



**GROUP  
SWIM LESSONS  
Fall 2023**

Group swim lessons available for all levels.

**Fall Session I**

October 3- October 26  
Parent/ Child & Pre-School  
Tuesday & Thursday Mornings

**Fall Session II**

October 31- November 30  
Parent/ Child & Pre-School  
Tuesday & Thursday Mornings

October 3- October 26  
Level 1- 4  
Tuesday & Thursday Evenings

October 31- November 30  
Level 1-4  
Tuesday & Thursday Mornings

*\* No Lessons November 21 & 23*

**Registration is Now Open**

Spring Lake Fitness and Aquatic Center  
16140 148th Ave, Spring Lake, MI 49456  
616-847-5858 | [fac@springlakeschools.org](mailto:fac@springlakeschools.org) | [www.slfac.com](http://www.slfac.com)

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## Parent/Child I (ages 6 to 18 months)

Join your child in the water to help them learn how to be comfortable in the water, while learning the basics of swimming in a fun way. Sign up for a positive environment, using songs, toys and playtime to help move your child one step closer to swimming. We will go through safety pool side as well as some safety for the lake. Swim diapers are required!

<b>Day/Time:</b>	<b>Session I</b>	<b>Session II</b>
	10:00-10:25am	10:00-10:25am
	Tues/Thurs	Tues/Thurs
<b>Cost:</b>	\$47 Member / \$67 Non-Member	
<b>Max:</b>	8 Participants	

## Parent/Child II (ages 18 months to 2.99 years)

Join your child in the water to help them learn how to be comfortable in the water, while learning the basics of swimming in a fun way. Parent Child 2 helps your child form a stronger brain to body connection. We review safety

<b>Day/Time:</b>	<b>Session I</b>	<b>Session II</b>
	Tues/Thurs	Tues/Thurs
	10:30-10:55am	10:30-10:55am
<b>Cost:</b>	\$47 Member / \$67 Non-Member	
<b>Max:</b>	8 Participants	

## Pre-School Level 1 (ages 3-4.99)

This class will orient participants to the aquatic environment and help them gain basic aquatic skills. Kids will learn safe practices around water. This class is recommended for kids ages 3-5 or who have never taken swim lessons before.

<b>Day/Time:</b>	<b>Session I</b>	<b>Session II</b>
	Tues/Thurs	Tues/Thurs
	11:00-11:25am	11:00-11:25am
<b>Cost:</b>	\$67 Member / \$87 Non-Member	
<b>Max:</b>	5 Participants	

## Pre-School Level 2 (ages 3-4.99)

This class will build on the basic aquatic skills and concepts taught in Pre-School Level 1. This class is recommended for those who have successfully completed Pre-School Level 1 or have experience with swim lessons.

<b>Day/Time:</b>	<b>Session I</b>	<b>Session II</b>
	Tues/Thurs	Tues/Thurs
	11:30-11:55am	11:30-11:55am
<b>Cost:</b>	\$67 Member / \$87 Non-Member	
<b>Max:</b>	5 Participants	

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### Level 1: Introduction to Water Skills ( ages 5-8 )

This course will orient participants to the aquatic environment and help them gain basic aquatic skills. This class is recommend for those who are age 5+ and have not taken swim lessons before.

**Day/Time:** Session I & II- Tues/Thurs; 5:00-5:25pm

**Cost:** \$67 Member / \$87 Non-Member

**Max:** 6 Participants

### Level 2: Fundamental Aquatic Skills (ages 5-8)

The objective of this level is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills.

**Day/Time:** Session I & II- Tues/Thurs; 5:30-5:55pm

**Cost:** \$67 Member / \$87 Non-Member

**Max:** 6 Participants

### Level 3: Stroke Development (ages 5 –12)

The objective of this level is to expand proficiency for front crawl and elementary backstroke skills and learn additional kicking skills.

**Day/Time:** Session I & II- Tues/Thurs; 6:00-6:25pm

**Cost:** \$67 Member / \$87 Non-Member

**Max:** 6 Participants

### Level 4: Stroke Improvement (ages 5– 12)

Participants will improve their aquatic skills and increase their endurance in strokes they have learned in the lower levels. Additional strokes that are introduced at this level include sidestroke and breaststroke.

**Day/Time:** Session I & II- Tues/Thurs; 6:30-6:55pm

**Cost:** \$67 Member / \$87 Non-Member

**Max:** 6 Participants

## INSTRUCTORS

#### Breanna Lange

Bre will be teaching  
Parent-Child and  
PS Levels 1 & 2  
Tuesday/ Thursday  
Mornings

#### Bob Jakubowski

Bob will be teaching  
Levels 1-4  
Tuesday/ Thursday  
Evenings