

Swim Lessons

Fall 2, 2018

OPEN TO THE COMMUNITY

Parent/Child: Members \$30 | Non-members \$48

Preschool and Levels 1-6: Members \$42 | Non-members \$72

Monday

Session 1: October 29 - December 3

6:15-6:45 p.m. Parent/Child 1, Preschool 1 & 2

6:50-7:35 p.m. Levels 1-4

Tuesdays

Session 1: October 30 - December 4

6:15-6:45 p.m. Parent/Child 2, Preschool 1 & 2

6:50-7:35 p.m. Levels 1-4

Thursdays

Session 1: November 1 - December 13 (*No lesson on 11/12)

6:15-6:45 p.m. Parent/Child 2, Preschool 1 & 2

6:50-7:35 p.m. Levels 1-4

Saturdays

Session 1: November 3 - December 8

9:00-9:30 a.m. Parent/Child 1

9:35-10:10 a.m. Preschool 1 & 2

10:15-11:00 a.m. Levels 1 & 2

Sunday

Session 1: November 4 - December 9

2:10-2:40 p.m. Preschool 1

2:45-3:20 p.m. Level 1

3:25-4:10 p.m. Adult Beginner

Which class is best for your swimmer?

Parent/Child 1

6 months-3 years old

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Parent/Child 2

2-3 years old

Parent and Child Aquatics Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in Level 2. As with Level 1, water safety topics are also included in this level.

Preschool 1

3-5 years old

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.

Preschool 2

3-5 years old

Fundamental Aquatic Skills. Gives students success with fundamental skills.

Level 1

6-14 years old

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.

Level 2

6-14 years old

Fundamental Aquatic Skills. Gives students success with fundamental skills.

Level 3

6-14 years old

Stroke Development. Builds on the skills in Level 2 by providing additional guided practice.

Level 4

6-14 years old

Stroke Improvement. Develops confidence in the strokes learned and to improve other aquatic skills.

Adult

15 years old+

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely

*ONE Make-up per session to be completed within the session. Must be pre-arranged with the aquatics office by contacting 231-375-8463. No refunds/credits will be given after the first class. The MCC Lakeshore Fitness Center is committed to providing a high quality and fun swim lesson program for swimmers of all ages and skill levels. Our Red Cross certified instructors are here to help you and your family learn how to be safe and successful in the water. If you have any questions about our swim program, please contact the aquatics office at 231-375-8463 or cford@mccfitnesscenter.com.



Lakeshore Fitness Center

Muskegon Community College