

Swim Lessons

Winter 2019

Parent/Child: Members \$30 | Nonmembers \$48

Preschool 1 & 2 and Levels 1-6: Members \$42 | Nonmembers \$72

Monday

Session 1: January 7 - February 11

Session 2: February 18 - March 25

6:15-6:45 p.m. Parent/Child, Preschool 1 & 2

6:50-7:35 p.m. Levels 1-6

Tuesday

Session 1: January 8 - February 12

Session 2: February 19 - March 26

6:15-6:45 p.m. Preschool 1 & 2

6:50-7:35 p.m. Levels 1-6

Thursday

Session 1: January 10 - February 14

Session 2: February 21 - March 28

6:15-6:45 p.m. Preschool 1 & 2

6:15-6:45 p.m. Parent/Child

6:50-7:35 p.m. Levels 1-4

Saturday

Session 1: January 12 - February 16

Session 2: February 23 - March 30

9:00-9:35 a.m. Parent/Child

9:35-10:10 a.m. Preschool 1 & 2

10:15-11:00 a.m. Levels 1-4

Sunday

Session 1: January 13 - February 17

Session 2: February 24 - March 31

2:00-2:30 p.m. Preschool 1

2:35-3:20 p.m. Level 1

3:25-4:10 p.m. Adult Beginner

Which class is best for your swimmer?

Parent/Child 6 months-3 years old

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

Preschool 1 3-5 years

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.

Preschool 2 3-5 years

Fundamental Aquatic Skills. Gives students success with fundamental skills.

Level 1 6-14 years

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely.

Level 2 6-14 years

Fundamental Aquatic Skills. Gives students success with fundamental skills.

Level 3 6-14 years

Stroke Development. Builds on the skills in Level 2 by providing additional guided practice.

Level 4 6-14 years

Stroke Improvement. Develops confidence in the strokes learned and to improve other aquatic skills.

Level 5 6-14 years

Stroke Refinement. Provides further coordination and refinement of strokes.

Level 6 6-14 years

Swimming and Skill Proficiency. Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Adult 15 years+

Introduction to Water Skills. Helps students feel comfortable in the water and to enjoy the water safely

*ONE Make-up per session to be completed within the session. Must be pre-arranged with the aquatics office by contacting 231-375-8463. No refunds/credits will be given after the first class. The MCC Lakeshore Fitness Center is committed to providing a high quality and fun swim lesson program for swimmers of all ages and skill levels. Our Red Cross certified instructors are here to help you and your family learn how to be safe and successful in the water. If you have any questions about our swim program, please contact the aquatics office at 231-375-8463 or cziegler@mccfitnesscenter.com



Lakeshore Fitness Center

Muskegon Community College

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