

Youth Classes at Borgess

January-March 2018

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



Winter: January 8-February 17

Spring I: February 19-March 31

Cost: 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. *Spine Pool*
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 p.m.
W: 6:30-7:15 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 January-March 2018

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 \$65.

W: 5:30-9:30 p.m.
January 10, February 21

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.
January 10-February 14
February 21-March 28

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.
January 12-February 16
February 23-March 30

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 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.
January 6-February 24
March 3-April 21

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: 10:30-11
January 13-February 17
February 24-March 31

BORGESS

Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

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