

SL Recreation Commission

(Based on next year's grade level)

Telephone: 9:00 am–12:00 noon (616) 846-5502

Note: SLPS Non-Resident Students pay Resident Fees
SLCFAC–Spring Lake Community Fitness & Aquatic Center

YOUTH SWIM LESSONS (Ages 1–8)

(Offered through the SLCFAC– See page 8)

AMERICAN RED CROSS SWIM LESSONS (5 YEARS OLD & UP)

DATES: 1st Session June 22–July 3
2nd Session July 6–17
3rd Session July 20–31
4th Session August 3–14

TIME: 8:00 am–1:05 pm
35 minute lessons (2 weeks)
Monday–Friday

PLACE: SLCFAC
FEE: Resident \$15.00
Non-Resident \$40.00

PREREGISTRATION:

Forms will be sent home with students grades K-6 the week of May 4 and must be returned by May 15. Extra forms are available at the Elementary, Intermediate & Middle School offices, and www.springlakeschools.org under Recreation. Class size is limited to 10. No phone registrations. Prefer payment with registration.



OPEN SWIM

DATE: Tuesdays & Thursdays
June 23–Aug. 13 1:30–2:30 pm

PLACE: SLCFAC
FEE: \$1.00 per person

Great place for students in swim lessons to practice what they learn in swim lessons.

STROKE CLINIC

(Must be able to swim one length of the pool.)

DATE: June 22–26
TIME: 10 & Under 8:30–9:30 am
11 & Over 9:30–10:30 am

PLACE: SLCFAC
FEE: Resident \$10.00
Non-Resident \$15.00

COACHES: Penny Zacek & Nikki Theune
ASST. COACHES: Former SL Varsity Swimmers

COMPETITIVE SWIM TEAM

(Adjustments to participant's practice time may vary according to ability.)

DATE: June 29–July 31
TIME: 8 & Under 8:30–9:30 am
9–12 year olds 9:30–10:30 am
13 & Over 8:30–10:30 am

PLACE: SLCFAC
FEE: Resident \$50.00
Non-Resident \$75.00

COACHES: Penny Zacek & Nikki Theune
ASST. COACHES: Former SL Varsity Swimmers

LAKE AVENUE BEACH

Qualified Lifeguards Provided

DATES: June 8–September 7 (Including weekends)
TIME: 10:00 am–9:00 pm (Weather permitting)
LOCATION: End of Lake Ave., in SL

INTRO TO DIVING

DATES: June 22–26
AGES: 8–18 years old
TIME: 11:00–12:00 noon
REGISTRATION: Limited to 16
COACHES: Former SL Varsity Divers
COST: Resident \$45.00
Non-Resident \$55.00

This program for beginner divers will focus on the basic fundamentals and skills of diving, including jumps, hurdles, and basic dives. Dryland training will also be included to improve flexibility, body awareness, balance, agility and confidence. Ability to swim 25 yards is required.

ADVANCED DIVING

DATES: June 22–26
AGES: Grades 7–12
TIME: 12:00–1:15 pm
REGISTRATION: Limited to 16
COACHES: Former SL Varsity Divers
COST: Resident \$55.00
Non-Resident \$65.00

This one meter diving class for competitive divers will work on dryland training, entries, hurdles, flexibility, new and current dives and encourage growth. Must be able to complete a 6 dive list.



2009 Summer Schedule

TENNIS

PREREGISTRATION FORMS FOR TENNIS LESSONS & INTER CITY TENNIS will be going home with elementary students (1st grade & up) the week of May 4th. Extra forms are available in the SL Recreation Office or at www.springlakeschools.org under Recreation. NO PHONE REGISTRATION FOR TENNIS. PAYMENT MUST BE TURNED IN WITH REGISTRATION. LATE REGISTRATION AT OFFICE—PAYMENT MUST ACCOMPANY REGISTRATION.

