

Youth Classes at Borgess

May-July 2018

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



Summer I: Monday, May 21-Monday, July 2 (no classes Monday, May 28)

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.
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: 7-7:30 p.m.
W: 1:30-2:00 p.m.
W: 6-6:30 p.m.
Th: 6-6:30 p.m.
F: 5-5:30 p.m.
Sa: 9:45-10:15 a.m.
Sa: 11:30-12 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.

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 February-May 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.
May 9, June 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.
May 23-June 27

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.
April 28-June 16
June 23-August 11

BORGESS

Borgess Health & Fitness Center
3025 Gull Road, Kalamazoo

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