

WINTER 2024 SWIM LESSONS

Parent/Toddler Aquatics

Parent/Toddler 1 This class is for children ages 6 months to 3 years old with parent in the water. Class stresses safety and teaches parents how to help their child become comfortable in the water. Swimming diapers are required under swimsuit. This is the first introduction to the water with the parent and child. Skills introduced: bubble blowing, front and back floats, reaching, kicking, jumping into the water, and safety in and around the water. Swimming diapers are required under swimsuits if child is not potty trained.

Parent/Toddler 2 This class is for children ages 2.5 to 3.5 years old with parent in the water. This class stresses safety and teaches parents how to help their child become comfortable in the water. This class will start the skills of front and back floats, kicking on front and back, bubble blowing, gliding on the front and back, beginning of arm movements on the front and back are supported. Swimming diapers are required under swimsuits if child is not potty-trained. Level of support and assistance from parent will vary depending upon the skill level and confidence of the child.

Classes meets 8 times.

9100W24W	Parent/Toddler 1	Jan 24–Mar 20 5:50–6:20 pm	\$70
9110W24W	Parent/Toddler 2	Jan 24–Mar 20 5:50–6:20 pm	\$70
9120W24F	Parent/Toddler 1&2	Jan 26–Mar 15 10:30–11 am	\$70

Preschool Aquatics

Puddle Jumpers 1 Children must be 3 years old or have been enrolled in a preschool program. This is the first class without the parent. The child must separate comfortably from the parent. Skills taught will be independent water entry, supported kicking, supported front and back floats and glides, supported front and back swims, bubble blowing, and face submerge. All skills will be done with support.

Puddle Jumpers 2 This class is for children between the ages of 3–5 years old. They must be able to front float and back float without assistance, face fully submerged, and are starting to do combined arm and leg action for 2 body lengths. They will be working towards independent swimming.

Classes meets 8 times.

9130W24M	Puddle Jumpers 1	Jan 22–Mar 18 5:15–5:45 pm	\$90
9140W24M	Puddle Jumpers 2	Jan 22–Mar 18 5:15–5:45 pm	\$90
9150W24T	Puddle Jumpers 1&2	Jan 23–Mar 19 5:40–6:10 pm	\$90
9130W24W1	Puddle Jumpers 1	Jan 24–Mar 20 5:50–6:20 pm	\$90
9130W24W2	Puddle Jumpers 1	Jan 24–Mar 20 5:50–6:20 pm	\$90
9130W24F	Puddle Jumpers 1	Jan 26–Mar 15 10–10:30 am	\$90
9140W24F1	Puddle Jumpers 2	Jan 26–Mar 15 10–10:30 am	\$90
9140W24F2	Puddle Jumpers 2	Jan 26–Mar 15 10–10:30 am	\$90
9150W24F	Puddle Jumpers 1&2	Jan 26–Mar 15 10:30–11 am	\$90



HOST YOUR BIRTHDAY PARTY AT THE LOHS POOL!

Contact Amy Kuiper
at 248-814-1715 or
amy.kuiper@lok12.org
for available dates
and rates!



WINTER 2024 SWIM LESSONS AT-A-GLANCE

MONDAY JAN 22-MAR 18 8 CLASSES

9130W24M	Puddle Jumpers 1	5:15-5:45 pm	\$90
9140W24M	Puddle Jumpers 2	5:15-5:45 pm	\$90
9160W24M	Level 1	5:50-6:20 pm	\$90
9170W24M1	Level 2	5:15-5:45 pm	\$90
9170W24M2	Level 2	5:50-6:20 pm	\$90
9180W24M	Level 1&2	5:50-6:20 pm	\$90
9190W24M	Level 3	6:25-7:15 pm	\$115
9240W24M	Level 5/6	6:25-7:15 pm	\$115
9250W24M	Adult	6:25-7:15 pm	\$115

