane. This helps alleviate accidents and injuries and allows more swimmers to participate.
- If emergency situations occur, participants are to follow the directions given by the lifeguard.

SPA POLICIES AND PROCEDURES

- Persons suffering from heart disease, or high or low blood pressure should not enter the spa.
- Children under the age of 12 may use the spa only under direct supervision. Parents should be advised that there are additional risks and hazards of children related to the use of the spa. A child's regulatory system is not fully developed, so he/she may be unaware of becoming overheated.
- Parents of children under the age of 5 are strongly advised not to allow their children to use the spa for more than five minutes.
- Pregnant women should have doctor approval before using the spa.
- Please observe a reasonable time limit of 15 minutes. Long exposures may result in nausea, dizziness, or fainting.
- Users are not allowed to submerge in the spa.
- Sleeping and or exercising are not permitted in the spa.
- Spa capacity is 12.

GENERAL INFORMATION

PHONE NUMBERS:

Charlevoix Area Community Pool (231) 547-0982
 Pool Fax (231) 547-1754
 Web page www.charlevoixpool.org

POOL HOURS

Pool hours change according to the time of year. Please request a current Pool Schedule for pool hours.

The Charlevoix Area Community Pool is a year round facility.

The Charlevoix Area Community Pool is a 20 yard, 4 lane pool. Our pool temperature is kept at 84 degrees. The spa temperature is at 101 degrees.

The Charlevoix Area Community Pool will not be open Easter, Memorial Day, Fourth of July, Labor Day, Thanksgiving, and Christmas. The Charlevoix Area Community Pool will be closed on Sundays from May 29th through Labor Day.

The Charlevoix Area Community Pool is a smoke and alcohol free environment. There is no smoking inside the facility or on the premises. (This rule includes tobacco chewing). The pool is also an alcohol free environment.

Users are expected to be courteous to other users and follow all policies and procedures. Any inappropriate conduct will result in the person being asked to leave the facility and a review of his/her pass privileges will be made by management. Please help us keep this facility a positive environment for families by not using vulgar, obscene, abusive, derogatory or demeaning comments and/or gestures.

The Charlevoix Area Community Pool will be closed for annual pool repairs and cleaning from August 28 - September 5, 2011.

LEARN TO SWIM

REFUND POLICY - Cancellations must be done 7 days prior to your child's first day of swim lessons in order to receive a refund. A \$5 handling charge will be deducted from the refund. There will be a 50% penalty for late cancellations. You may transfer your child 3 days prior to their first swim lesson. No refunds will be granted after classes have begun, except in cases with extenuating circumstances. In the case of a medical problem, the refund will be pro-rated according to the number of classes attended or when the Charlevoix Area Community Pool (CACP) was notified.

MAKE-UPS - No make-ups are built into the schedule.

NON-TOILET TRAINED SWIMMERS must wear a "Little Swimmers" diaper. They may be purchased at the front desk for \$1.00 or you can bring your own.

Types of Learn to Swim Lessons

Red Cross Swim School - Semi-Private Lessons - Private Lessons

New Registration Information

Early registration = Registration at least 3 days prior to the start of the session.

All registrations 3 days before sessions = \$30(district) / \$33(non-district)

All registrations after the early registration date = \$38(district) / \$41(non-district)

RED CROSS SWIM SCHOOL

Infant/Toddler/Pre-School (for Children 6 thru 36 months)

This 30 minute class for children age 6 through 36months. Water adjustment, water entry, front kick and glide, explore submerging to the mouth, nose and eyes completely, explore buoyancy on front and back, arm movements front and back plus parent safety and use of personal floatation device. Non-toilet trained children must wear a "Little Swimmer" diaper.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12210A	9-9:30 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12210B	9-9:30 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12210C	9-9:30 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Week Day Lessons

