

# SL Recreation Commission

# 2016 Summer Schedule

Based on next year's grade level



**Spring Lake Public Schools remains under construction at both the north and south ends of the Middle School and at nearby Holmes Elementary. The Recreation office will remain at the Middle School office. Please be cautious of construction vehicles and equipment when visiting our office.**

**\*\* FORMS are available in all school offices or online at [www.springlakeschools.org](http://www.springlakeschools.org) under Recreation Commission.\*\***

## AMERICAN RED CROSS SWIM LESSONS

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

**DATES:** 1st Session June 13–24  
 2nd Session June 27–July 8  
 3rd Session July 11–22  
 4th Session July 25–August 5

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

**FEE:** Resident \$20.00  
 Non-Resident \$45.00

**PLACE:** SLCFAC

**PRE-REGISTRATION:** The completed **Swim Lesson Form\*\*** and payment must be returned by May 25. Class size is limited to 10. **DO NOT register at the SL Aquatic Center.** Schedules will be emailed by the end of May.

## COMPETITIVE TEAM

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

**DATE:** June 27 – July 29 Monday–Friday

**TIME:** 9:00–9:45 am Beginners (8 & Under)  
 10:00–11:00 am Intermediate (9-12 yrs.)  
 6:30-8:00 am Adv./workout (13 & older)  
 8:00-10:00 am Adv./workout (13 & older)

**FEE:** Resident: \$75.00 T-shirt included  
 Non-Resident: \$100.00 T-shirt included

**DATE:** Aug 1 – Aug. 26 Monday–Friday  
 6:30-8:00 am High School Boys

**FEE:** Resident: \$80.00 T-shirt included  
 Non-Resident: \$105.00 T-shirt included

**PLACE:** SLCFAC

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

**COACHES:** Coaches P. Zacek, J. Lintjer, J. Cook, N. Zacek, B. Fogel and past SL Varsity Swimmers

**QUESTIONS:** Contact [pzacek@springlakeschools.org](mailto:pzacek@springlakeschools.org)  
 Adjustments to participant's practice time may vary according to ability. Swimmers who complete the season will receive a medal.

## STROKE CLINIC

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

**DATE:** June 20-24

**TIME:** 8:30–9:30 am 10 years and under  
 9:45–10:45 am 11 years and over

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

**PLACE:** SLCFAC

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

**COACHES:** Coaches P. Zacek, J. Cook, N. Zacek, B. Fogel, M. Trask, M. Burgess and SL Varsity Swimmers

## INTRO TO DIVING

**DATES:** June 20-24

**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.

**COACHES:** Coach Knight

**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.*

## ADVANCED DIVING

**DATES:** June 20-24

**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

**COACHES:** Coach Knight

**FEE:** Resident: \$70.00 T-shirt included  
 Non-Resident: \$85.00 T-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.*

# 2016 Summer Schedule

## BOYS' BASKETBALL CAMP

**DATES:** June 13-16  
**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 \$35.00 (*shirt extra*)  
 Resident Grades 9-12 \$30.00 (*shirt included*)  
 Non-Resident Grades 9-12 \$45.00 (*shirt included*)

**INSTRUCTORS:** Coach Core & Staff  
 Instruction will include ball handling, passing, shooting, offensive moves, individual defense and team offense and defense.

## GIRLS' BASKETBALL CAMP

**DATES:** June 13-16  
**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

**INSTRUCTOR:** 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:** June 27-29  
**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:** Coaches Core & Mohrhardt

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 27-30  
**TIME:** Grades 3–8 9:00-11:00 am  
**PLACE:** Grabinski Field  
**FEE:** Resident \$20.00 (*shirt \$10 extra*)  
 Non-Resident \$35.00 (*shirt \$10 extra*)

**INSTRUCTORS:** Coach Bowen & Staff  
**REGISTRATION:** First day at the door – Bring completed  
**Program Registration Form** and payment

## FOOTBALL SKILLS CAMP

**DATES:** June 27-30  
 Grade 8 9:00- 10:30 am SLMS  
 Grades 2-7 9:00–10:30 am SLMS  
**FEE:** Resident \$20.00  
 Non-Resident \$35.00  
**PLACE:** SLHS Soccer Field (Note change in location)  
**REGISTRATION:** First day at the door – Bring completed  
**Program Registration Form** and payment  
**INSTRUCTORS:** New Head Coach Dan Start and Staff  
 This camp is designed to teach fundamental football skills.