Tennis Lessons

4 weeks each session (M-TH)

DATES: First Session June 8–July 2
Second Session July 6–30

ONE INSTRUCTOR FOR EVERY EIGHT PLAYERS

TIME: Little Stars (4-8 years old) 8:50 am–9:30 am
Beginners (8 years & up) 9:40 am–10:20 am or
10:30 am–11:10 am
Adv. Beginners (must have had beginners)
8:00 am–8:40 am or
11:20 am–12:00 noon

PLACE: SLMS Tennis Courts, Hammond St.

FEE: Resident 1 Session \$30.00
2 Sessions \$50.00
Non-Resident 1 Session \$50.00
2 Sessions \$80.00

Fee includes cost of one t-shirt for the summer. To assure requested shirt size, form must be returned by May 8.

Inter-City Tennis

Must be a USTA member

DATES: June 15–July 24

PRACTICE/CHALLENGE MATCHES: M–Th (6 weeks)

MS/IS/Elem. Boys & Girls 8:00–9:30 am
HS/Adv. MS Girls 9:00–10:30 am
HS/Adv. MS Boys 10:00–11:30 am

PLACE: SLHS Courts, 148th Ave.

Home matches at SLHS & SLMS courts

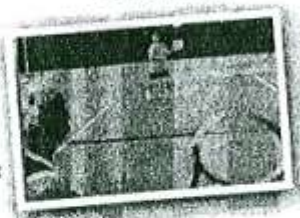
MAIN SITE: SLHS

Matches on Fridays (some Wednesdays)

FEE: Resident \$50.00
Non-Resident \$75.00
(Prerequisite Spring Lake Tennis Lessons)
USTA Membership \$18.00 per year

DIRECTOR: Coach Kipling

All registration is through the Recreation Office. Fee includes one t-shirt for the summer and must be paid with enrollment. Do not include USTA membership fee with tennis fee, register online. To assure requested shirt size, form must be returned by May 8.



BOYS' BASKETBALL CAMP

DATES: June 8–11

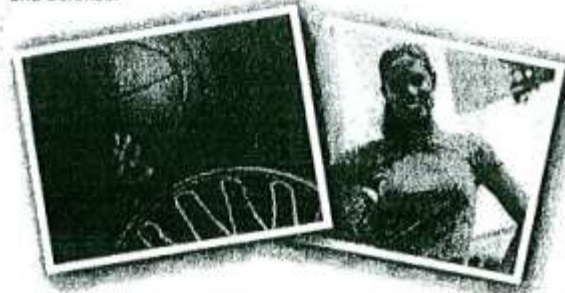
TIME: Session I Grades 3–5 8:00–9:30 am
Session II Grades 9–12 9:30–11:00 am
Session III Grades 6–8 11:00–12:30 pm

PLACE: SLHS Gym

REGISTRATION: First day at the door

FEE: Resident
Grades 3-8* \$10.00
Grades 9-12 (shirt included) \$20.00
Non-Resident Grades 3-12* \$35.00
*Shirts available @ \$10.00 ea.

INSTRUCTORS: Coach Core & HS Staff–Varsity Players will assist in Session III and JV Players will assist in Session I. Instruction each day will be spent on skills such as ball handling, passing, shooting, offensive moves, individual defense, team offense, and defense.



GIRLS' BASKETBALL CAMP

DATES: June 8–11

TIME: Grades 4–6 1:00–3:00 pm
Grades 7–10 3:00–5:00 pm

PLACE: SL High School Gym

REGISTRATION: First day at the door

FEE: Resident \$10.00
Non-Resident \$35.00
Shirts available @ \$10.00 ea.

INSTRUCTORS: Coach Warren & Varsity Players—Instruction each day will be spent on skills such as ball handling, passing, shooting, offensive moves, individual defense, team offense, and defense.