12210D	1:00-1:30 PM	Tues	*3*	6/14/11	6/28/11	6/11/11	\$23 \$31	\$25 \$33
12210E	2:30-3:00 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12210F	1:00-1:30 PM	Tues	4	7/5/11	7/26/11	7/2/11	\$30 \$38	\$33 \$41
12210G	2:30-3:00 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12210H	1:00-1:30 PM	Tues	4	8/2/11	8/23/11	7/30/11	\$30 \$38	\$33 \$41
12210J	2:30-3:00 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41

Non-District Resident—All Others

Individual Passes

	Adult	Senior	Student
Single Visit	\$3.75	\$3.00	\$2.00
20 Punch	\$65.00	\$52.00	\$39.00
1 Month	\$52.00	\$45.00	\$39.00
3 Month	\$93.00	\$78.00	\$60.00
6 Month	\$126.00	\$112.00	\$94.00
12 Month	\$201.00	\$158.00	\$125.00

Family Passes

	3 Month	6 Month	12 Month
Family	\$141.00	\$201.00	\$355.00

Dollar Night \$1.50 Per Person
Aqua Ex \$6.25 Drop In, \$43 Month
Twinges in the Hinges Drop In \$5.25, \$40 Month
10 visit Aqua Ex Pass \$48

- Children (up to 4th grade) admitted for \$2.00 with IN-WATER adult supervision. (*If child is at least 48 inches tall or able to swim 60 feet, they may be in the water alone with adult supervision on deck.)
- Senior = 62 years and older
- Student = 18 years and younger

Family = Refers to mother and/or father and any dependants living at home.

District Residents of:
Charlevoix Township, Hayes Township and the City of Charlevoix

Individual Passes

	Adult	Senior	Student
Single Visit	\$3.50	\$2.75	\$2.00
20 Punch	\$62.00	\$49.00	\$39.00
1 Month	\$49.00	\$42.00	\$35.00
3 Month	\$90.00	\$75.00	\$57.00
6 Month	\$120.00	\$106.00	\$88.00
12 Month	\$189.00	\$146.00	\$113.00

Family Passes

	3 Month	6 Month	12 Month
Family	\$135.00	\$189.00	\$330.00

Dollar Night \$1.00 Per Person
Aqua Ex \$6 Drop In, \$40 Month
Twinges in the Hinges Drop In \$5, \$37 Month
10 visit Aqua Ex Pass \$45

- Children (up to 4th grade) admitted for \$2.00 with IN-WATER adult supervision. (*If child is at least 48 inches tall or able to swim 60 feet, they may be in the water alone with adult supervision on deck.)
- Senior = 62 years and older
- Student = 18 years and younger

Family = Refers to mother and/or father and any dependants living at home.

Beginner Level 1/Water Exploration

(A swimmer's first class without a parent in the water)

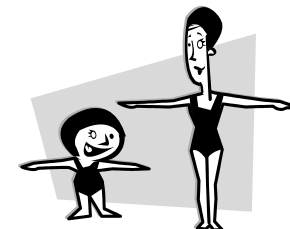
This 30 minute class combines basic swimming skills to swimmer's ready to be in the water without a parent. Swimmers will continue work on water adjustment with emphasis on breath control, human stroke and sculling on back. Swimmers will blow bubbles through their mouth and nose, submerge mouth, nose and eyes and gliding.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12220A	9:30-10 AM	Sat	*3*	6/4/11	6/26/10	6/1/11	\$23 \$31	\$25 \$33
12220B	10:30-11 AM	Sat	*3*	6/4/11	6/26/10	6/1/11	\$23 \$31	\$25 \$33
12220C	9:30-10 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12220D	10:30-11 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12220E	9:30-10 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41
12220F	10:30-11 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Weekday Lessons

12220G	1:30 - 2 PM	Tues	*3*	6/14/11	6/28/11	6/11/11	\$23 \$31	\$25 \$33
12220H	1 - 1:30 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12220J	1:30-2 PM	Tues	4	7/5/11	7/26/11	7/2/11	\$30 \$38	\$33 \$41
12220K	1 - 1:30 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12220M	1:30-2 PM	Tues	4	8/2/11	8/23/11	7/30/11	\$30 \$38	\$33 \$41
12220N	1 - 1:30 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41



