

SWIMMERS OF ALL LEVELS ARE WELCOME!

We know everyone can be a little nervous on the first day, do your best to prepare your swimmer to participate in class without life jackets or parents being in the water. All levels we ask that parents stay and observe lessons from the pool deck benches.

*Lessons for 6mo-2yrs, it is required that parents be in the water with their child.

FIRST DAY EXPECTATIONS

Please plan on arriving early to your lesson so you have time to check in at the front desk and change into your swimsuit (changing rooms available).

Parent/Child, Basic and Developing Swim Skills lessons will meet in the family pool. Deep Water Swimmers will meet in the competition pool.

PLEASE BRING:

Swimsuit, towel, an optimistic attitude and goggles if preferred!

FAC SWIM LESSON GOALS

- ✓ SAFETY IS A TOP PRIORITY
- ✓ BUILDING CONFIDENCE IN AND AROUND THE WATER
- ✓ DEVELOP AQUATIC SKILLS AND TECHNIQUE

ADDITIONAL FAC SWIM LESSON INFO

MEET THE INSTRUCTORS!

SCAN ME



FAQ'S AND RESOURCES TO PRACTICE AT HOME!


SCAN ME



Winter/Spring 2025 SMALL GROUP SWIM LESSONS

FEB 11TH - MAY 3RD

LESSONS AVAILABLE FOR AGES 6MO-13YRS!
CALL OR VISIT US ONLINE TO REGISTER

 616-847-5858

 SLFAC.COM/SMALLGROUPSWIMLESSONS



Spring Lake Fitness and Aquatic Center
16140 148th Ave Spring Lake, MI 49456

Lets Get Started!

All of the FAC Small Group Lessons will be 25 mintues long and have a MAXIMUM of 4 students, participants should register based on age at time of registration. Rates are per lesson, participants register and pay per lesson. Lesson fees are non-refundable.

Sign up for the number of lessons that best suit your child's needs. The FAC Swim Instructors recommend multiple, consistent lessons when possible to master and retain water safety skills.

Cost

Registration fee based on child's membership status

FAC Member Rate: \$15 per lesson

Non Member Rate: \$28 per lesson



Sign up for 1 or multiple lessons at a time!

February

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

Running Days

The lesson schedule will run during the days indicated on the calendars in **YELLOW**

March

Su	Mo	Tu	We	Th	Fr	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1 May	2	3

Daily Lesson Schedule

Please choose lessons based on the child's age at time of registration

Parent Child Lessons

Parent Participation in the Water *Required*

6 - 18 months

Wednesdays - 5p
Saturdays - 8:30a

19 - 36 months

Wednesdays - 5:30p
Saturdays - 9a

Basic Swim Skills

Ideal lessons for students who are working on their water confidence, unable to fully submerge themselves, or struggle to make forward progress without assistance.

3 - 5 years

Tuesdays - 5p
Wednesdays - 6p
Saturdays - 9:30a

6 - 8 years

Tuesdays - 6p
Wednesdays - 6:30p
Saturdays - 10a

Developing Swim Skills

Swimmers at this level should be ready to get into the water without hesitation. Classes will be working on moving short distances independently, rhythmic breathing, and adjusting form.

3 - 5 years

Tuesdays - 5:30p
Wednesdays - 6p
Wednesdays - 7p
Saturdays - 9:30a

6 - 8 years

Tuesdays - 6:30p
Wednesdays - 6:30p
Saturdays - 10a

9 - 13 years

Saturdays - 10:30a

NEW

Deep Water Swimmers

This program meets in the competition pool and focuses on refining stroke and body coordination in the water. Swimmers at this level should be comfortable swimming one length of the pool and eager to practice treading, stamina, form, and speed.

6 - 8 years

Thursday - 6:30p
Saturdays - 10a

9 - 13 years

Thursday - 7p
Saturdays - 10:30a