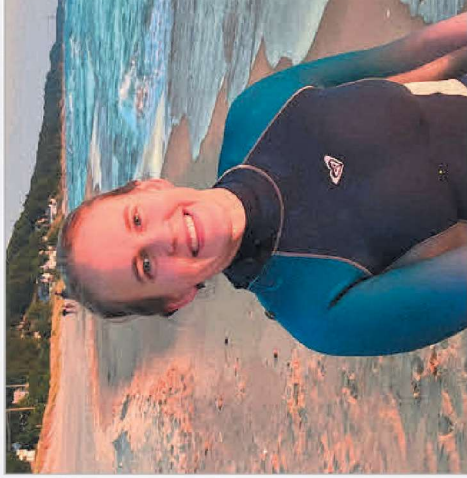


Meet Your Instructor



Bre Lange

Hi, my name is Bre!

I am an American Red Cross swim instructor who loves to make swimming fun and easy! I am here to help you every step of the way. From teaching general water safety to helping you progress your child to the next level. I am excited to meet you and help make swimming enjoyable.



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



SUMMER 2024

PARENT CHILD SWIM LESSONS

LESSONS AVAILABLE FOR PARENTS AND SWIMMERS
AGES 6 MONTHS TO 3 YEARS OLD!

SESSION I July 9th and 11th

SESSION II July 30th and Aug 1st

SESSION III August 6th and 8th

SESSION IV August 20th and 22nd

Registration opens June 12!



616-847-5858



SLFAC.com/swim-lessons



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

2024 Swim Lesson Options

Parent/Child Level 1: Ages 6m - 18m
Parent/Child Level 2: Ages 18m - 3y

SESSION I Level 1: 4:00 - 4:25pm
July 9th and 11th Level 2: 4:30 - 4:55pm

SESSION II Level 1: 9:00 - 9:25am
July 30th and August 1st Level 2: 9:30 - 9:55am

SESSION III Level 1: 4:00 - 4:25pm
August 6th and 8th Level 2: 4:30 - 4:55pm

SESSION IV Level 1: 9:00 - 9:25am
August 20th and 22nd Level 2: 9:30 - 9:55am

**EACH SESSION INCLUDES 2,
25 MINUTE LESSONS
TUESDAY AND THURSDAY**

Registration Fees

Members: \$20/Session
Non-members: \$30/Session

* Registration fee based on child's membership status *

First Day Expectations

Please plan on being in the water with your child. Arrive 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 Classes take place in the family pool.

Please Bring

Swimsuit, towel, an optimistic attitude and goggles if you would like!