Advanced Level 1/Water Exploration

This 30 minute class swimmers will begin bobbing, opening eyes under the water and retrieving submerged objects. Swimmers will work on front and back floats and finning. Swimmers will continue work on water adjustment with emphasis on breath control, human stroke and sculling on back.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12222A	10-10:30 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12222B	11 - 11:30 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12222C	10 - 10:30 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12222D	11 - 11 :30 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12222E	10 - 10:30 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41
12222F	11 - 11:30 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Weekday Lessons

12222D	2-2:30 PM	Tues	*3*	6/14/11	6/28/11	6/11/11	\$23 \$31	\$25 \$33
12222E	1:30 - 2 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12222F	2- 2:30 PM	Tues	4	7/5/11	7/26/11	7/2/11	\$30 \$38	\$33 \$41
12222G	1:30 - 2 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12222H	2 -2:30 PM	Tues	4	8/2/11	8/23/11	7/30/11	\$30 \$38	\$33 \$41
12222J	1:30 - 2 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41

Level II/Primary Skills

This 45 minute class continues work on rotary breathing, prone and supine floats. Swimmers will begin work on the front and back crawl. Swimmers will also begin exploration of the deep-end of the pool. Swimmers will fully submerge and hold breath.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12225A	10 - 10:45 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12225B	10 - 10:45 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12225C	10 - 10:45 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Annual Pool Auction

**Vintage Boardwalk Dinner & Auction
Sunday, August 7, 2011**

Silent Auction & Mixer 5:00 PM
Dinner 7:00 PM
Live Auction 8:00 PM

\$50.00 Per Person

Donations accepted at the pool. Contact Auction Coordinator, Megan Wuerth at the pool 547-0982 for more information.



All Proceeds Benefit the Charlevoix Area Community Pool

Your Favorite Beach Attire is Encouraged

Pool Promotions

- Every **Monday** and **Wednesday** Night for the summer of 2011, everyone swims for \$1.00 (District) or \$1.50 (Non-District) during the 6:00-8:00 P.M. open swim.
- 13th Annual Venetian Festival Swim Meet will be **Wednesday July 20, 2011**. Swimmers of all ages are welcome to participate. Contact the pool for start time and information.
- 22nd Annual Pool Auction and Dinner will be held **Sunday, August 7, 2011** at Castle Farms. For more information on attending or donating to the Auction please contact the pool.

Level II/Primary Skills Continued

Weekday Lessons

12225D	1 - 1:45 PM	Tues	*3*	6/14/11	6/28/11	6/11/11	\$23 \$31	\$25 \$33
12225E	2 - 2:45 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12225F	1 - 1:45 PM	Tues	4	7/5/11	7/26/11	7/2/11	\$30 \$38	\$33 \$41
12225G	2 - 2:45 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12225H	1 - 1:45 PM	Tues	4	8/2/11	8/23/11	7/30/11	\$30 \$38	\$33 \$41
12225J	2 - 2:45 PM	Thurs	4	8/4/11	8/23/11	8/1/11	\$30 \$38	\$33 \$41

Level III/Stroke Readiness

This class increases swimming competency and teaches personal safety and rescue skills. Class skills include: buoyancy skills, breath control, front crawl, elementary back stroke, back crawl introduction, turns and water entry and exit. Swimmers will work on sitting, kneeling and standing dives and rotary breathing.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12230A	10:45 - 11:30 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12230B	10:45 - 11:30 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12230C	10:45 - 11:30 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Weekday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12230D	1:45 - 2:30 PM	Tues	*3*	6/14/11	6/28/11	6/11/11	\$23 \$31	\$25 \$33
12230E	1:45 - 2:30 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12230F	1:45 - 2:30 PM	Tues	4	7/5/11	7/26/11	7/2/11	\$30 \$38	\$33 \$41
12230G	1:45 - 2:30 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12230H	1:45 - 2:30 PM	Tues	4	8/2/11	8/23/11	7/30/11	\$30 \$38	\$33 \$41
12230J	1:45 - 2:30 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41

