**Swim Lessons**

*(at least 5 years old by September 1, 2019)*

- **DATES:**
  - 1st Session: June 17-28
  - 2nd Session: July 8-19
  - 3rd Session: July 22-Aug 2

- **TIME:**
  - 8:00 am–2:00 pm
  - Monday–Friday

- **FEES:**
  - Resident: $25.00
  - Non-Resident: $50.00

- **PLACE:**
  - SLCFAC

- **PRE-REGISTRATION:**
  - A completed Swim Lesson Form** and payment should be returned by May 24th for Session 1. Class sizes are limited. **DO NOT register at the SL Aquatic Center.** Schedule for Session 1 will be emailed by the end of May.

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**Intro To Diving**

- **DATES:** June 24-28
- **AGES:** 8-14 years old (Limit 20 Divers)
- **TIME:** 11:00 am–12:00 noon
- **PLACE:** SLCFAC

- **PRE-REGISTRATION:**
  - Complete Program Registration Form** and mail with payment.

- **INSTRUCTOR:** Audra Bialik

- **FEE:**
  - Resident: $60.00 T-shirt included
  - Non-Resident: $75.00 T-shirt included

Student MUST be able to swim 25 yards. This program for beginners will focus on basic fundamentals and skills of diving, including jumps, hurdles, and basic dives. Dry-land training will be included to improve flexibility, body awareness, balance, agility and confidence. **Parents are invited to a “mock” meet on Friday.**

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**Competitive Team**

*(Must be able to swim one length of the pool with face in the water)*

- **DATE:** June 24 – July 26
- **TIME:**
  - 9:00–9:45 am: Beginners (8 & Under)
  - 10:00–11:00 am: Intermediate (9-12 yrs.)
  - 8:00-10:00 am: Adv./workout (13 & older)

- **FEES:**
  - Resident: $75.00 *T-shirt included
  - Non-Resident: $100.00 *T-shirt included

- **PLACE:** SLCFAC

- **PRE-REGISTRATION:**
  - Complete the Stroke-Swim Team Form** and mail with payment.

- **INSTRUCTORS:** Coach K. Graftema & SL Varsity Swimmers

Adjustments to participant’s practice time may vary according to ability.

*SHIRTS available only to those registered by June 24.

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**Advanced Diving**

- **DATES:** June 24-28
- **AGES:** Grades 7-12 (Limit 20 Divers)
- **TIME:** 12:00–1:15 pm
- **PLACE:** SLCFAC

- **PRE-REGISTRATION:** Complete Program Registration Form** and mail with payment

- **INSTRUCTOR:** Audra Bialik

- **FEE:**
  - Resident: $70.00 (shirt included)
  - Non-Resident: $85.00 (shirt included)

Students should be working towards a 6 or 11 dive list. Divers will work on entries, hurdles, flexibility, new dives and problem dives. Dry-land training will include work on strength, flexibility and balance. **Parents are invited to watch students participate in a “mock” meet on Friday.**

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**Stroke Clinic**

*(Must be able to swim one length of the pool with face in the water)*

- **DATE:** June 17-21
- **TIME:**
  - 8:30–9:30 am: 10 years and under
  - 9:45–10:45 am: 11 years and over

- **FEES:**
  - Resident: $30.00
  - Non-Resident: $45.00

- **PLACE:** SLCFAC

- **PRE-REGISTRATION:** Complete the Stroke-Swim Team Form** and mail with payment

- **INSTRUCTORS:** Kelly Graftema and SL Varsity Swimmers

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**Girls Softball Camp**

- **DATES:** July 8-10
- **TIME:**
  - Grades 5-7: 10:00-11:30 am
  - Grades 8-10: 11:30 am–1:00 pm

- **PLACE:** SLHS Varsity Softball Field

- **REGISTRATION:**
  - First day at the door – Bring completed Program Registration Form and payment

- **FEE:**
  - Resident: $20.00
  - Non-Resident: $35.00

- **INSTRUCTORS:** Softball Coaching Staff & Varsity Players

Instruction will include all skills and fundamentals.

- **EQUIPMENT:** Any and all softball equipment and attire. Some equipment can be provided.
**Boys’ Basketball Camp**

**DATES:** June 17-20

**TIME:**
- Grades 3-5: 8:00–9:30 am
- Grades 9-12: 9:30–11:00 am
- Grades 6-8: 11:00 am–12:30 pm

**PLACE:** SLHS Gym

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**FEE:**
- Resident Grades 3-8: $20.00 (shirt extra)
- Non-Resident Grades 3-8: $30.00 (shirt extra)
- Resident Grades 9-12: $35.00 (shirt included)
- Non-Resident Grades 9-12: $45.00 (shirt included)

**INSTRUCTORS:** Boys’ Basketball Coaching Staff

Instruction will include ball handling, passing, shooting, offensive moves, individual defense and team offense and defense.

