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FOR IMMEDIATE RELEASE

September 22, 2015

Register this Week for Fall Swim Lessons at Easling Pool

Traverse City – Registration for Grand Traverse County Parks and Recreation’s fall session of American Red Cross Learn-to-Swim lessons opens Wednesday, September 23 at noon, and classes begin October 3 and 4. “We are excited to share with our community the gifts and talents of our enthusiastic Red Cross Water Safety Instructors (WSIs) who, collectively, bring 90 years of teaching experience to Easling Pool,” said Parks and Recreation Director Kristine Erickson.

According to Erickson, the WSIs at Easling Pool “offer personal attention in a caring, safe environment, which is especially important for children and even adults who have never been swimming or who are afraid of the water.”

“Everyone, especially those of us who live in an area on a Great Lake, surrounded by many inland lakes, deserves to confidently, yet safely enjoy being in and around water, and that’s where our lessons come in,” said Erickson. “Smaller classes offer more individual attention, and the focus is on each student’s ability. Our staff works hard to bond with parents, their children, and every pool patron, so that the experience is memorable and valuable – our pool community is a family.”

Erickson encourages community members to take advantage of the upcoming eight-week fall session of public Learn-to-Swim lessons, and to continue taking lessons, whether public or private, through winter and spring, “in preparation for the swimming season next summer.”

To register, stop by the Easling Pool Business Office, located in the Grand Traverse County Civic Center, in person, or register on line at www.grandtraverse.org/parks, beginning on Wednesday, September 23 at noon. All registration is on a first-come, first-served basis. Telephone registration begins Thursday, September 24 at 9 a.m. at 231-922-4814. Registration continues through the first day of classes.

Each class is 30 minutes in length, ending with five minutes of free time. Except for the Parent and Child class, each class has a six-student maximum, with one instructor.

Private (one student) and semi-private lessons (two students) are available for those who do not find a timely offering during the fall session public lessons.

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Contact: Kristine Erickson, Director, Grand Traverse County Parks and Recreation; 231-922-4818 (phone); kerickson@grandtraverse.org (e-mail).



American Red Cross

**American Red Cross Fall Swim Lessons at Easling Pool
Cost: County Residents – \$58.80; Nonresidents – \$84**



Schedule of Fall Swim Lessons at Easling Pool* Register Today!

Saturdays: October 3, 10, 24 and 31; November 7, 14, 21; December 5

Class Title	Time
Preschool Level 1	9:10 to 9:40 a.m.
Level 3	9:10 to 9:40 a.m.
Level 2	9:50 to 10:20 a.m.
Level 1	10 to 10:30 a.m.
Preschool Level 2	10:40 to 11:10 a.m.
Preschool Level 3	11:20 to 11:50 a.m.

Sundays: October 4, 11, 18 and 25; November 1, 8, 15, and 22

Class Title	Time
Preschool Level 1	11 to 11:30 a.m.
Level 2	11 to 11:30 a.m.
Level 1	11:30 to 12 p.m.
Preschool Level 2	11:40 a.m. to 12:10 p.m.
Level 3	12:30 a.m. to 1:10 p.m.

REGISTRATION for Fall Lessons at Easling Pool, on line and in person, begins Wednesday, September 23, at 12 p.m.

All registration is on a first-come, first-served basis. Register in person at the Easling Pool Business Office, or on line at www.grandtraverse.org/parks.

Telephone registration begins Thursday, September 24 at 9 a.m. Call 231-922-4814.

Each class is 30 minutes in length, ending with five minutes of free time. Except for the Parent and Child class, each class has a six-student maximum, with one instructor.

- **Preschool** class levels are for children from three to five years of age.
- **Level 1** may begin at five years of age, if the required entry skills are present.
- **Level 2** and above are for children six years of age and older.

Instructors assess age and swimming skills. For questions about the level in which to place a child or to arrange for a swim assessment, please call the Easling Pool Business Office at 231-922-4814, or send an e-mail to mzielins@grandtraverse.org.

NOTE: To ensure the safety of all of our guests and patrons at Easling Pool, and to reinforce a constructive and calm learning environment in the pool, we politely ask that, unless involved in the Parent and Child class, all parents, guardians, family members, and friends observe lessons from the Pool Lobby, rather than from the pool deck. Any requests for an exception to this policy may be discussed with the Water Safety Instructor and the Director of Parks and Recreation. Thank you for respecting this policy.

***Class descriptions and objectives on flipside.**



On-line and in-person registration for Fall Lessons at Easling Pool opens Wednesday, September 23, at 12 p.m. Registration is on a first-come, first-served basis. Register in person at the Easling Pool Business Office, or on line at www.grandtraverse.org/parks. Telephone registration begins Thursday, September 24 at 9 a.m. Call 231-922-4814.

Class Descriptions and Objectives

Parent and Child*

- Provides basic skills that lay a foundation for helping children learn to swim.
- Parents learn how to safely work with, support, and hold their children in the water, and how to prepare and encourage their children to participate fully and try skills.

Preschool Level 1 (Polliwog)*

- Provides elementary aquatic skills (most performed with assistance) that students build on as they progress.
- Skills include: water entry and exit; breath control and submergence; buoyancy on front and back; and changing direction and position.

Preschool Level 2 (Minnow)*

- Provides slightly more advanced fundamental aquatic skills (most performed with assistance) to build on basics learned in Preschool Level 1 (Polliwog).
- Marks the beginning of independent, aquatic, locomotion skills.

Preschool Level 3 (Fish)*

- Provides basic aquatic skills (performed independently) at slightly more proficient performance levels, with greater distances and times, to build on skills learned in Preschool Levels 1 and 2.
- Improves coordination of combined simultaneous and alternating arm and leg actions.

Level 1: Introduction to Water Skills*

- Provides basic personal water safety information and skills.
- Teaches students how to be more comfortable in and enjoy water safely.
- Helps develop positive attitudes, good swimming habits, and safe practices in and around water.

Level 2: Fundamental Aquatic Skills*

- Marks the beginning of true locomotion skills; lays foundation for future strokes.
- Teaches students how to float without support to recover to a vertical position.
- Further develops simultaneous and alternating arm and leg actions on the front and back.

Level 3: Stroke Development*

- Builds on previously learned skills.
- Teaches students how to “survival float, the “front crawl, and the elementary backstroke.
- Familiarizes students with “scissor” and “dolphin” kicks, and rules regarding headfirst water entry.

Level 4: Stroke Improvement*

- Improves skills with familiar strokes, such as front crawl and elementary backstroke, to increase endurance for greater distances.
- Adds arm movement to “scissor” kick for the sidestroke.
- Familiarizes students with back crawl, breaststroke, butterfly, and the basics of turning at a wall.

Level 5: Stroke Refinement*

- Coordinates and refines front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke, to increase distances.
- Familiarizes students with flip-turns on the front and back.

Level 6: Swimming and Skill Proficiency*

- Refines all strokes to give students ease, efficiency, power, and smoothness of swimming over greater distances.
- Prepares students for more advanced courses, such as Water Safety Instruction (WSI) or other aquatic activities, such as competitive swimming and diving.

***Schedule of classes for Fall Swim Lessons at Easling Pool on flipside.**