Level IV: Stroke Development

Swimmers must be able to swim 25 yards. Continuation of floating and sculling skills. Introduction to standing front dive, rotary breathing, front crawl and back crawl and treading water. Begin techniques for breaststroke, sidestroke, and butterfly.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12235A	9:15 - 10 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12235B	9:15 - 10 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12235C	9:15 - 10 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Weekday Lessons

12235D	1 - 1:45 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12235E	1 - 1:45 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12235F	1 - 1:45 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41

Level V: Stroke Refinement

Swimmers must be able to swim 50 yards. Focus on efficient front and back crawl strokes, continue sidestroke, breaststroke, treading water and diving skills. Underwater swimming and open turns are introduced.

Saturday Lessons

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12240A	9:15 - 10 AM	Sat	*3*	6/4/11	6/18/11	6/1/11	\$23 \$31	\$25 \$33
12240B	9:15 - 10 AM	Sat	4	7/9/11	7/30/11	7/6/11	\$30 \$38	\$33 \$41
12240C	9:15 - 10 AM	Sat	4	8/6/11	8/27/11	8/3/11	\$30 \$38	\$33 \$41

Weekday Lessons

12240D	1 - 1:45 PM	Thurs	*3*	6/16/11	6/30/11	6/13/11	\$23 \$31	\$25 \$33
12240E	1 - 1:45 PM	Thurs	4	7/7/11	7/28/11	7/4/11	\$30 \$38	\$33 \$41
12240F	1 - 1:45 PM	Thurs	4	8/4/11	8/25/11	8/1/11	\$30 \$38	\$33 \$41

Twinges in the Hinges

June 13 - August 26



Monday
11:00 - 12:00PM Twinges in the Hinges

Wednesday
11:00 - 12:00PM Twinges in the Hinges

Friday
11:00 - 12:00PM Twinges in the Hinges

Twinges in the Hinges - This low impact workout will benefit those who have arthritis, have had replacements or challenges with their joints. This class incorporates low cardio, muscle toning, strengthening and balance work all in a fun and friendly environment. This is a co-ed class.

	District	Non- District
Monthly - Unlimited	\$37.00	\$40.00
Drop In Visit	\$5.00	\$5.25
New 10 - Visit Pass	\$45.00	\$48.00

Summer 2011 Water Fitness

June 13 - August 27



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise	Aquacise
8:00AM	H2O Works	H2O Works	H2O Works	H2O Works	H2O Works	H2O Works
8:30AM	Power Walking	Power Walking	Power Walking	Power Walking	Power Walking	Power Walking
9:00AM	Hydro Toning		Hydro Toning		Hydro Toning	

Aquacise - Begin your day the right way with a variety of cardiovascular exercises, strengthening/toning movements, and specialized exercises for a total body workout.

H2O Works - This high intensity class will challenge your movements and work your cardiovascular system. With a focus on a cardio workout and improved muscle tone this class is sure to get your heart pumping.

Power Walking - A low impact aerobic workout that helps to tone various muscle groups. The higher resistance of the water will give you a great workout while being joint friendly. Smooth rhythmic movements designed to increase strength and flexibility.

Hydro-Toning - Is a high energy, low impact class. Exercises will focus on core strength. This total body work out will help increase your strength, coordination and endurance.

All classes are co-ed and music may be used for each class.

	District	Non- District
Monthly - Unlimited	\$40.00	\$43.00
Drop In Visit	\$6.00	\$6.25
New 10 - Visit Pass	\$45.00	\$48.00

Red Cross Levels

- Level I
- Level II
- Level III
- Level IV
- Level V

Semi-Private Levels

- Beginner I and II
- Beginner III
- Advanced Beginner I and II
- Advanced Beg II
- Stroke I

SEMI-PRIVATE LESSONS

Semi-private lessons are available to offer more individualized instruction. Maximum enrollment for class are 4 students for Beginner through Advanced Competitive levels. Please use the guidelines on page 8 to decide which level would be best for your child.

