

The COUNTRY CLUB OF JACKSON

Junior Programs

Pool Rules / Fitness Rules



Junior Golf 2017

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**

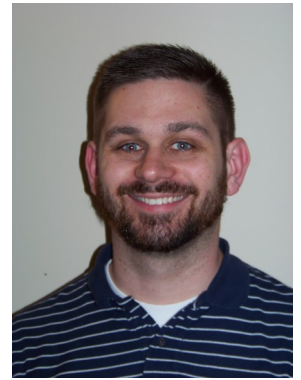
June 14	Registration and introduction to the program
June 21	Short game
June 28	Iron Play
July 5	No Junior Golf(4 th of July Holiday and Ladies' Invitational Week)
July 12	Full swing continued with a focus on Driving and fairway woods
July 19	Scramble(Parent volunteers are needed to help shuttle kids around)
July 26	No Junior Golf, Men's Invitational Practice Round
August 2	Lessons, and Preparation for Jr. Club Championship
August 11	Junior Club Championship and Awards Banquet.

2017 Kids Camp Beginning June 15th—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 the day prior

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.



Kids Camp Director
Brandon Quick

Junior Tennis 2017

Tuesday, June 13 is the first day of Youth Tennis Clinics
This year, the Youth Tennis Clinics will be on Tuesdays and Thursdays

8:30 - 9:30 a.m. 4 - 6 year olds clinic
9:30 - 10:30 a.m. 7 - 10 year olds clinic
8:30 - 9:30 a.m. 11 - 14 year olds clinic
\$45 for Session 1 (3 weeks - 6 lessons) June 13th through June 29th
\$75 for Session 2 (5 weeks - 10 lessons) July 11th through August 10th

Sign up for clinics by calling or texting Shannon McDonnell at 517-960-5190 (shanmc16@gmail.com) or Connor Mogle at 517-358-0347 (connormogle@yahoo.com).



2017 Swim Program

Swim Lessons: 2 week sessions: \$45.
June 12th – June 23rd June 19th – June 30th
Off July 4th week. July 10th – July 21st
July 24th – August 4th

Contact Mike Holtz at the Pool 782 1744 mholtz1974@gmail.com

Swim Club Starts June 12th!! Cost \$50

We are now part of the South Central Swim League

Swim Practice times are

12 & Over: 8-10am Monday – Friday

9-11 year olds with all four competitive strokes: Monday – Friday 9-10am

10 & Under with two competitive strokes: Mon/Wed/Fri 9-10am

Meet Schedule: All meets have a 5pm warm up, and a 6pm meet start

June 15th: Jackson at Harper Creek

June 22nd: Jackson at Battle Creek Central vs Eaton Rapids

June 29th: Jackson at Battle Creek Central vs Coldwater

July 13th: Jackson at Battle Creek Central vs Kalamazoo United

July 18th: Jackson at Marshall HS

Championships will be held at Battle Creek Central HS, July 24th and July 25th.

4pm warm up, with a 5pm start.

Swim Lessons

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 breast-stroke, and turns for each stroke.

Private lessons

\$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.



time.



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 left 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

