

Youth Classes at Borgess

February-March 2019

To register, please visit <http://ascension.org/events>
 All classes are held at Ascension Borgess Health Club.
 For questions, please call 269-552-2342.



Spring 1: Monday, February 18-Saturday, March 30.

Cost: 30 minute class \$50, ABHC member \$38. 45 minute class \$58, ABHC member \$46.

Ready-Set-Go

Ages 8 months to 3 1/2 years

A special class for parents with their infants and children. Children get comfortable in the water and begin learning basic swim skills.

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: 1:30-2 p.m.
 W: 5:30-6 p.m.
 W: 6-6:30 p.m.
 Th: 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: 11:30-12 p.m.

Coral

Ages 3-5 years

Advanced skills for children who have completed all Seashells skills and are 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: 5-5:30 p.m.
 Sa: 9:45-10:15 a.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: 12-12:30 p.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: 4:30-5:15 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: 5:15-6 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 Ascension Borgess continued February-March 2019

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 \$55.

W: 5:30-9:30 p.m.
February 13, March 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 \$48, ABHC members \$36.

W: 3-3:55 p.m.
February 20-March 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, ABHC 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 \$25/individual, for each additional family member add \$20.

Sa: 2-3:30 p.m.
March 2-April 20



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HEALTH CLUB