

FALL 2026 SWIM LESSONS AT-A-GLANCE

MONDAY	OCT 5—NOV 30	8 CLASSES	
9100F26M	Parent/Toddler	5:50–6:20 pm	\$72
9130F26M	Puddle Jumpers 1	5:15–5:45 pm	\$95
9150F26M1	Puddle Jumpers 1&2	5:50–6:20 pm	\$95
9150F26M2	Puddle Jumpers 1&2	5:50–6:20 pm	\$95
9160F26M	Level 1	5:15–5:45 pm	\$95
9170F26M	Level 2	5:15–5:45 pm	\$95
9190F26M	Level 3	6:25–7:15 pm	\$120
9200F26M	Level 4	6:25–7:15 pm	\$120
9220F26M	Level 5	6:25–7:15 pm	\$120

TUESDAY	OCT 6 – DEC 1	8 CLASSES	
9100F26T	Parent/Toddler	5:50–6:20 pm	\$72
9150F26T1	Puddle Jumpers 1&2	5:50–6:20 pm	\$95
9150F26T2	Puddle Jumpers 1&2	5:50–6:20 pm	\$95
9160F26T	Level 1	5:15–5:45 pm	\$95
9170F26T1	Level 2	5:15–5:45 pm	\$95
9170F26T2	Level 2	5:15–5:45 pm	\$95
9190F26T	Level 3	6:25–7:15 pm	\$120
9230F26T	Level 6	6:25–7:15 pm	\$120
9250F26T	Adult Beginner 1	6:25–7:15 pm	\$120

WEDNESDAY	SEPT 30 – DEC 2	8 CLASSES	
9130F26W	Puddle Jumpers 1	5:15–5:45 pm	\$95
9140F26W	Puddle Jumpers 2	5:50–6:20 pm	\$95
9160F26W1	Level 1	5:15–5:45 pm	\$95
9160F26W2	Level 1	5:50–6:20 pm	\$95
9170F26W1	Level 2	5:15–5:45 pm	\$95
9170F26W2	Level 2	5:50–6:20 pm	\$95
9190F26W	Level 3	6:25–7:15 pm	\$120
9200F26W	Level 4	6:25–7:15 pm	\$120
9251F26W	Adult Beginner 2	6:25–7:15 pm	\$120

FRIDAY	SEPT 18—NOV 6	8 CLASSES	
9100F26F	Parent/Toddler	10:30–11 am	\$72
9130F26F1	Puddle Jumpers 1	10–10:30 am	\$95
9130F26F2	Puddle Jumpers 1	10–10:30 am	\$95
9140F26F	Puddle Jumpers 2	10–10:30 am	\$95
9150F26F1	Puddle Jumpers 1&2	10:30–11 am	\$95
9150F26F2	Puddle Jumpers 1&2	10:30–11 am	\$95



FALL 2026 SWIM LESSONS

Parent/Toddler Aquatics

Parent/Toddler 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 with parent/caregiver/grandparent: bubble blowing, front and back floats and glides, beginning arm movements on the front and back, kicking, jumping into the water, and safety in and around the water all with support.

Classes meet 8 times.

9100F26F	Parent/Toddler	Sept 18–Nov 6 10:30–11:00 am	\$72
9100F26M	Parent/Toddler	Oct 5–Nov 30 5:50–6:20 pm	\$72
9100F26T	Parent/Toddler	Oct 6–Dec 1 5:50–6:20 pm	\$72

Preschool Aquatics

Puddle Jumpers 1 Children must be 3 years old. **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 swim and kick, bubble blowing, and face submerge and arms for finning. All skills will be done with support.

Puddle Jumpers 2 This class is for children between the ages of 3–5 years old. They will be introduced to floating on front and back, face fully submerged, and starting combined arm/leg action for 2 body lengths with equipment. They will be working towards independent swimming.

Classes meet 8 times.

9130F26F1	Puddle Jumpers 1	Sept 18–Nov 6 10–10:30 am	\$95
9130F26F2	Puddle Jumpers 1	Sept 18–Nov 6 10–10:30 am	\$95
9130F26W	Puddle Jumpers 1	Sept 30–Dec 2 5:15–5:45 pm	\$95
9130F26M	Puddle Jumpers 1	Oct 5–Nov 30 5:15–5:45 pm	\$95
9140F26F	Puddle Jumpers 2	Sept 18–Nov 6 10:00–10:30 am	\$95
9140F26W	Puddle Jumpers 2	Sept 30–Dec 2 5:50–6:20 pm	\$95
9150F26F1	Puddle Jumpers 1&2	Sept 18–Nov 6 10:30–11 am	\$95

For information about

Open Swim Schedules, Punch Cards, Pool Passes, Pool Rental, Liquid Lightning and more, visit <https://www.lakeorionschools.org/departments/enrichment-services/aquatics> or scan this QR code.