BASKETBALL SHOOTING CAMP

DATES: June 22–24

TIME: Grades 7–10 Boys & Girls 9:00–11:00 am or
11:00–1:00 pm

PLACE: Spring Lake High School Gym

FEE: Resident \$25.00
Non-Resident \$40.00

PREREGISTRATION: Call 846-5502

LIMIT: 24 campers (first come first served)

INSTRUCTORS: Coaches Core & Warren

This camp will be strictly a shooting camp. Time will be spent on the fundamentals and techniques of shooting. Individual video will be used as instructional help.

2009 Summer Schedule

FOOTBALL SKILLS CAMP

DATES: June 15-18 @ SLMS
 Grades 2-7 9:00-10:30 am
 Grade 8 4:00-6:00 pm
 Grades 9-12 10:30-12:30 pm
FEE: Resident \$15.00
 Non-Resident \$35.00
 Camp t-shirts @ \$10.00 ea.

REGISTRATION: First day of camp
INSTRUCTORS: Coach Rabideau
 This camp is designed to teach fundamental football skills. Camp for JV and Varsity players (Flushing, MI) in July-See Coach Rabideau for details.



HIGH SCHOOL SPEED CAMP (Coed) (non-sport specific)

DATES: August 3-6
TIME: 10:00-11:30 am
PLACE: SL Middle School Track
FEE: \$40.00 (includes t-shirt)
REGISTRATION: First day with payment
INSTRUCTORS: Mike Gruppen, Fitness Trainer, and Jeremy Thelen, Varsity Soccer Coach-Designed to improve conditioning and speed, and help athletes develop a plan that they can use on their own. The goal is to help SLHS athletes through drills and games.



VOLLEYBALL CAMP

DATES: June 15-18
TIME: Grades 9-12 9:00-11:00 am
 Grades 7-8 11:30-1:00 pm
 Grades 4-6 1:00- 2:30 pm
PLACE: SLHS Gym
FEE: Resident \$10.00
 Non-Resident \$35.00
 Clothing will be available to purchase

REGISTRATION: First day of camp
INSTRUCTORS: SL Volleyball Staff

CHEERLEADING CLINIC

DATES: June 15-18
TIME: Grades 3-8 9:00-11:00 am
PLACE: SLMS Football Field
FEE: Resident \$10.00
 Non-Resident \$20.00
 Camp t-shirts @ \$10.00 ea.

REGISTRATION: First day with payment
INSTRUCTORS: Coach Peel and staff



SUMMER CHESS CAMPS

DATES: Beginners July 7-9
 Intermediate/Advanced July 14-16
TIME: Grades K-12 9:30 am-12:00 pm
PLACE: Jeffers Elem. School Library (use north entrance)
FEE: \$50.00/3 days or \$20.00/day
 (20% discount for additional family members)

PREREGISTRATION: Limited enrollment
 Send check payable to *Spring Lake Public Schools* and include child's name, phone number, email address, and grade to:
 Joe Singerling
 Jeffers Elementary
 14429 Leonard Rd., SL 49456

Camp trophy and grade group medals will be awarded. All players receive a picture and certificate. Mentors include State Chess Champion, Gold Medalists, and All-Conference Medalists. For more information, contact Joe Singerling (chess coach for 30 yrs.) at (616) 846-5503, ext. 4201 or email jsingerl@spring-lake.k12.mi.us.

SUMMER HITTING LEAGUE

DATES: Regular Season: July 6-August 7
 Playoffs: August 10-14
TIME: 10:00 am-3:30 pm (45 min. games)
AGE GROUPS: 9-10 yr. old Mondays
 11-12 Tuesdays
 13-14 Wednesdays
 15-18 Thursdays

PLACE: Hickman Field batting cages
FEE: Resident \$60/team
 Non-Resident \$75/team

REGISTRATION: Deadline May 22-Payment due at registration. Each team is made up of 2 people, maximum of 14 teams. Trophies will be awarded to the league winners and MVP (player with the most points).

