

# SL Recreation Commission

# 2017 Summer Schedule

*Based on next year's grade level*

**\*\* FORMS are available in all school and township offices or online at [www.springlakeschools.org/recreation-commission](http://www.springlakeschools.org/recreation-commission)\*\***

## SWIM LESSONS

*(at least 5 years old by September 1, 2017)*

**DATES:** 1st Session June 12–23  
2nd Session June 26–July 7  
3rd Session July 10–21  
4th Session July 24–August 4

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

**FEE:** Resident \$25.00  
Non-Resident \$50.00

**PLACE:** SLCFAC

**PRE-REGISTRATION:** A completed **Swim Lesson Form\*\*** and payment should be returned by May 26<sup>th</sup> 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.

## COMPETITIVE TEAM

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

**DATE:** June 26 – July 28 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

**PLACE:** SLCFAC

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

**COACHES:** Coaches E. Wiese, P. Zacek, B. Fogel, M. Trask and past SL Varsity Swimmers

**QUESTIONS:** Contact [ewiese23@gmail.com](mailto:ewiese23@gmail.com)  
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 19-23

**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 E. Wiese, P. Zacek, B. Fogel, M. Trask, M. Burgess and SL Varsity Swimmers

## INTRO TO DIVING

**DATES:** June 19-23

**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 19-23

**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.*

# 2017 Summer Schedule

## BOYS' BASKETBALL CAMP

**DATES:** June 12-15  
**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 12-15  
**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 26-28  
**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 26-29  
**TIME:** Grades 3–8 9:00-10:30 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 26-29  
 Grade 8 9:00- 10:30 am SLHS  
 Grades 2-7 9:00–10:30 am SLHS  
**FEE:** Resident \$20.00 (*shirt extra*)  
 Non-Resident \$35.00 (*shirt extra*)  
**PLACE:** SLHS Soccer Field  
**REGISTRATION:** First day at the door – Bring completed **Program Registration Form** and payment  
**INSTRUCTORS:** Coach Dan Start and Staff  
 This camp is designed to teach fundamental football skills.

## VOLLEYBALL CAMP

**DATES:** June 19-22  
**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 19-22  
**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 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 10-12  
**TIME:** Grades 2 – 12 9:00–11:00 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 Robinson, Rose and Trask  
 Beginners– introduction to wrestling and basic skills  
 Advanced– intense wrestling focus and conditioning camp.

## TRACK & FIELD

**DATES:** June 19-22  
**AGES:** Grades 2-8 (note change)  
**TIME:** 5:30-7:00 pm  
**PLACE:** Spring Lake Middle School Track (note change)  
**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.

## TENNIS LESSONS

4 weeks each session (M-TH)

**DATES:** 1st Session June 12–July 6  
2nd Session July 10–Aug 3

### 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

## CROSS COUNTRY RUNNING & SKILLS CAMP

**DATES:** June 12-15  
**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.

## INTER-CITY TENNIS

USTA membership encouraged (not required)

**DATES:** June 19–July 28  
**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 Jonah Yoshonis

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](http://www.usta.com)

## “NEW” YOGA

**DATES:** June 26-29 (Grades K-2)  
July 10-13 (Grades 3-5)  
**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)  
**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 find 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.

### **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.

# 2017 Summer Schedule

## SUMMER THEATER EXPO 2017

### LION KING, JR

**CLINIC:** June 12- 16, 9:00am-12:00 noon,  
**HS Auditorium**  
**AUDITIONS:** June 16, 1:00 pm  
**REHEARSAL:** June 20–July 21, **HS Auditorium**  
 M–F from 9:00 am–12:00 noon  
**DATE OF PLAY:** July 19 & 20 at 7:00 pm  
**PLACE:** SLHS Auditorium  
**REGISTRATION:** First day – Bring completed  
**Program Registration Form** and payment  
**GRADES:** Grades 5–9  
**COST:** \$75.00 per child  
**DIRECTORS:** Annah Windemuller & Ian Gluck

## “NEW” RISING STARS

### MADAGASCAR, JR

**REHEARSAL:** July 3-July 21, **HS Auditorium**  
 M–F from 1:00-4:00 pm  
**DATE OF PLAY:** July 21, 22 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  
**DIRECTORS:** Shaylynn Chalupa

## “NEW” TEEN MUSICAL THEATRE INTENSIVE

**REHEARSAL:** June 19-June 30, **HS Auditorium**  
 M–F from 1:00-4:00 pm  
**SHOW DATE:** June 30 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  
**DIRECTORS:** 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!



## 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, several 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.

### 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.