Beginner I - This class is for children 3 years and older. Students in this class are ready to be in class without a parent, however, the students are still nervous about swimming and are not yet ready to go underwater.

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12160A	9:30 - 10:00 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12160B	10:30 - 11 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12160C	3 - 3:30 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12160D	9:30 - 10 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12160E	10:30 - 11 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12160F	3 - 3:30 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12160G	9:30 - 10 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12160H	10:30 - 11 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12160J	3 - 3:30 PM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12160K	9:30 - 10 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12160L	10:30 - 11 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12160M	3 - 3:30 PM	M/W/F	*1*	7/25/11	7/29/11	7/15/11	\$35 \$43	\$37 \$45

Continued on the next page

Beginner I Continued

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12160N	9:30 - 10:00 AM	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12160P	10:30 - 11 AM	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12160R	3 - 3:30 PM *New	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12160S	9:30 - 10:00 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12160T	10:30 - 11 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12160U	3 - 3:30 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81

Beginner II - This class is for the non-swimmer who is getting braver and has started experimenting with going underwater. Swimmers in this class are starting to do back floats but still need assistance.

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12162A	10 - 10:30 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12162B	3 - 3:30 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12162C	4:30 - 5 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12162D	10 - 10:30 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12162E	3 - 3:30 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12162F	4:30 - 5 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12162G	10 - 10:30 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12162H	3 - 3:30 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12162J	4:30 - 5 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12162K	10- 10:30 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12162L	3- 3:30 PM *New	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41
12162M	4:30- 5 PM *New	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41

13th Annual Venetian Festival Swim Meet July 20, 2011



3:15PM Warm Up Meet Starts 4:00PM

All Ages Welcome
Register at the Pool!

- Entries:** Swimmers may enter as many events as they wish in their age group. Entry fee per event before 5:00PM, July 18th is \$3.00 or \$5 per event after the 18th. Contact the pool for family and team discounts.
- Age Groups:** 6 and under, 8 and under, 9/10, 11/12, 13-16, 17-20, 21-40, 41-60 and 61 and up
- Awards:** Awards will be awarded for 1st through 4th place
- Timing:** All events will be timed with a Colorado Timing system.
- Concessions:** The truck mobile eatery will be here selling hot dogs and pulled pork sandwiches, be sure to save room.



The Charlevoix Stingrays are a year-round age group swim team. The Stingray swimmers range in age from 5-18 years old. We encourage any swimmer who is able to swim the length of the pool to come out and try our swim team practice. Swimmers work on skill proficiency and endurance all in a fun and safe environment. If you have any questions regarding the Stingrays Swim Team please call, Coach Betsy Granstra at the pool 547-0982

This Summer the Charlevoix Stingray Coaching Staff will be offering swimmers of all ages the opportunity to work on development and technique for all four competitive strokes. In addition swimmers will develop competitive starts and turns.

Summer Mini Session

Beginner/Advanced Beginner Stingrays

Time	Day/s	Starting	Ending
4-5PM	M/W/F	6/13/11	8/26/11

Advanced/Competitive Stingrays

Time	Day/s	Starting	Ending
3-5PM	M/W/F	6/13/11	8/26/11

Stingray Swimming Price Options

Drop In	Weekly	Monthly	Full Summer 11 weeks
\$6.00	\$15.00	\$50.00	\$125.00

Family Discount

Families with 2 or more swimmers will receive a 10% discount for 2nd, 3rd, etc swimmers on the Monthly and Full Summer rates.

Beginner II - Continued

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12162N	10 - 10:30 AM	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12162P	3 - 3:30 PM *New	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12162R	4:30 - 5 PM *New	M/W/F	2	8/1/11	8/12/11	7/29/11	\$69 \$77	\$73 \$81
12162S	10 - 10:30 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12162T	3- 3:30 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12162U	4:30 - 5 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81

Beginner III - Swimmers in this class love to go underwater. These students are ready to learn to come up for air without touching the bottom. Students will learn to roll over and float independently.

