

# Youth Classes at Borgess

September-December 2017

To register, please visit [wellness.borgess.com](http://wellness.borgess.com) or call (269) 226.8135. All classes are held at Borgess Health & Fitness Center.



Fall I: September 11-October 28

Fall II: November 1-December 23 (no class November 22-25)

Cost for these 7 week sessions: 30 minute class \$50, BHFC member \$38. 45 minute class \$58, BHFC member \$45.

## Babes In Arms

Ages 8-24 months

This class offers an introduction to the water for parents and their infants.

W: 1-1:30 p.m.  
W: 6:30-7 p.m.  
Th: 7-7:30 p.m.  
F: 10:30-11 a.m.  
Sa: 9:15-9:45 a.m.  
Sa: 11-11:30 a.m.

## Ready-Set-Go

Ages 20-48 months

Parents and toddlers continue to build on skills learned in Babes In Arms.

Tu: 6:30-7 p.m.  
W: 1-1:30 p.m.  
W: 6:30-7 p.m.  
Th: 7-7:30 p.m.  
F: 10:30-11 a.m.  
Sa: 9:15-9:45 a.m.  
Sa: 11-11:30 a.m.

## Seashells

Ages 3-5 years

Beginner and intermediate skills for children. No parents in class.

M: 1-1:30 p.m.  
M: 5-5:30 p.m.  
M: 6-6:30 p.m.  
Tu: 5:30-6 p.m.  
Tu: 6-6:30 p.m.  
Tu: 7-7:30 p.m.  
W: 9:45-10:15 a.m.  
W: 1:30-2 p.m.  
W: 5:30-6 p.m.  
W: 6-6:30 p.m.  
Th: 6:30-7 p.m.  
F: 10-10:30 a.m.  
F: 5:30-6 p.m.  
Sa: 9:45-10:15 a.m.  
Sa: 10:15-10:45 a.m.  
Sa: 12-12:30 p.m.

## Coral

Ages 3-5 years

Advanced skills for children completing all Seashells skills and swimming independently.

M: 1:30-2 p.m.  
M: 6:30-7:00 p.m.  
Tu: 5:30-6 p.m.  
W: 1:30-2:00 p.m.  
W: 5:30-6 p.m.  
W: 6-6:30 p.m.  
Th: 6-6:30 p.m.  
F: 10-10:30 a.m.  
F: 5-5:30 p.m.  
Sa: 9:45-10:15 a.m.  
Sa: 12-12:30 p.m.

## American Red Cross Learn To Swim Program (school age)

Classes must be taken in order. If your child has prior swim experience, we can help place them in the right level.

### Level I

Introduction to Water Skills

M: 5:30-6 p.m.  
Tu: 6-6:30 p.m.  
Th: 7-7:30 p.m.  
F: 5:15-5:45 p.m.  
Sa: 9:30-10 a.m.  
Sa: 11:30-12 noon

### Level II

Fundamental Aquatic Skills

M: 5-5:45 p.m.  
T: 6:30-7:15  
W: 6:30-7:15 p.m.  
Th: 5:15-6 p.m.  
F: 5:15-6 p.m.  
Sa: 10-10:45 a.m.

### Level III

Stroke Development

M: 6:30-7:15 p.m.  
Tu: 5:15-6 p.m.  
W: 6:30-7:15 p.m.  
F: 4:30-5:15 p.m.  
Sa: 10-10:45 a.m.

### Level IV

Stroke Improvement

M: 6:30-7:15 p.m.  
W: 5-5:45 p.m.  
F: 4:30-5:15 p.m.  
S: 11-11:45 a.m.

### Level V

Stroke Refinement

W: 5-5:45 p.m.  
F: 4:30-5:15  
Sa: 11-11:45 a.m.

You are permitted two make-up classes per session as space permits. Please call the pool at (269) 552.2345 or schedule a make-up with a lifeguard. Make-up times are not guaranteed for all classes.

## Youth Classes at Borgess continued September-December 2017

### Adult & Pediatric CPR/AED (ages 12+)

This is a modular course that teaches adult, child and infant CPR, AED, relief of choking and safety. This credentialed AHA Heartsaver course is approved by the Michigan Division of Child Day Care Licensing. Skills examination. For ages 12 and older. Cost \$45.

W: 5:30-9:30 p.m.

September 13, October 11, November 8, December 13

### Home School Swim (ages 6-14)

A swim class for students who are schooled at home. This class includes 45 minutes of swim instruction and 10 minutes of free swim time. Cost \$45, BHFC members \$37.

W: 3-3:55 p.m.

September 13-October 25

November 1-December 20 (No class 11/22)

### Preschool Gym (ages 3-5)

Let the kids work off some energy in these classes which will include a variety of age appropriate activities including: games, obstacle courses, running, and parachute games. Combine this class with our 10 a.m. Seashells for a fun, active morning. Cost \$35, BHFC member \$25.

F: 9-9:45 a.m.

September 15-October 27

November 3-December 22 (No class 11/24)

### Private Swim Lessons

Private or semi-private lessons may be arranged at times when pool space and instructors are available. Email: [Kathryn.Cyr@ascension.org](mailto:Kathryn.Cyr@ascension.org) to find out availability. Cost for 30 minutes \$20, BHFC member \$15.

### Tae Kwon Do-Adult, Youth & Family

Tae Kwon Do is a non-contact organization that teaches people how to defend themselves. Students gain confidence, dexterity and coordination while learning self-discipline. For ages 8 and older. Cost \$50/family, \$20/individual.

Sa: 2-3:30 p.m.

September 9-October 28

November 4-December 23

### Teen Swim Instruction (ages 12-16)

If you are 12-16, and have not yet had the opportunity to learn to swim, now is your chance! Don't let another year go by sitting on the side lines. We can help you learn swimming basics or help refine your stroke with others your own age. Cost \$58, BHFC member's children or grandchildren \$45.

Th: 5:45-6:30

September 14-October 26

November 2-December 21 (No class 11/23)

### Yoga Kids (ages 5-15)

Join our yoga instructor for a fun chance to work on balance, flexibility and coordination through a variety of yoga poses and flows. Cost \$50, BHFC members \$38.

Sa: 10-10:30

September 16-October 28

November 4-December 23 (No class 11/25)

# BORGESS

**Borgess Health & Fitness Center**  
3025 Gull Road, Kalamazoo

A member of Ascension®