# **2021 L’Anse Creuse – Community Ed.**

## **Summer Competitive Information**

#

# **Advanced Competitive (Course #152-300):** Swim practices will be designed for any swimmers 12 years or older. We will be concentrating on improve technique and endurance for the next swim season. We will also be incorporating dry land training (strength training) into the workouts.

# **Starts:** Monday, June 21, 2021 – July 29, 2021 – NO SWIM 7/5

**Location:** L’Anse Creuse High School - North

**Days:** Monday, Tuesday, Wednesday, & Thursday

**Times:** 7:00am – 9:00am

**Cost:** $180

# **Beginning Competitive (Course #152-301):** Swim practices for any swimmers that have had limited competitive experience or have never swum competitively before and wish to learn/improve technique for the next swim season.

# **Starts:** Monday, June 21, 2021 – July 28, 2021

**Location:** L’Anse Creuse High School - North

**Day:** Monday & Wednesday

**Time:** 6:00pm – 7:30pm

**Cost:** $80

**TO REGISTER:** Registration will open the week of June 14, 2021. Please visit: commed.lc-ps.org under “Aquatics”. If you have any questions, please feel free to e-mail Mike Owensby at owensmi@lc-ps.org.

Registration will open the week of June 14, 2021. Please visit:

commed.lc-ps.org under “Aquatics”.

**Adult Swim Program – Summer 2021**

**Location:** L’Anse Creuse High School North Pool (LCN)

 23700 21 Mile Road, Macomb, MI 48042

(Enter at front door.)

**Fee:** $5.00 per person, per visit for drop-in **-or-** $50.00 for punch card good for 20 visits per person (no expiration). Cards available for purchase online at commed.lc-ps.org, under “Aquatics”, or at the pool. VISA, Mastercard & American Express accepted.

**Water Walking Exercise**

This class is a self-directed format that will help increase cardiovascular fitness, flexibility, muscle tone & range of motion. The water’s buoyancy supports your body weight, which reduces stress on your joints and minimizes pain. Water provides 12 times the resistance of air, so you can walk and talk while you strengthen & build muscle! Enjoy chatting with your friends or make new ones while you exercise! Great for beginners, post-rehab or anyone who wants to stay fit while reducing impact on joints. No swimming required. Water shoes are highly recommended.

Monday/Tuesday/Wednesday/Thursday, 6/21 - 7/29/2021\* 9:00 - 9:45 am

**\*No class on July 5th**

**Water Aerobics**

A low-to-moderate intensity aerobic workout in the water with a minimum of 25 minutes of aerobic conditioning. Increase your flexibility, promote greater range-of-motion of joints, and improve cardiovascular fitness. You will work your entire body without putting undue strain on any joint or muscle group. No swimming skills required. Water shoes are highly recommended. Instructor: I. Phillips

Monday/Wednesday, 6/28 – 7/28/2021\* 10:00 - 10:50 am

**\*No class on July 5th**

Swim and pool schedules are subject to change due to weather, mechanical/operational issues and/or school events. Please bring drinking water in plastic containers only. Pool water temperature is maintained at 80 degrees.

Please maintain social distance in locker room & common areas.