

PARENT RESOURCES

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. 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.

PLEASE BRING:

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

MEET THE
INSTRUCTORS!

SCAN ME



MORE SWIM LESSON
INFORMATION!

SCAN ME



Find more information about the FAC Fall program and helpful swim lesson resources on our website!

FAC SWIM LESSON GOALS

✓ SAFETY IS A TOP PRIORITY

✓ BUILDING CONFIDENCE IN
AND AROUND THE WATER

✓ DEVELOP AQUATIC SKILLS AND
TECHNIQUE



FALL 2025

SWIM LESSON PROGRAM

SEPTEMBER 9 - DECEMBER 20

LESSONS AVAILABLE FOR AGES 6MO-16YRS!
CALL OR VISIT US ONLINE TO REGISTER



616-847-5858



SLFAC.COM/SWIMLESSONS



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

SMALL GROUP SWIM LESSONS

All of the FAC Small Group Lessons will be 25 minutes 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.

Registration Fees

FAC Member Rate: \$15 per lesson
Standard Rate: \$28 per lesson

REGISTRATION FEE BASED ON CHILD'S MEMBERSHIP STATUS

DAILY LESSON SCHEDULE

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

Parent / Child Lessons

Fun, water-safe play to build comfort, basic skills, and confidence with a parent in the pool every step of the way.

Parent Participation in the water

Required

6 - 18 months

Tuesdays - 9:30a
Saturdays - 8:30a

19 - 36 months

Tuesdays - 10a
Saturdays - 9a



Basic Swim Skills

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

3 - 5 years

Wednesdays - 5p
Thursdays - 9:30a & 4:30p
Saturdays - 9:30a

6 - 8 years

Wednesdays - 5:30p
Thursdays - 5p
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

Wednesdays - 6p
Saturdays - 9:30a

6 - 8 years

Wednesdays - 6:30p
Saturdays - 10a

9 - 13 years

Wednesdays - 7p

Deep Water Swimmers

Participants meet in the competition pool and should be comfortable swimming one length of the pool. This level will focus on refining stroke and body coordination in the water and practice treading, stamina, form, and speed.

6 - 8 years

Thursdays - 7p

9 - 13 years

Thursdays - 7:30p



Running Days

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

September

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				

November

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

October

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	

December

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			

1 ON 1 SWIM LESSONS

FAC 1 on 1 Lessons will be 30 minutes. Rates are per lesson. Participants register and pay per lesson. Lesson fees are non-refundable. Swim instructors are assigned based on availability and may change week to week.

Registration Fees

FAC Member Rate: \$34 per lesson
Standard Rate: \$50 per lesson

Registration fee based on child's membership status

LESSON TIMES

Tuesdays
10:30 a

Thursdays
10:00 a
10:45 a
*5:30 p
*6:15 p

Saturdays
9:00 a
9:45 a
*10:30 a
*11:15 a

FAC swim instructors recommend multiple, consistent lessons when possible to master and retain water safety skills.

* 2 LESSONS AVAILABLE AT THIS TIME *

