

# Youth Classes at Borgess

Summer 2021 Session runs July 5- August 14  
Registration is available at [ascension.org/events](http://ascension.org/events)  
from June 22- June 30



Cost: 30 minute class \$60, ABHF member \$45. 45 minute class \$75, ABHF member \$60.

Payment is for a 6- week session. We do not offer make ups for missed classes.

Ready Set Go, Seashells, and Coral will meet in our warm water pool. Level classes meet in our lap pool.

## 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.

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

## Seashells

*Ages 3-5 years*

Beginner and intermediate skills for children.

M: 5:30-6 p.m.  
M: 6:30-7 p.m.  
Tu: 5-5:30 p.m.  
Tu: 6-6:30 p.m.  
W: 5-5:30 p.m.  
W: 6-6:30 p.m.  
Th: 4:30-5 p.m.  
Th: 5:30-6 p.m.  
Th: 6-6:30 p.m.  
F: 5-5:30 p.m.  
F 6-6:30 p.m.  
Sa: 9-9:30 a.m.  
Sa: 10:30-11 a.m.

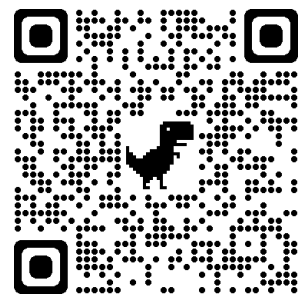
## Coral

*Ages 3-5 years*

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

M: 5-5:30 p.m.  
Tu: 5:30-6 p.m.  
W: 6:30-7 p.m.  
Th: 6:30-7 p.m.  
Sa: 9:30-10 a.m.

Scan with your camera to visit page.



## 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. Levels I-V will be held in the lap pool.

### Level I

Introduction to Water Skills

M: 5-5:30 pm.  
Tu: 4:15-4:45 p.m.  
W: 5:45-6:15 p.m.  
Th: 6:15-6:45 p.m.  
F: 5:45-6:15 p.m.  
Sa: 9-9:30 a.m.

### Level II

Fundamental Aquatic Skills

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

### Level III

Stroke Development

Tu: 6:15-7 p.m.  
Th: 4:45-5:30 p.m.  
F: 6:15-7 p.m.  
Sa: 10:15-11 a.m.

### Level IV

Stroke Improvement

M: 5:30-6:15 p.m.  
Tu: 4:45-5:30 p.m.  
W: 5-5:45 p.m.

### Level V

Stroke Refinement

M: 6:15-7 p.m.  
Sa: 11-11:45 a.m.



**Ascension  
Borgess**

HEALTH & FITNESS

## **Youth Swim Class Descriptions:**

**Ready Set Go:** A special class for parents with their infants and children ages 8 months to 3 1/2 years. Children get comfortable in the water and begin learning basic swim skills. An adult is required to be in the water with the child at all times.

**Seashells:** Seashells is our beginning class for children 3-5 years of age without a parent. Children need no prior swim experience. Children move through the progressive skills until they are able to swim without assistance.

**Coral:** Coral is our advanced class for children ages 3-5. Children must have completed all Seashells skills and be able to swim confidently without flotation or assistance for 15 feet on their front and back prior to registering.

**American Red Cross Level I:** Our beginning level for children 6 and over. This class will teach children to swim 15 feet on their front and back, introduce glides and floats and get children comfortable putting their face in the water.

**American Red Cross Level II:** Children should be able to confidently swim 15 feet on their front and back and be comfortable with their face in the water prior to registering for Level II. Children will begin to develop swim strokes and increase endurance.

**American Red Cross Level III:** Children should be able to swim 25 feet and have learned the basics of front and back crawl prior to enrolling. This level introduces rotary breathing and perfects the front crawl. Breast stroke kick, dolphin kick, and elementary back are also introduced.

**American Red Cross Level IV:** Level 4 continues the process of perfecting all swim strokes, increases endurance, and introduces all swim turns and sidestroke.

**American Red Cross Level V:** Level 5 focuses on increasing swim endurance and refining all strokes.

*Questions about our Youth Swim Program?*

*Contact our Wellness Manager- [amy.fisher@ascension.org](mailto:amy.fisher@ascension.org)*