**Girls’ Basketball Camp**

**DATES:** June 17-20

**TIME:**
- Grades 3-5: 1:00–2:30 pm
- Grades 6-8: 2:30–4:00 pm
- Grades 9-12: 4:00–5:30 pm

**PLACE:** SLHS Gym

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**FEE:**
- Resident $20.00
- Non-Resident $35.00

**INSTRUCTORS:** Girls’ Basketball Coaching Staff

Instruction will include ball handling, passing, shooting, defense, team skills instruction in a fun atmosphere, where all levels of experience are welcome.

**Basketball Shooting Camp (Co-Ed)**

**DATES:** July 16-18

**TIME:** Grades 7-10
- 9:00–11:00 am or 11:00 am–1:00 pm

**PLACE:** SLHS Gym

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

**PRE-REGISTRATION:** Call (616) 846-5502

**LIMIT:** 24 campers (first come, first served)

**INSTRUCTORS:** Basketball Coaching Staff

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.

**Cheerleading Camp**

**DATES:** June 24-27

**TIME:** Grades 3-8
- 9:00-10:30 am

**PLACE:** Grabinski Field

**FEE:**
- Resident $20.00 (shirt extra)
- Non-Resident $35.00 (shirt extra)

**INSTRUCTORS:** Coach Bowen & Staff

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**Football Skills Camp**

**DATES:** June 24-27

**TIME:**
- Grades 2-8: 9:00–10:30 am
- Grades 7-8: 11:30 am–1:00 pm
- Grades 4-6: 1:00–2:30 pm

**PLACE:** SLHS Lacrosse Field

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**INSTRUCTORS:** Coach Start and Staff

This camp is designed to teach fundamental football skills.

**Volleyball Camp**

**DATES:** June 24-27

**TIME:**
- Grades 9-12: 9:00–11:00 am
- Grades 7-8: 11:30 am–1:00 pm
- Grades 4-6: 1:00–2:30 pm

**PLACE:** SLHS Gym

**FEE:**
- Resident $20.00 (shirt extra)
- Non-Resident $35.00 (shirt extra)

**CLOTHING items will be available to purchase.**

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**INSTRUCTORS:** SL Volleyball Staff & Players

**SOCCER CAMP (Co-Ed)**

**DATE:** June 24-27

**TIME:**
- Grades 3-5: 9:00-10:30 am
- Grades 6-8: 10:30 am–12:00 noon

**PLACE:** SLHS Turf Soccer Field

**FEE:**
- Resident $30.00
- Non-Resident $45.00

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**INSTRUCTORS:** Coach Thelen and Soccer Staff

This fun camp will further enhance the player’s basic skills. Topics covered are passing, shooting, and dribbling. Our goal is to have fun, learn skills, and encourage growth for the community of soccer.

**Wrestling Camp**

**DATE:** July 9-11

**TIME:** Grades 2 – 12
- 9:00–11:00 am

**PLACE:** SLHS

**REGISTRATION:** First day at the door – Bring completed Program Registration Form and payment

**INSTRUCTORS:** Coaches Robinson, Rose and Trask

Beginners– introduction to wrestling and basic skills

Advanced– intense wrestling focus and conditioning camp.
Track & Field

DATES: June 24-27
TIME: 5:00-6:00 pm (Grades 2-5)
6:15-7:30 pm (Grades 6-8)
PLACE: Spring Lake High School Track
REGISTRATION: First day at the field – Bring completed Program Registration Form and payment.
INSTRUCTORS: Track & Field Coaching Staff, past & present SL Track & Field Athletes
FEE: Resident: $20.00 (shirt extra)
Non-Resident: $35.00 (shirt extra)
This camp will teach the basics of track & field events, including sprints, hurdles, relays, distance running and field events, ending with a mini meet.

Tennis Lessons

4 weeks each session (M–TH)
DATES: 1st Session June 17-July 11
2nd Session July 15–Aug 8
ONE INSTRUCTOR FOR EVERY EIGHT PLAYERS
Little Stars (4-8 years old) 11:20 am–12:00 pm
Beginners (8 years & up) 8:00–8:40 am OR 8:50–9:30 am
Adv. Beginners (must have had Beginners) 9:40–10:20 am OR 10:30–11:10 am
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
T-shirt $10.00
PRE-REGISTRATION: Complete Tennis Lessons Form ** and mail with payment.

