



FARMINGTON HILLS COMMUNITY CENTER

AQUATIC SCHEDULE – THE HAWK

SUMMER 2021

SUBJECT TO CHANGE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| <p>Lap Swim Only 5:30am – 8:00am</p> <p>Lap Swim, River Walk, Toddler Area 8:00am – 9:00am</p> <p>Deep Pool and River Walk 10:00am – 11:30am</p> | <p>Lap Swim Only 5:30am-8:00am</p> <p>Lap Swim, River Walk, Toddler Area 8:00am – 9:30am</p> <p>Deep Pool and River Walk 10:30am -11:30am</p> | <p>Lap Swim Only 5:30am – 8:00am</p> <p>Lap Swim, River Walk, Toddler Area 8:00am – 9:00am</p> <p>Deep Pool and River Walk 10:00am-11:30am</p> | <p>Lap Swim Only 5:30am-8:00am</p> <p>Lap Swim, River Walk, Toddler Area 8:00am – 9:30am</p> <p>Deep Pool and River Walk 10:30am -11:30am</p> | <p>Lap Swim Only 5:30am – 8:00am</p> <p>Slide and Portion of Leisure Pool 8:00am -10:00am</p> <p>Lap Swim, River Walk and Toddler Area 10:00am – 11:30am</p> <p>Slide and Portion of Leisure 2:30pm – 4:30pm</p> | <p>Lap and River Walk 7:00am-8:00am</p> <p>Slide and Portion of Leisure 12:00pm – 2:00pm</p> <p>Deep Pool, River Walk and Toddler Area 2:00pm – 4:00pm</p> <p>Slide and Portion of Leisure 4:00pm – 6:00pm</p> | <p>Lap and River Walk 8:00am – 9:30am</p> <p>Slide and Portion of Leisure 12:00pm – 2:00pm</p> <p>Deep Pool, River Walk and Toddler Area 2:00pm – 4:00pm</p> <p>Slide and Portion of Leisure 4:00pm – 5:00pm</p> |
| <p>Camp Swim Only 12:00pm – 2:00pm</p> | <p>Camp Swim Only 12:00pm – 2:00pm</p> | <p>Camp Swim Only 12:00pm – 2:00pm</p> | <p>Camp Swim Only 12:00pm – 2:00pm</p> | <p>Camp Swim Only 12:00pm – 2:00pm</p> | <p>Deep Pool, River Walk and Toddler Area 2:00pm – 4:00pm</p> | <p>Slide and Portion of Leisure 4:00pm – 5:00pm</p> |
| <p>Deep Pool, River Walk and Toddler Area 4:00pm – 6:30pm</p> <p>Slide and Portion of Leisure 6:30pm – 9:00pm</p> | <p>Lap Swim and River Walk 8:00pm – 9:00pm</p> | <p>Deep Pool, River Walk and Toddler Area 4:00pm – 6:30pm</p> <p>Slide and Portion of Leisure 6:30pm – 9:00pm</p> | <p>Lap Swim and River Walk 8:00pm – 9:00pm</p> | <p>Deep Pool, River Walk and Toddler Area 4:30pm – 6:30pm</p> <p>Slide and Portion of Leisure 6:30pm – 8:00pm</p> <p>Lap Swim and River Walk 8:00pm – 9:00pm</p> | | |
| AQUATIC PROGRAMS | | | | | | |
| <p>Water Aerobics 9:00am-10:00am Instructor: Mary Leisure Pool</p> | | <p>Water Aerobics 9:00am-10:00am Instructor: Mary Leisure Pool</p> | | | <p>Hi-Lo H2O Aerobics 8:00am-9:00am Instructor: Mary Leisure Pool</p> | |
| <p>Swim Lessons 9:30am-11:30am</p> | <p>Water Aerobics 9:30am-10:30am Instructor: Mary Leisure Pool</p> | <p>Swim Lessons 9:30am-11:30am</p> | <p>Water Aerobics 9:30am-10:30am Instructor: Mary Leisure Pool</p> | | <p>Swim Lessons 9:00am-12:10pm</p> | <p>Swim Lessons 9:00am-11:45am</p> |
| <p>Water Aerobics 10:00am-11:00am Instructor: Mary Leisure Pool</p> | | <p>Water Aerobics 10:00am-11:00am Instructor: Mary Leisure Pool</p> | | | | |
| <p>Swim Lessons 2:30pm-4:00pm</p> | | <p>Swim Lessons 2:30pm-4:00pm</p> | | | | |
| | <p>Swim Lessons 2:30pm-8:00pm</p> | <p>Swim Lessons 6:00pm-6:30pm</p> | <p>Swim Lessons 2:30pm-8:00pm</p> | <p>All Aquatic Programs require pre-registration</p> <p>Due to COVID guidelines, we are operating at 50% capacity at this time.</p> | | |

Class Descriptions:

Swimfants – Parent/Child class intended for children ages 6 months to 18 months. This class is a fun and interactive way to introduce your child to the aquatic environment using songs and activities. Participants will learn proper holding positions, cues, and floating. Children are required to wear swim diapers to participate.

Swim Tots – Parent/Child class intended for children ages 19 months to 3 years. This class is like Swimfants with added skills to challenge older swimmers. Participants will learn holding positions, cues, floating, and arm/leg coordination techniques. Children are required to wear swim diapers to participate.

Preschool Beginner – This class is designed for swimmers ages 3 to 5 years old who are not quite ready to be in an independent instructor led class. Swimmers will be accompanied by an adult. Swimmers will work on water adjustment, breath control, front/back floats and combined stroke movements. Children must be potty-trained or wear a swim diaper to participate.

Preschool Level 1 – Swimmers ages 3 to 5 years old who are ready to work independently with an instructor. Swimmers will work on water adjustment, breath control, front/back floats and combined stroke movements. Children must be potty-trained or wear a swim diaper to participate.

Preschool Level 2 – Swimmers ages 3 to 5 years old who have successfully completed Preschool Level 1. Swimmers will continue to work on combined stroke movements with an emphasis on building endurance and swimming without assistance.

Preschool Level 3 – Swimmers ages 3 to 5 years old who have successfully completed Preschool Level 2. Swimmers are working towards swimming 15 feet on their back and front with rhythmic breathing.

Youth Beginner – Swimmers ages 5 to 7 years who are new to swimming and taking their first formal lesson. This class will focus on helping participants feel comfortable in the water while working on pool safety, breath control, floats, glides and jumps.

Youth Level 1 – Swimmers ages 5 to 12 years who are comfortable being in the water and working towards swimming independently. This class will focus on breath control, floats, glides and jumps. Swimmers will also learn elementary backstroke, front crawl and back crawl.

Youth Level 2 – Swimmers ages 5 to 12 years will focus on the catch, pull and recovery phases of front crawl and back crawl. Swimmers will also be introduced to diving, treading, streamlines, bilateral breathing and breaststroke kick.

Youth Level 3 – Swimmers ages 5 to 12 years will begin preparing for the Costick Crocs Swim Club. Swimmers will focus on improving core strokes to a competitive level.

Youth Level 4 – Swimmers ages 5 to 15 years will focus on mastering all strokes, turns and starts. Instructors will focus on reinforcing proper technique for all phases of each stroke.

Water Aerobics –Your body will love this fat burning, all-inclusive workout to motivating music using a variety of equipment. This class will combine aerobic conditioning, strength training, endurance and flexibility. You do not need to know how to swim, but you should be comfortable in the water.

Hi-Lo H2O – This class uses a combination of high and low intensity level training with resistance equipment to provide a total body workout. Participants will use floatation aids to relieve stress on certain body parts and feel comfortable in the water.