9150F26F2	Puddle Jumpers 1&2	Sept 18–Nov 6 10:30–11 am	\$95
9150F26M1	Puddle Jumpers 1&2	Oct 5–Nov 30 5:50–6:20 pm	\$95
9150F26M2	Puddle Jumpers 1&2	Oct 5–Nov 30 5:50–6:20 pm	\$95
9150F26T1	Puddle Jumpers 1&2	Oct 6–Dec 1 5:50–6:20 pm	\$95
9150F26T2	Puddle Jumpers 1&2	Oct 6–Dec 1 5:50–6:20 pm	\$95

Learn to Swim—Beginner

Level 1 This is a beginning level class for children 5 and up. Skills to be mastered are: full face submerged, introduction to independent front and back float, jumping in, arms and legs combined and introduction to finning on back. Child will become comfortable with front or back float and putting face into the water.

Level 2 This class is for the child who can submerge completely under water and float independently. We will continue to work on independent front and back floating and swimming 3–4 body lengths. Introduction of arms and kick for front crawl; elementary backstroke arms and kick and jumping into deep water.

Classes meet 8 times.

9160F26W1	Level 1	Sept 30–Dec 2 5:15–5:45 pm	\$95
9160F26W2	Level 1	Sept 30–Dec 2 5:50–6:20 pm	\$95
9160F26M	Level 1	Oct 5–Nov 30 5:15–5:45 pm	\$95
9160F26T	Level 1	Oct 6–Dec 1 5:15–5:45 pm	\$95
9170F26W1	Level 2	Sept 30–Dec 2 5:15–5:45 pm	\$95
9170F26W2	Level 2	Sept 30–Dec 2 5:50–6:20 pm	\$95
9170F26M	Level 2	Oct 5–Nov 30 5:15–5:45 pm	\$95
9170F26T1	Level 2	Oct 6–Dec 1 5:15–5:45 pm	\$95
9170F26T2	Level 2	Oct 6–Dec 1 5:15–5:45 pm	\$95

FALL 2026 SWIM LESSONS

Learn to Swim Intermediate

Level 3 This class is for the child who can swim independently for 5 body lengths with combined arm and leg action (front crawl). The child is able to jump in and fully submerge and recover. Rotary breathing will be introduced, and the focus will be on freestyle; swimming 1 length of 25-yard pool; elementary backstroke and backstroke arms and kick.

Level 4 This class is for the child who knows freestyle and elementary backstroke. The child is able to jump into deep water. We will be focusing on proper rotary breathing and introduce breaststroke and backstroke, diving and scissors kick will be introduced.

Classes meet 8 times.

9190F26W	Level 3	Sept 30–Dec 2	6:25–7:15 pm	\$120
9190F26M	Level 3	Oct 5–Nov 30	6:25–7:15 pm	\$120
9190F26T	Level 3	Oct 6–Dec 1	6:25–7:15 pm	\$120
9200F26W	Level 4	Sept 30–Dec 2	6:25–7:15 pm	\$120
9200F26M	Level 4	Oct 5–Nov 30	6:25–7:15 pm	\$120

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 passed level 5. This is a swim conditioning class to refine technique. This class will emphasize stroke technique and endurance. The child must be able to swim freestyle with rotary breathing, backstroke, breaststroke and can swim in water 7–13 feet deep. This class will continue to refine all competitive strokes and elementary backstroke as well as sidestroke. Flip turns both front and back will be taught. Diving will also be taught.

Classes meet 8 times.

9220F26M	Level 5	Oct 5–Nov 30	6:25–7:15 pm	\$120
9230F26T	Level 6	Oct 6–Dec 1	6:25–7:15 pm	\$120

Adult

Adult This class is designed to help an older child or 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.

9250F26T	Adult Beginner 1	Oct 6–Dec 1 6:25–7:15 pm	\$120
9251F26W	Adult Beginner 2	Sept 30–Dec 2 6:25–7:15 pm	\$120

OPEN SWIM PRICES 2026

ONE TIME OPEN SWIM COST

Child (12 & under)	
Senior Citizen (60 and up)	
USA Military or Veteran (must show your ID)	\$6
Adult/Teen (13 and up)	\$7

**Children 2 and under are free with an adult*

5 PUNCH CARD

Child (12 & under)	
Senior Citizen (60 and up)	
USA Military or Veteran (must show your ID)	\$27/\$5.40 a swim
Adult/Teen (13 and up)	\$32/\$6.40 a swim

10 PUNCH CARD

Child (12 & under)	
Senior Citizen (60 and up)	
USA Military or Veteran (must show your ID)	\$37/\$3.70 a swim
Adult/Teen (13 and up)	\$47/\$4.70 a swim



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!



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 \$57 for 60 and older, \$60 for 59 and under.

Fall Class meets 41 times.

No class Nov 2, Nov 25, and Nov 27.

9800F26MWF MWF Sept 9-Dec 18 9-9:45 am

Masters Swim Sundays

Class meets 5 times.

No class Oct 25 and Nov 22.

9700F26SU Sun Oct 4-Dec 13 8:30-10 am

\$10 Drop-in fee, or 10-punch card available on site at \$95.

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