TUESDAY JAN 23-MAR 19 8 CLASSES

9150W24T	Puddle Jumpers 1&2	5:40-6:10 pm	\$90
9180W24T	Level 1&2	5:40-6:10 pm	\$90
9190W24T	Level 3	6:15-7:05 pm	\$115
9200W24T	Level 4	6:15-7:05 pm	\$115

WEDNESDAY JAN 24-MAR 20 8 CLASSES

9100W24W	Parent/Toddler 1	5:50-6:20 pm	\$70
9110W24W	Parent/Toddler 2	5:50-6:20 pm	\$70
9130W24W1	Puddle Jumpers 1	5:50-6:20 pm	\$90
9130W24W2	Puddle Jumpers 1	5:50-6:20 pm	\$90
9160W24W	Level 1	5:15-5:45 pm	\$90
9170W24W1	Level 2	5:15-5:45 pm	\$90
9170W24W2	Level 2	5:15-5:45 pm	\$90
9190W24W1	Level 3	6:25-7:15 pm	\$115
9200W24W	Level 4	6:25-7:15 pm	\$115

FRIDAY JAN 26-MAR 15 8 CLASSES

9120W24F	Parent/Toddler 1&2	10:30-11:00 am	\$70
9130W24F	Puddle Jumpers 1	10-10:30 am	\$90
9140W24F1	Puddle Jumpers 2	10-10:30 am	\$90
9140W24F2	Puddle Jumpers 2	10-10:30 am	\$90
9150W24F	Puddle Jumpers 1&2	10:30-11 am	\$90



Learn to Swim—Beginner

Level 1 Children must be 5 years old and be able to do 5 head bobs and face fully submerged. To exit this class the child must be able to do a front glide without assistance for two body lengths.

Level 2 This class is for the child who can do a front glide and face fully submerged in water. To exit this class, the child must do a back float for 5 seconds without assistance; tread or float for 15 seconds and swim front or back crawl for 5 body lengths.

Classes meet 8 times.

9160W24M	Level 1	Jan 22-Mar 18	5:50-6:20 pm	\$90
9170W24M1	Level 2	Jan 22-Mar 18	5:15-5:45 pm	\$90
9170W24M2	Level 2	Jan 22-Mar 18	5:50-6:20 pm	\$90
9180W24M	Level 1&2	Jan 22-Mar 18	5:50-6:20 pm	\$90
9180W24T	Level 1&2	Jan 23-Mar 19	5:40-6:10 pm	\$90
9160W24W	Level 1	Jan 24-Mar 20	5:15-5:45 pm	\$90
9170W24W1	Level 2	Jan 24-Mar 20	5:15-5:45 pm	\$90
9170W24W2	Level 2	Jan 24-Mar 20	5:15-5:45 pm	\$90

Learn to Swim Intermediate

Level 3 This class is for the child who has successfully passed level 2 and can do a combined arm and leg action on the front and back independently for 5 body lengths. To exit this level, the child must be able to jump into deep water, recover, tread or float for 1 minute and do a 15 yard front crawl and elementary backstroke.

Level 4 This class is for the child who can do front crawl for 15 yards; jump in deep water and do elementary backstroke for 15 yards. To exit this level, the child must be able to do front crawl for 25 yards with rotary breathing; elementary backstroke for 25 yards; backstroke and breast-stroke for 15 yards and 3-5 body lengths underwater.

Classes meet 8 times.

9190W24M	Level 3	Jan 22-Mar 18	6:25-7:15 pm	\$115
9190W24T	Level 3	Jan 23-Mar 19	6:15-7:05 pm	\$115
9190W24W1	Level 3	Jan 24-Mar 20	6:25-7:15 pm	\$115
9200W24T	Level 4	Jan 23-Mar 19	6:15-7:05 pm	\$115
9200W24W	Level 4	Jan 24-Mar 20	6:25-7:15 pm	\$115



Learn to Swim Advanced

Level 5 This class is for the child who can do front and back crawl for 15 yards. To exit this level, the child must be able to do a shallow dive in deep water; front crawl and elementary backstroke for 50 yards; breaststroke and back crawl for 25 yards using appropriate turning styles.