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12164A	9:30 - 10 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12164B	10:30 - 11:00 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12164C	3:30 - 4 PM *New	M/W/F	*1	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12164D	4 - 4:30 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12164E	9:30 - 10 AM	M/W/F	*1*	6/20/11	6/22/11	6/17/11		
12160F	9:30 - 10 AM	M/W/F	*1*	6/27/11	7/1/11	6/24/11		
12164G	10:00 - 10:30 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12164H	3:30- 4 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12164J	4 - 4:30 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81

12164K	10:30 - 11 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12164L	3:30- 4 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12164M	4 - 4:30 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12164N	9:30 - 10 AM	M/W/F	*1*	7/11/11	7/15/11	7/8/11	\$35 \$43	\$37 \$41
12164P	9:30 - 10 AM	M/W/F	*1*	7/18/11	7/22/11	7/15/11	\$35 \$43	\$37 \$41
12164R	10:30 - 11 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12164S	9:30 - 10 AM	M/W/F	2	7/25/11	7/29/11	7/22/11	\$69 \$77	\$73 \$81
12164T	3:30 - 4 PM	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41
12164U	4 - 4:30 PM	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41
12164V	9:30 - 10 AM	M/W/F	*1*	8/1/11	8/5/11	7/30/11	\$35 \$43	\$37 \$41
12164W	9:30 - 10 AM	M/W/F	*1*	8/8/11	8/12/11	8/5/11	\$35 \$43	\$37 \$41
12164X	10:30 - 11:00 AM	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12164Y	3:30 - 4 PM *New	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12164Z	4 - 4:30 PM *New	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
121641	9:30 - 10 AM	M/W/F	*1*	8/15/11	8/19/11	8/12/11	\$35 \$43	\$37 \$41
121642	9:30 - 10 AM	M/W/F	*1*	8/22/11	8/26/11	8/19/11	\$35 \$43	\$37 \$41
121643	10:30 - 11:00 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
121644	3:30 - 4 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
121645	4 - 4:30 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81

Adult Programs

CHARLEVOIX MASTERS SWIM TEAM

The Charlevoix Masters is a Sept-May swim team for the young at heart. Any adult, 19 years of age and up, is eligible to join at any time of the year. The workouts are designed with the beginner, intermediate and advanced swimmer in mind. Practice sessions not only offer a physical challenge, but an opportunity to work out with peers and friends who share common interests of camaraderie and motivation, goal-setting, and training in a supportive environment for personal success.

**Masters swim team will meet most Wednesday evenings from 8:00-9:00PM.
Please inquire at the desk for price information.**

Water Polo

Water Polo will returned to the pool in the Fall of 2011. Stop by the pool for a list of game rules.

Game Times: Fall of 2011 Games will be played on Thursday evenings

Cost: \$3.25 for district \$3.50 for non district per session

Age: Middle school swimmers and older are encouraged to try it out!

-TAKING AN INTEREST LIST

Certification Opportunities

LIFEGUARD TRAINING

Students must be 15 years of age and successfully complete the following skills. Swim 300 yards continuously using these strokes in the following order: 100 yards front crawl using rhythmic breathing, 100 yards breaststroke, 100 yards either front crawl or breaststroke. Swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10-pound object, return to the surface, and swim 20 yards back to the starting point. Cost \$160 for residents of Charlevoix Township, Hayes Township and the City of Charlevoix, \$175 for non residents.. (includes all materials)

Call the pool for information of class dates and times Class will be offered in Late Fall

W.S.I. (WATER SAFETY INSTRUCTOR)

-TAKING AN INTEREST LIST

This course is for those interested in teaching swimming. You must be 17 years of age prior to the first day of class. Cost \$175 (includes all materials)

S.C.U.B.A.

