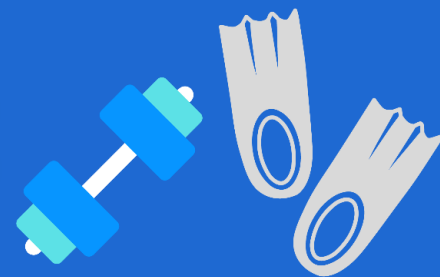


Adult Aquatic

Registration Classes at ABHF



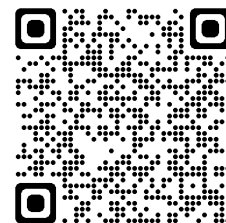
Spring - 2022 Adult Swim Lessons

Registration will be available beginning Monday, April 18 - Thursday, April 28 (as space allows)

To register, please visit ascension-mi.regfox.com/adult-swim-lessons-spring-2022

All classes are held at Ascension Borgess Health & Fitness.

***All classes must have a minimum of 3 registrants in order to run**



Adult Beginner Swim Lessons

Designed for ages 17 & up. This class helps familiarize inexperienced adults with basic water skills including floating, breathing, and learning basic swimming strokes. No prior swimming experience is needed to join this group.

Cost \$60, ABHF member \$45.

May 4 - June 8

W: 6:50-7:40 p.m. (Lap Pool)

Adult Intermediate Swim Lessons

Designed for ages 17 & up. This class is designed for adults who already know how to swim and have a goal to increase their fitness level. Course instruction focuses on stroke refinement and increasing endurance.

Cost \$120, ABHF member \$105.

May 3 - June 9

Tu & Th 6:50-7:40 p.m. (Lap Pool)