Level 6 This class is for the child who can do elementary backstroke, backstroke, and front crawl for 25 yards; to exit this level, the child must be able to do 500 yards continuously using any 3 strokes of choice at least 50 of each stroke; dive off the starting blocks.

Classes meet 8 times.

9240W24M Level 5/6 Jan 22–Mar 18 6:25–7:15 pm \$115

Adult

This class is designed to help an adult become more comfortable in the water and overcome any fear in the water. This is a beginning class and the instructor will help each student set and attain individual goals, but emphasis will be placed on teaching students how to be more comfortable in the water. Minimum of 4 people are required to enroll in the class. Emphasis is on lots of quality instruction time.

Classes meet 8 times.

9250W24M Adult Jan 22–Mar 18 6:25–7:15 pm \$115

FOR INFORMATION ABOUT

Open Swim Schedules
Punch Cards ■ Pool Passes
Pool Rental ■ Liquid Lightning
and more, visit

[lakeorionschools.org/departments/
enrichment-services/
aquatics](http://lakeorionschools.org/departments/enrichment-services/aquatics)

or scan this
QR code.



CATCH THE WAVE

AT THE LOHS NATATORIUM

Aqua Fitness

A shallow water workout. Emphasis is on fat burning cardio and strength building. Swimming is not a requirement, an attitude for fitness is. \$6 Drop-in. 10-punch card prices are \$56 for 60 and older, \$58.50 for 59 and under.

Class meets 31 times. No class Jan 15, Feb 19

9800W24MWF MWF Jan 8–Mar 22 9–9:45 am

Senior Citizens Joint Ventures

This class is a shallow water non-rebound water workout. Emphasis is on cardio, flexibility, strength building and endurance by use of bar bells and noodles.

Class meets 20 times. No class Jan 15, Feb 19

9901W24MW MW Jan 8–Mar 20 10:15–11 am

Masters Swim Sundays

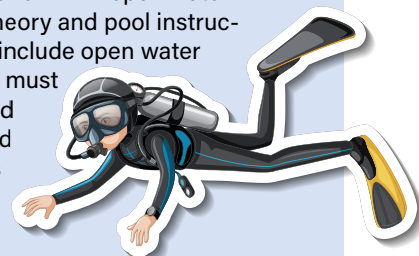
Class meets 10 times. No class Jan 13, Mar 3

9700W24SU Sunday Jan 7–Mar 24 8:30–10 am

\$10 Drop-in fee, or 10-punch card available on site at \$85.

SCUBA

This class will prepare you for PADI open water certification. It includes theory and pool instructions. The class does not include open water training fees. The student must supply their own mask and fins. Classes are organized upon interest. Call Diver's Den Shop for cost or questions: 248-421-1034.



MAKE A SPLASH with...

LIQUID *Lightning* SWIMMING

LOCATION:

LAKE ORION HIGH
SCHOOL NATATORIUM
495 East Scripps Road
Lake Orion, MI 48360

IMPROVE YOUR:

STARTS
TURNS
RACING STRATEGIES
STROKE TECHNIQUE
SPRINTING
TRAINING HABITS

STARTING NOW!

SESSION INFO:

FALL | SEPTEMBER - DECEMBER
WINTER | JANUARY - MARCH
SPRING | APRIL - JUNE
SUMMER | JUNE - JULY

Visit us at: www.liquidlightning.org
or find us on Facebook

Team Philosophy: Liquid Lightning offers a year-round comprehensive swim program for school age athletes in a positive and supportive environment, where individual goals are established and every athlete is important. Swimmers are provided the opportunity for individual achievement, team membership, and most importantly, to learn life-long skills that build confidence, self-esteem, and healthy bodies.