

# The COUNTRY CLUB OF JACKSON

## Junior Programs

### Pool Rules / Fitness Rules



## Junior Golf 2016

Dear Parents,

School is out and summer activities are upon us and all of our kids. This also means the start of Junior Golf Season. Once again we will be doing our junior clinics on Wednesday mornings, with 9-17 year olds going from 9-10am and 6-8 yr olds at 10:30-11:30. We are looking forward to having a great group of juniors again this summer. Once again we will work on all aspects of the game with the kids as well as proper etiquette and a bit of fitness.

We strongly encourage parent involvement and assistance with getting the kids on the golf course. The more you can get your child on the course the more they will understand all of the things we work on in the clinics. We are very fortunate at CJC to have 27 holes which gives kids more of an opportunity to actually get out on the course.

Some of the kids that have been in the program for multiple years are at the point that they can go out on the course without adult supervision. We will do everything in our power to help get everyone to this point in their game, for the less experienced kids we ask that parents help them get around the course. Hopefully everyone is looking forward to a fun filled summer of learning and enjoying the game of golf.

If you have any questions or concerns feel free to bring them up with any of the professional staff (Ron Beurmann, Henry Thompson, or Patrick Humphrey).

**Call 782 5347 for Sign-up**

**Henry Thompson, Patrick Humphrey  
or Ron Beurmann**

June 15	Registration and introduction to the program
June 22	Short game
June 29	Iron Play
July 6	No Junior Golf(4 <sup>th</sup> of July Holiday and Ladies' Invitational Week)
July 13	Full swing continued with a focus on Driving and fairway woods
July 20	Scramble(Parent volunteers are needed to help shuttle kids around)
July 27	No Junior Golf, Men's Invitational Practice Round
August 3	Lessons, and Preparation for Jr. Club Championship
August 12	Junior Club Championship and Awards Banquet.

## 2016 Kids Camp Beginning June 20th—August 12th

Please call ahead for Kids Camp sign-up (call during day camp hours only) Just 25 kids in camp per day will be allowed. Scheduled activities, games and crafts for children ages 4 to 10. Ages 11 & 12 optional We urge parents to CALL AHEAD for sign-up

Call Kids Camp Room  
990 0051 beginning June 15

Full Day Lunch Included\*  
8:00 a.m. to 5:00 p.m. One child \$30.  
Each additional child \$20.  
Half Day Lunch Included\*  
8:00 a.m. to 12:30 p.m. \$15.  
Half Day No Lunch 8:00 a.m. to 11:30 a.m.  
or 12:30 p.m. to 5:00 p.m. \$12.  
\*Lunch includes entrée, side dish and drink.



Assistant Director  
Molly Gorczyca



Day Camp Director  
Brandon Quick

## Junior Tennis 2016

Sign up for clinics by calling or texting  
Tony Mayotte 517-879-7829 or  
Shannon McDonnell 517-960-3690



June 14th is the first day of the Youth Tennis Clinics

Tuesdays  
&  
Fridays  
12-5pm

8:30-9:30am	-----	4-6 year olds clinic
9:30-10:30am	-----	7-10 year olds clinic
10:30-11:30am	-----	11-14 year olds clinic
3:00-5:00pm	-----	All Stars (High School)

\$45 Session 1 (3 weeks/6 lessons): June 14th – July 1st  
\$75 Session 2 (5 weeks/10 lessons): July 12th – Aug 12th





## Junior Swim Program

Swim Lessons: 2 week sessions: \$45.

June 20<sup>th</sup> - July 1<sup>st</sup>

Off July 4<sup>th</sup> week

July 11<sup>th</sup> - July 22<sup>nd</sup>

July 25<sup>th</sup> - August 5<sup>th</sup>

Contact Mike Holtz at the Pool 782 1744 [mholtz1974@gmail.com](mailto:mholtz1974@gmail.com)

Times for each session are as follows:

10am - 10:30am, 10:30 - 11am, 11 - 11:30 am , 11:30 - 12pm.

Monday-Friday

Sign-ups will be at the pool.

This is for teaching basic water skills to teaching strokes.

We will test the swimmers and put them in the appropriate lesson group on the first day.

First come first serve for each time block listed. Groups of five per lesson group.

Lessons Groups:

Learn to Swim Level I: Water Exploration for those who are not afraid of water but who are still hanging onto the side of the pool. Introduces children to swimming basics with the help of kick boards and floats; not for children who can propel themselves in water.

Learn to Swim Level II: Primary Skills for those who can swim with some kind of propulsion on their front and back and can support themselves in deeper water without any assistance. Students will learn how using proper floating skills can help them learn the beginning stages of freestyle and backstroke.

Learn to Swim Level III: Stroke Readiness for those who are comfortable swimming on front and back.

We will work on improving freestyle, and backstroke technique, streamlining on front and back and balancing and kicking effectively during the stroke. Introduction to the butterfly stroke.

Learn to Swim Level IV: Stroke Development/Refinement

Develop confidence and competency in all strokes and safety skills beyond preceding levels; introduce breaststroke, and turns for each stroke.

Private lessons for swimming will be offered as well:

\$25 for a 30 minute lesson. Times to be set up with the lesson giver.

Sign-ups will be offered the pool at the sign in desk or contact Mike Holtz at the pool.

Swim team practice:

We will offer swim team practices for two groups.

Beginners will have an hour practice from 10 - 11am,

and experienced swimmers will have practice from 10 - 11:30am.



## Fitness

The Fitness Room is available 24-7 12 months a year. You need a Key Fob to enter. The Club Manager or Assistant can obtain one for you.

No Guests. No one under 16 years is permitted without an adult and must be there to train.  
No children please

Trainers are available to help you start getting in shape !! They will discuss a program of cardio, weights and resistance training that is right for you.

Michelle Woods 206 1974

Bob Moles 788 6086

Jeff Beagle 795 4970

## Pool Guests

**Considered Members** Single son or daughter over 21 that is a full-time student. A Single son or daughter under 21

**Considered Guests:** Married sons or daughters of any age. Single sons or daughters 21 years or older who are not students, Grandchildren , anyone else

In-Town Guests limited to 10 times per season

### Extended Stay Guest Pass

You may request from the Manager, an extended Stay Pool Pass for out of town guests staying with you from 3 days up to 2 weeks for \$15. per person. If an out town guest is with you for just two days, then the \$5. per day guest fee will apply.

## Pool Rules

The Pool is under the direct authority of the Pool Director and the assistants, who will have the authority to control all swimmers and participants

Members may not reprimand any employee. Issues needing immediate attention should be brought to the attention of the Pool Director or Club Manager. Complaints about other members conduct should be made to the Pool Chairman or Board of Directors in writing.

Unsupervised children 10 and under may not be let at the Club unattended. They are required to participate in the Kids Camp program or be supervised by an adult.

Children with flotation devices NOT COAST GUARD APPROVED must have parent or guardian supervision within arm's reach of their child

No running, pushing or horseplay

Food or beverage not purchased at the Snack Bar is not allowed to be brought to the pool

Children are not allowed to use the fitness facilities or fitness locker room

