



**GROUP
SWIM LESSONS
Winter 2024**

SESSION DATES

Session I and II offer one class per week for 8 weeks

Session I: January 9th - March 2nd

Session II: March 5th - May 2nd

(No classes April 1st - 6th for spring break)

Session III, IV, and V offer 2 classes per week for 4 weeks

Session III: January 9th - February 1st

Session IV: February 6th - February 28th

Session V: April 9th - May 2nd

Registration is Open

(registration and fees based on child membership status)

Class Descriptions

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! - MAX 8 PARTICIPANTS

Parent/Child II (ages 1.5 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 rules for the pool and some safety recommendations for the lake. - MAX 8 PARTICIPANTS

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

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. - MAX 5 PARTICIPANTS

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

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. - MAX 5 PARTICIPANTS

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 recommended for those who are age 5+ and have not taken swim lessons before. - 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. 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. 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. - MAX 6 PARTICIPANTS



Session I and II

Swim Lessons Available

All classes listed below will be offered one day a week for the duration of the session.

Session Dates

Session I: January 9th - March 2th (8 weeks total)

Session II: March 5th - May 4th (9 weeks total, no lessons the week of 4/1-4/5)

Tuesday Evenings

Prices Listed as:
Member / Non-Member Price

Level	Time	Instructor	Price
Level 1	4:30 pm	Bre Lange	\$67 / \$87
Level 2	5:00 pm	Bre Lange	\$67 / \$87
Level 1	5:30 pm	Bob J	\$67 / \$87
Level 2	6:00 pm	Bob J	\$67 / \$87
Level 3	6:30 pm	Bob J	\$67 / \$87
Level 4*	7:00 pm	Bob J	\$67 / \$87

Thursday Evenings

Level	Time	Instructor	Price
Level 1	4:30 pm	Preston	\$67 / \$87
Level 2	5:00 pm	Preston	\$67 / \$87
Level 1	5:30 pm	Bob J	\$67 / \$87
Level 3	5:30 pm	Preston	\$67 / \$87
Level 2	6:00 pm	Bob J	\$67 / \$87
Level 4*	6:00 pm	Preston	\$67 / \$87
Level 3	6:30 pm	Bob J	\$67 / \$87
Level 4*	7:00 pm	Bob J	\$67 / \$87

Saturday Mornings

Level	Time	Instructor	Price
Parent/ Child 1	8:30 am	Bre Lange	\$47 / \$67
Parent/ Child 2	9:00 am	Bre Lange	\$47 / \$67
Level 1	9:00 am	Preston	\$67 / \$87
Pre-School 1	9:30 am	Bre Lange	\$67 / \$87
Level 2	9:30 am	Preston	\$67 / \$87
Pre-School 2	10:00 am	Bre Lange	\$67 / \$87
Level 3	10:00 am	Preston	\$67 / \$87
Level 4*	10:30 am	Preston	\$67 / \$87

❖ Level 4 only offered in Session II ❖

Session III, IV and V Swim Lessons Available

All classes listed below will be offered 2 days a week for the duration of the session.

Session Dates

Session III: January 9th - February 1st
Session IV: February 6th - February 29th
Session V: April 9th - May 2nd

Tuesdays & Thursdays

Level	Time	Instructor	Price
Parent/Child 1	10:00 am	Bre Lange	\$47 / \$67
Parent/Child 2	10:30 am	Bre Lange	\$47 / \$67
Pre-School 1	11:00 am	Bre Lange	\$67 / \$87
Pre-School 2	11:30 am	Bre Lange	\$67 / \$87

INSTRUCTORS

Breanna Lange

Bre's area of experience is working with younger swimmers, and loves developing newcomers in the water!

Bob Jakubowski

Bob enjoys coaching swimmers and getting them to the next level by strengthening their stroke and building confidence

Preston Fritz

Preston's coaching background is in Water Polo but enjoys introducing everyone to the benefits of the pool.



Spring Lake Fitness and Aquatic Center
16140 148th Ave, Spring Lake, MI 49456
616-847-5858 | fac@springlakeschools.org | www.slfac.com