-TAKING AN INTEREST LIST

Students will obtain skills in snorkeling, buoyancy control and proper breathing patterns. This is a complete diving course from the use of masks to open water dives with tanks.

Special Olympics

Special Olympics Swim Team Training

Join in on the opportunity to train for the Special Olympics with the goal of competing in a Regional Meet in the spring and possibly the State Special Olympics Meet in June. Participants will swim laps, and work on stroke skills and endurance. Benefits include physical fitness, being part of a team and having fun.

You do not need to be an accomplished swimmer, beginner swimmers are welcome.

Practice Times: Wednesday Evenings 8:00-9:00 PM
Cost: \$2.75 for district residents / \$3.00 for non district residents
Practice Begins: Contact the pool for schedule information

The Mission of Special Olympics- To provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with mental retardation, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in sharing of gifts and friendship with their families.

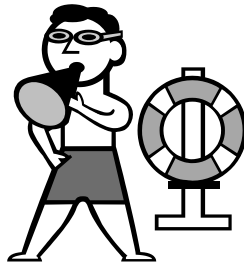
Youth Programs

Junior Lifeguards

We are looking for interested young people to participate in the Junior Lifeguarding Program. You must be at least 10 years of age and be willing to work hard in exchange for some fun free swim time. Students will be introduced to safety skills including ring toss, reach and throw rescues and pool rules. Students will also learn how to perform a chemical test on the pool. Upon completion students will be able to volunteer at the pool as a Jr. Lifeguard and receive an official Jr. Lifeguard T-shirt.

Class #	Time	Day/s	Weeks	Starting	Ending	Early Registration Date	District	Non-Dist
---------	------	-------	-------	----------	--------	-------------------------	----------	----------

No classes currently scheduled.
Contact the pool to be put on a interest list.



Swim Lesson Instructor Aids

We are looking for interested young people to participate in the Swim Lesson Instructor Aids program. You must be at least 12 years of age and be willing to work hard in exchange for some fun free swim time. Students will be introduced to safety skills including ring toss, reach and throw rescues and pool rules. Students will also learn how to perform a chemical test on the pool. Students will also learn hands on how to assist a swim teacher with swim lessons. Students will help demonstrate skills and assist the teacher with the class.

Class #	Time	Day/s	Weeks	Starting	Ending	Early Registration Date	District	Non-Dist
---------	------	-------	-------	----------	--------	-------------------------	----------	----------

No classes currently scheduled.
Contact the pool to be put on a interest list.

Advanced Beginner I - These students are 4 years old and older. The child needs to be able to swim 10 yards and float independently. Students will begin to learn the front crawl and simple elementary backstroke.

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12166A	10 - 10:30 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12166	10:30 - 11 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12166B	3:30 - 4 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12166C	4 - 4:30 PM *New	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$41
12166D	10- 10:30 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12166	10:30 - 11 AM	M/W/F	*1*	6/20/11	6/24/11	6/17/11	\$35 \$43	\$37 \$41
12166	10:30 - 11 AM	M/W/F	*1*	6/28/11	7/1/11	6/25/11	\$35 \$43	\$37 \$41
12166E	3:30 - 4 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12166F	4 - 4:30 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12166G	10 - 10:30 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/13/11	\$58 \$66	\$61 \$69
12166H	3:30 - 4 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12166J	4 - 4:30 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12166	10:30 - 11 AM	M/W/F	*1*	7/11/11	7/15/11	7/8/11	\$35 \$43	\$37 \$41
12166K	10 - 10:30 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12166	10:30 - 11 AM	M/W/F	*1*	7/18/11	7/22/11	7/15/11	\$35 \$43	\$37 \$41
12166	10:30 - 11 AM	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41
12166L	3:30 - 4 PM *New	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41
12166M	4 - 4:30 PM *New	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$41

