

# Youth Swim

Registration Classes at ABHF



## Winter 1 - 2023

Monday, January 9 - Saturday, February 18

Registration will be available Monday, Dec. 19 - Wednesday, Jan. 4 (as space allows)

Cost: 30 minute class \$66. 50 minute class \$88. ABHF members receive a \$15 discount.

To register, please visit [ascension-mi.regfox.com/youth-swim-winter-1-2023](https://ascension-mi.regfox.com/youth-swim-winter-1-2023)

Payment is for a 6 week session. Classes meet once per week.

Parent & Child, Preschool Aquatic, and Level 1 classes will meet in our Warm or Spine pool.

Levels 2-5 will meet in our Lap Pool.

**\*\*All classes require a minimum of 3 participants in order to run for the session**



### Parent & Child 1 *Ages 6-24 months*

Familiarize children with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques they can use to orient their children to the water

Tues 5:40-6:10pm

Thurs 6:15-6:45pm

Sat 9:00-9:30am

### Parent & Child 2 *Ages 2-4 years*

Improve skills learned in Parent & Child 1 and teach more advanced skills. Continue to build on water safety knowledge.

Mon 5:05-5:35pm

Wed 1:30-2:00pm, 6:15-6:45pm

Thurs 5:40-6:10pm

Sat 9:35-10:05am

### Preschool Aquatics -

#### Level 1 *Ages 4-6*

Beginner skills for children ages 4-6. Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around the water.

Mon 5:40-6:10pm

Tues 5:05-5:35pm

Wed 2:05-2:35pm

Thurs 4:30-5:00pm

Fri 4:30-5:00pm

Sat 11:20-11:50am

### Preschool Aquatics -

#### Level 2 *Ages 4-6*

Intermediate skills for children ages 4-6. Build on and improve skills learned in Preschool Aquatics Level 1 and increase knowledge of water safety topics introduced in Preschool Aquatics Level 1.

Mon 6:15-6:45pm

Tues 4:30-5:00pm

Wed 5:05-5:35pm

Thurs 11-11:30am, 5:05-5:35pm

Fri 5:40-6:10pm

Sat 10:45-11:15am

### Preschool Aquatics -

#### Level 3 *Ages 4-6*

Advanced skills for children who have completed all Preschool 1 & 2 skills and are swimming independently.

Wed 4:30-5:00pm

Fri 6:15-6:45pm



**Ascension  
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HEALTH & FITNESS



**Questions? Contact:**  
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**Ascension Borgess Health & Fitness**  
3025 Gull Road  
Kalamazoo, MI 49048  
(One mile east of Ascension Borgess Hospital)

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## American Red Cross Learn-To-Swim Program *(ages 6 & up)*

Classes must be taken in order. If your child has prior swim experience, we can help place them in the right level. Levels 1-5 will be held in the lap pool.

### Level 1 - Introduction to Water Skills

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.

Mon 6:50-7:20pm  
Tues 6:15-6:45pm, 6:50-7:20pm  
Wed 5:40-6:10pm  
Thurs 6:50-7:20pm  
Fri 5:05-5:35pm  
Sat 10:10-10:40am

### Level 2 - Fundamental Aquatic Skills

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.

Mon 4:30-5:20pm  
Tues 5:30-6:20pm  
Wed 4:30-5:20pm, 5:30-6:20pm  
Thurs 4:30-5:20pm  
Fri 5:30-6:20pm  
Sat 10-10:50am

### Level 3 - Stroke Development

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. Breaststroke kick, dolphin kick, and elementary back are also introduced.

Tues 4:30-5:20pm  
Thurs 5:30-6:20pm  
Fri 4:30-5:20pm  
Sat 11-11:50am

### Level 4 - Stroke Improvement

Level 4 continues the process of perfecting all swim strokes, increases endurance, and introduces all swim turns and sidestroke.

Mon 6:30-7:20pm  
Sat 9-9:50am

### Level 5 - Stroke Refinement

Level 5 focuses on increasing swim endurance and refining all strokes.

Thurs 6:30-7:20pm



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