

Parent Tot

Saturdays: 10:15-10:55 a.m.
Thursdays: 5:30-6:10 p.m.

Beginner

Saturdays: 9:30-10:10 a.m.
Saturdays: 10:15-10:55 a.m.
Tuesday: 5:30-6:10 p.m.
Tuesdays: 6:15-6:55 p.m.
Thursdays: 5:30-6:10 p.m.
Thursday: 6:15-6:55 p.m.

Advanced Beginner

Saturdays: 9:30-10:10 a.m.
Saturdays: 10:15-10:55 a.m.
Tuesday: 5:30-6:10 p.m.
Tuesdays: 6:15-6:55 p.m.
Thursdays: 5:30-6:10 p.m.
Thursday: 6:15-6:55 p.m.

Intermediate

Saturdays: 9:30-10:10 a.m.
Tuesdays: 5:30-6:10 p.m.
Thursdays: 6:15-6:55 p.m.

Stroke Development

Saturdays: 10:15-10:55 a.m.
Tuesdays: 6:15-6:55 p.m.

ASCENSION GENESYS HEALTH CLUB

Swim Lessons

Make a Splash, Learn to Swim!

- Member registration begins Tuesday, August 24, 2021
- Non-Member registration begins Tuesday, August 31, 2021

Payment must be made at the time of registration. No make up dates for missed classes.

Member Price: \$65 / Non-member Price: \$85

To register, use the online registration feature on your Club Automation account. For more information or assistance, contact our swim lesson coordinator at (810) 606-7540.



Stay up to date with Ascension Genesys Health Club updates! Receive special offers and the latest information on all the programs and services you love "real time" on Facebook @AGHCfit and also stay in the loop by visiting us online at www.AscensionGenesysHealthClub.com!



**Ascension
Genesys**
HEALTH CLUB

Class Descriptions

Parent-Tot (teaching ratio 10:1)

40-minute class with 30 minutes of instruction and 10 minutes of free swim. For infants 6-months or older and toddlers not ready for group lessons. Parents learn methods and progressions to help their child become comfortable in the water. A parent is required to be in the water with the child. All children 3 and under must wear swim diapers.

Beginner (teaching ratio 4:1)

40-minute class. For children 3-years and older who are ready to learn in a group setting without a parent in the water. Child may not be comfortable in the water and cannot yet float or swim independently. Skills taught include learning comfortable submersion, assisted float on back, assisted beginner stroke on front. Unassisted floats and swimming are also taught. Children not yet potty-trained must wear a swim diaper.

Advanced Beginner (teaching ratio 5:1)

40-minute class. For children who are comfortable in the water and can float on their front independently. Skills taught include learning beginning breath control, unassisted beginner strokes on front and back, and learning to swim longer distances by being able to “catch a breath” and keep going.

Intermediate (teaching ratio 6:1)

40-minute class. For children who can swim approximately 12 yards (width of our therapy pool) on their front and back, without stopping. Skills taught include learning freestyle with rhythmic breathing, backstroke, and introduction to breaststroke kick.

Stroke Development (teaching ratio 6:1)

40-minute class. For children who have passed the intermediate level. Child must be able to swim freestyle with side breathing and backstroke for 25 yards (length of lap pool). Child must be comfortable in the deeper water lanes of the lap pool (maximum 5 feet deep). Skills taught include improving freestyle, backstroke and learning beginning drills for breaststroke and butterfly. Class is held in the lap pool with the instructor in the water.