Cross Country Running & Skills Camp

DATES: June 17-20
TIME: Grades 4-8 4:00-5:30 pm
Grades 9-12 5:30-7:00 pm
PLACE: SLHS – Meet in front of Aquatic Center
REGISTRATION: First day at the door – Bring completed Program Registration Form and payment
INSTRUCTORS: Coaches Andres, Mitchell and HS Runners
FEE: Resident: $20.00
Non-Resident: $35.00
This camp will teach the basics of distance running, conditioning, and proper dietary and health considerations for athletes. Camp participants will be divided into ability groups based on age, experience, and conditioning. Registration fee includes, daily snacks, instruction, materials, and entry to the 3k or 5k Trail Race.

Inter-City Tennis

USTA membership encouraged (not required)
DATES: June 17–July 26
PRACTICE/CHALLENGE MATCHES: M–Th (6 weeks):
IS/MS 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
MATCHES: Fridays
PLACE: SLHS Courts
Home matches at SLHS & SLMS courts
MAIN SITE: SLHS
FEE: Resident $50.00
Non-Resident: $75.00
T-shirts $10.00
(Prerequisite Adv. Beginners Tennis Lessons)
PRE-REGISTRATION: Complete Inter-City Tennis Form** and mail with payment.
INSTRUCTOR: Jensen Hussey
T-shirts will be available for purchase. Fees must be paid with enrollment by mail or at the Recreation Office. Do not include USTA membership fee with tennis fee.
USTA Registration online at www.usta.com

Yoga

DATES: June 24-27 (Grades K-2)
TIME: 9:00-10:15 am
PLACE: Spring Lake Middle School Small Gym
FEE: Resident: $25.00
Non-Resident: $40.00
PRE-REGISTRATION: Call (616) 846-5502
LIMIT: 16 campers per session (first come/first served)
** Session may be cancelled due to low enrollment.
INSTRUCTOR: Lauren Scholtz, Certified Instructor
Spend 75 minutes practicing yoga! We will be spending our time learning new tools to energize our bodies as well as finding ways to focus and relax. During this one hour class we will be reading stories using yoga moves, playing games, working with partners and challenging our minds and bodies.
**Summer Theater Expo 2019**

*“Singin’ in the Rain JR.”*

**AUDITIONS:** June 14, 1:00 pm, HS Auditorium

**REHEARSAL:** June 16–July 19, HS Auditorium

**DATE OF PLAY:** July 19 & 20 at 7:00 pm

**PLACE:** SLHS Auditorium

**REGISTRATION:** First day of auditions – Bring completed Program Registration Form and payment

**GRADES:** Grades 5–9

**COST:** $75.00 per child

**DIRECTOR:** Shaylynn Chalupa with HS Drama Students

**Theater Expo, Jr.**

*“The Aristocats Kids”*

**REHEARSAL:** June 17–June 28, HS Auditorium

**DATE OF PLAY:** June 28 & 29 at 7:00 pm

**PLACE:** SLHS Auditorium

**REGISTRATION:** First day – Bring completed Program Registration Form and payment

**GRADES:** Grades 1–4

**COST:**
- Resident $60.00 per child
- Non-Resident $75.00 per child

**DIRECTOR:** Shaylynn Chalupa with HS Drama Students

**Teen Musical Theatre Intensive**

**REHEARSAL:** July 1–July 12, HS Auditorium

**SHOW DATES:** July 12 & 13 at 7:00 pm

**PLACE:** SLHS Auditorium

**REGISTRATION:** First day – Bring completed Program Registration Form and payment

**GRADES:** Grades 9–12

**COST:**
- Resident $60.00 per child
- Non-Resident $75.00 per child

**DIRECTOR:** Shaylynn Chalupa

Musical Theatre Intensive will combine various elements of musical theatre, including songs from new musicals on Broadway and beloved classics. Students will be led through this session of singing, staging production numbers and learning and performing choreography. Being able to read music and willing to dance is a must!

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**Spring Lake Parks & Recreational Areas**

**Lake Avenue Beach**

*(Located in the Village at the End of Lake Ave.)*

Enjoy this sandy beach on the shores of Spring Lake.

**Central Park Playground & Picnic Area**

*(Located in the Village off Fruitport Road)*

Softball, baseball, basketball, tennis, in-line skating, shuffleboard, and tiny tot playground are part of Central Park. A sheltered area is located by the Ace Hardware entrance; water and electricity are available. The park is available for large gatherings (reunions, picnics, etc.) For shelter reservations contact the Village of Spring Lake at 842-1393. Ample parking is available at the west end of the park. Lights will be on until 11:00 pm.

**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 round.

**Rycenga Park (80 acres)**

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

Rycenga Park includes soccer & softball fields, basketball courts, sand volleyball courts, several covered picnic areas with grills nature trails, and a large parking area. The quiet side of the park has a 400’ boardwalk with overlooks to the walking trails. Contact Spring Lake Township at 842-1340 to reserve one of the sheltered areas.

**Water Tower 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.