

# Youth Classes at Borgess

## March -May

To register, please visit <http://ascension.org/events>

Registration will open Monday, March 16.

Registration deadline is Sunday, March 29.

For questions, please call 269-552-2342.



*Spring II 2020: Monday, March 30 – Saturday, May 16. No class April 6-11.*

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

## Ready-Set-Go

*Ages 8 months to 3 ½ 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: 6:30-7 p.m.

F: 10:30-11 a.m.

Sa: 9:15-9:45 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: 5-5:30 p.m.

Tu: 7-7:30 p.m.

W: 1-1:30 p.m.

W: 5:30-6 p.m.

W: 6-6:30 p.m.

Th: 5:30- 6 p.m.

Th: 6-6:30 p.m.

Th: 6:30-7 p.m.

Th: 7-7:30 p.m.

F: 10-10:30 a.m.

Sa: 9:45-10:15 a.m.

Sa: 10:15-10:45 a.m.

## Coral

*Ages 3-5 years*

Advanced skills for children who have completed all Seashells skills and are swimming independently.

M: 6:30-7:00 p.m.

Tu: 5:30-6 p.m.

W: 6-6:30 p.m.

Th: 6-6:30 p.m.

Sa: 11-11:30 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.

### Level II

Fundamental Aquatic Skills

M: 5-5:45 p.m.

W: 5:45-6:30 p.m.

Th: 5:15-6 p.m.

F: 4:30-5:15 p.m.

Sa: 10:45-11:30 a.m.

### Level III

Stroke Development

M: 5:45-6:30 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.

Th: 6-6:45 p.m.

F: 4:30-5:15 p.m.

### Level V

Stroke Refinement

M: 6:30-7:15 p.m.

W: 5-5:45 p.m.

Th: 6-6:45 p.m.

F: 4:30-5:15 p.m.

## Private Swim Lessons

Private or semi-private lessons may be arranged at times when pool space and instructors are available. Ages 3 and up only.

Cost for 30 minutes \$20, ABHF member \$15.



**Ascension  
Borgess**

HEALTH & FITNESS