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12166N	10 - 10:30 AM	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12166	10:30 - 11 AM	M/W/F	*1*	8/1/11	8/5/11	7/30/11	\$35 \$43	\$37 \$41
12166	10:30 - 11 AM	M/W/F	*1*	8/8/11	8/12/11	8/5/11	\$35 \$43	\$37 \$41
12166P	3:30 - 4 PM *New	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12166R	4 - 4:30 PM *New	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12166S	10 - 10:30 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12166	10:30 - 11 AM	M/W/F	*1*	8/15/11	8/19/11	8/12/11	\$35 \$43	\$37 \$41
12166	10:30 - 11 AM	M/W/F	*1*	8/22/11	8/26/11	8/19/11	\$35 \$43	\$37 \$41
12166T	3:30 - 4 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12166U	4 - 4:30 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81

Advanced Beginner II - This class is for those who have been taught the front crawl, but still need help with the coordination. Students will continue work on the back-stroke, breaststroke and be introduced to the butterfly.

Class #	Time	Day/s	Weeks	Start	End	Early Registration Date	District	Non-Dist
12168A	9:30 - 10 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12168	10- 10 :30 AM	M/W/F	*1*	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12168B	4:30 - 5 PM *New	M/W/F	1	6/13/11	6/15/11	6/10/11	\$35 \$43	\$37 \$45
12168C	9:30 - 10 AM	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12168	10-10:30 AM	M/W/F	*1*	6/20/11	6/24/11	6/17/11	\$35 \$43	\$37 \$45
12168	10-10:30 AM	M/W/F	*1*	6/27/11	7/1/11	6/24/11	\$35 \$43	\$37 \$45
12168D	4:30 - 5 PM *New	M/W/F	2	6/20/11	7/1/11	6/17/11	\$69 \$77	\$73 \$81
12168E	9:30 - 10 AM	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69
12168F	4:30 - 5 PM *New	M/W/F Only 5 days	2	7/6/11	7/15/11	7/3/11	\$58 \$66	\$61 \$69

12168	10-10:30 AM	M/W/F	*1*	7/11/11	7/15/11	7/8/11	\$35 \$43	\$37 \$45
12168G	9:30 - 10 AM	M/W/F	2	7/18/11	7/29/11	7/15/11	\$69 \$77	\$73 \$81
12168	10-10:30 AM	M/W/F	*1*	7/18/11	7/22/11	7/15/11	\$35 \$43	\$37 \$45
12168	10-10:30 AM	M/W/F	*1*	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$45
12168H	4:30 - 5 PM *New	M/W/F	1	7/25/11	7/29/11	7/22/11	\$35 \$43	\$37 \$45
12168J	9:30 - 10 AM	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12168	10-10:30 AM	M/W/F	*1*	8/1/11	8/5/11	7/30/11	\$35 \$43	\$37 \$45
12168	10-10:30 AM	M/W/F	*1*	8/8/11	8/12/11	8/5/11	\$35 \$43	\$37 \$45
12168K	4:30 - 5 PM *New	M/W/F	2	8/1/11	8/12/11	7/30/11	\$69 \$77	\$73 \$81
12168L	9:30 - 10 AM	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81
12168	10-10:30 AM	M/W/F	*1*	8/15/11	8/19/11	8/12/11	\$35 \$43	\$37 \$45
12168	10-10:30 AM	M/W/F	*1*	8/22/11	8/26/11	8/19/11	\$35 \$43	\$37 \$45
12168M	4:30 - 5 PM *New	M/W/F	2	8/15/11	8/26/11	8/12/11	\$69 \$77	\$73 \$81

Private Lessons

Let the Charlevoix Area Community Pool lesson staff help you with your swimming skills. Do you want to compete in a tri-a-thon and want to fine tune your strokes? Do you want to be a more confident swimmer when you take your kids swimming? Do you want to master a flip turn or the butterfly? Would your child benefit from some one on one instruction?

Private lessons are a GREAT way to begin, refine and perfect all aspects of swimming. Contact the pool today and set up your lesson with Megan, Betsy or Al.

20 min lesson - \$20

30 min lesson - \$30

10% off for multiple lessons