SOCCER CAMPS (CO-ED)

DATES: June 22-25
TIME: Grades 3-5 9:00-10:30 am
 Grades 6-8 10:30-12:00 pm
PLACE: Soccer field behind the SL Middle School
FEE: Resident \$25.00 Non-resident \$30.00

REGISTRATION: First day with payment
INSTRUCTORS: Coach Thelen and Staff
 The purpose of this camp is to develop basic skills (passing, shooting, dribbling, etc.) and instruct the player on the tactics of team game (principles of defense, offense, and movement of the ball). The goal is to have fun, learn skills, and encourage growth.

SUMMER THEATER EXPO

"Aladdin Jr."

AUDITIONS: June 5 at 1:00 pm
REHEARSAL: June 8-July 17
 M-F 9:00 am-12:00 pm
DATE OF PLAY: July 15 & 16 at 7:00 pm
PLACE: SLMS Auditorium
REGISTRATION: First day for auditions
GRADES: Grades 5-9
COST: \$70.00 per child
DIRECTORS: Nick Rice and Meghan McDonald



Mail registration forms and payments to:
Questions? Call (616) 846-5502

SPRING LAKE RECREATION COMMISSION
345 HAMMOND STREET
SPRING LAKE, MI 49456

CENTRAL PARK PLAYGROUND

(Located in the Village off Fruitport Road)

A supervisor will be there Monday–Friday from 9:00 am –3:00 pm, Saturday 11:00 am–4:00 pm, Sunday 12:00–4:00 pm starting June 8th as needed to cover reserved picnics. Lights will be on until 11:00 pm. The park is available for large gatherings (reunions, picnics, etc.) upon contacting the recreation office for reservations. Ample parking is available at the west end of the park. Softball, baseball, basketball, tennis, in-line skating, shuffleboard, and tiny tot playground are also part of Central Park Playgrounds.

RYCENGA PARK (80 acres)

(Located at the north end of West Spring Lake Road)

The park includes two soccer & two softball fields, three covered picnic areas with two large grills, a large basketball court with six baskets, three sand volleyball courts, an 18-hole disc golf course, nature trails, and a large parking area. The soccer & softball fields will be available for scheduling. A supervisor will be provided from 11:00 am – 8:00 pm, 7 days per week this summer. Contact the recreation office for large gathering reservations. Rycenga Park will be opened and supervised from 9:00 am – 5:00 pm every Saturday and Sunday in April, May, September & October. The quiet side of the park has a 400' boardwalk with overlooks to the walking trails.

VAN WAGONER PARK (3 acres)

(Located at the intersection of Van Wagoner Road and West Spring Lake Road)

The park includes basketball courts, tennis court, picnic tables and a large field for soccer or open recreation.

LINEAR PARK/WALKING TRAIL

(Adjacent to Central Park from Fruitport Road to downtown Spring Lake)

The asphalt path is 1-3/8 miles long and includes resting benches, water fountains, and lights. It is plowed and maintained year around.

SUGGESTIONS FOR A BETTER PROGRAM? CALL LARRY ALDRIDGE, DIRECTOR OF RECREATION (616) 846-5502.

Greater Spring Lake Area Recreation Commission does not discriminate on the basis of race, color, religion, gender, national origin, age, height, weight, marital status, handicap, disability, or limited English proficiency in any of its programs or activities. This commission has been designed to handle inquiries regarding the nondiscrimination policies.

Greater Spring Lake Area Recreation Commission
345 Hammond Street
Spring Lake, MI 49456
(616) 846-5502



Tiny Tot Swim Lessons: (0 to 6 years)

SESSIONS: 2-week session/Monday–Friday

Sessions I	June 22–July 3
Session II	July 6–17
Session III	July 21–31
Session IV	August 4–14

PREREGISTRATION: Required – Forms available at www.slcfac.com or at the SLCFAC.

Beginners – w/parent – Not comfortable in water
Intermediates – Comfortable in water
Advanced – Learning strokes, lazy river

TIMES: (Monday–Friday):
Beginners 1:00–1:35 pm (w/parent)
Intermediate 1:40–2:15 pm
Advanced 2:20–2:50 pm

FEES: Payment at time of registration
Members \$40.00
Non-members \$55.00