## VOLLEYBALL CAMP

**DATES:** June 20-23  
**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  
 Non-Resident \$35.00  
 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 20-23  
**TIME:** Grades 3-5 9:00–10:30 am  
 Grades 6-8 10:30 am–12:00 noon  
**PLACE:** SLHS 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 Jeremy Thelen and 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 11-15  
**TIME:** Grades 2 – 12 9:30–11:30 am  
**FEE:** Resident \$20.00  
 Non-Resident \$35.00  
**PLACE:** SLHS  
**REGISTRATION:** First day at the door – Bring completed  
**Program Registration Form** and payment  
**INSTRUCTORS:** Coaches Johns, Rose, Trask and Purdue  
 Coach Trijullo and potentially Purdue  
 wrestlers.  
 Beginners– introduction to wrestling and basic skills  
 Advanced– intense wrestling focus and conditioning camp.

## TRACK & FIELD

**DATES:** June 20-23  
**AGES:** Grades 4-7  
**TIME:** 5:30-7:00 pm  
**PLACE:** Spring Lake High School Track  
**REGISTRATION:** First day at the field – Bring completed **Program Registration Form** and payment  
**COACHES:** SL Track & Field Coaching Staff, College and High School Athletes  
**FEE:** Resident: \$20.00 (T-shirts Extra)  
Non-Resident: \$35.00

This camp will teach the basics of track & field events, including sprints, hurdles, relays, distance running and field events, ending with a mini meet.

## SUMMER THEATER EXPO 2016

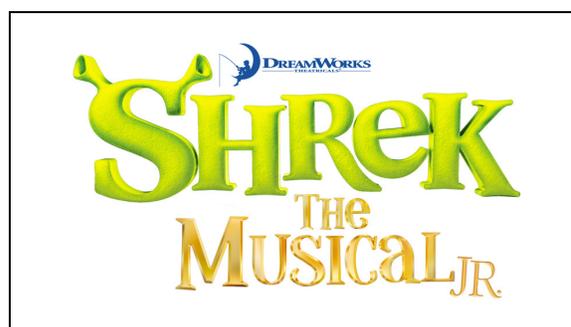
*"Shrek the Musical Jr."*

**AUDITIONS:** June 10, 1:00 pm, MS Auditorium  
**REHEARSAL:** June 13–July 22, HS Auditorium  
M–F from 9:00 am–12:00 noon  
**DATE OF PLAY:** July 20 & 21 at 7:00 pm  
**PLACE:** SLHS Auditorium  
**REGISTRATION:** First day at auditions – Bring completed **Program Registration Form** and payment  
**GRADES:** Grades 5–9  
**COST:** Resident \$75.00 per child  
Non-Resident \$85.00 per child  
**DIRECTORS:** Annah Windemuller & Ian Gluck

## CROSS COUNTRY RUNNING & SKILLS CAMP

**DATES:** June 13-16  
**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  
**COACHES:** Coaches Andres & Gwinnup & 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.



## TENNIS

**PRE-REGISTRATION FORMS FOR TENNIS LESSONS & INTER CITY TENNIS** forms are available in all school offices, the SL Recreation Office or at [www.springlakeschools.org](http://www.springlakeschools.org) under Recreation. NO PHONE REGISTRATION FOR TENNIS. PAYMENT MUST ACCOMPANY REGISTRATION. LATE REGISTRATION MUST BE TURNED IN AT RECREATION OFFICE.

### TENNIS LESSONS

4 weeks each session (M–TH)

**DATES:** 1st Session June 13–July 7  
2nd Session July 11–Aug 4

#### 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-shirts \$10.00

**PRE-REGISTRATION:** Complete **Tennis Lessons Form \*\*** and mail with payment

### INTER-CITY TENNIS

**USTA membership encouraged (not required)**

**DATES:** June 20–July 29  
**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 Spring Lake Tennis Lessons)

**PRE-REGISTRATION:** Complete **Inter-City Tennis Form \*\*** and mail with payment.

**DIRECTOR:** Coach Ben Esh-Nauta  
T-shirts will be available for purchase during the first week of the summer and will be delivered by the end of the first week.

Fees must be paid with enrollment by mail or at the Recreation Office. Do not include USTA membership fee with tennis fee.

# 2016 Summer Schedule

**MAIL ALL REGISTRATION FORMS & PAYMENTS TO:**

**Spring Lake Recreation Commission  
345 Hammond Street  
Spring Lake, MI 49456**

**QUESTIONS or SUGGESTIONS FOR A BETTER PROGRAM?  
CALL BILL CORE, DIRECTOR OF RECREATION COMMISSION, (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 discrimination policies: Greater Spring Lake Area Recreation Commission, 345 Hammond St, Spring Lake, MI 49456, (616)846-5502.

## **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 around.

### **RYCENGA PARK (80 ACRES)**

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

Rycenga Park includes two soccer & two softball fields, four covered picnic areas with grills, a large basketball court with six baskets, three sand volleyball courts, nature trails, and a large parking area. The quiet side of the park has a 400' boardwalk with overlooks to the walking trails. To reserve one of the sheltered areas, contact Spring Lake Township at 842-1340.

### **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.