

Youth Aquatics & Programs at Borgess

MAY-AUGUST 2010

To register for all youth programs, visit wellness.borgess.com or call 226.8135. Classes are held at Borgess Health & Fitness Center.

Babysitting Basics (ages 11-15)

Become a certified babysitter and learn important information and skills you should have before you care for children. This class will include general safety, first aid, choking, and basic CPR for infants and children. This is an important class for novice or experienced babysitters. Cost \$35, BHFC member's children or grandchildren \$30.

Sa: 9:00 a.m.-Noon
June 12

Home School Swim (ages 6-14)

A swim class for students who are schooled at home. This class includes 45 minutes of swim instruction and 10 minutes of free swim time. Cost \$32, BHFC member \$30.

W: 3:00-3:55 p.m.
May 26-June 30

Kingdom Soccer Camp (Ages 2-13)

Sign up for a Kingdom Soccer Camp held at Borgess Health & Fitness Center. BHFC member's children or grandchildren will receive a \$10 discount for this camp! Go to www.kicsports.net/camps/summer and enter Borgess as your promo code to edit the price.

M-F: June 21-25

Private Swim Lessons

Private or semi-private lessons may be arranged at times when pool space and instructors are available. Call 552.2342 to schedule a lesson. Cost for 30 minutes \$18, BHFC member \$12.

Pool Rentals & Parties

Our warm water pool is available Friday nights and Saturday afternoons for birthday, scouting, or team parties. A certified lifeguard supervises the swimming, and a room is available for refreshments. Call 552-2342 to schedule your party. Cost \$85, BHFC member \$75.

Special Strokes for Special Folks

Held away from noise and distractions, this special program was designed for children with learning disabilities. Cost \$48, BHFC member \$36.

Ages 3-5 years

Ages 6-9 years

Sa: 11:00-11:40 a.m. Sa: 11:45 a.m.-12:25 p.m.
May 29-July 3

Tumble Cubs (ages 4- 6 years)

Preschoolers will enjoy mastering their gross motor skills through games, music, and dance. They will have fun discovering their independence and gain self-confidence while learning new things. Introduction to basic tumbling skills, balance beam, and mini trampoline. Cost \$60, BHFC members \$40.

M & W: 9:00-9:55 a.m.
July 12-28

Tumble Bears (ages 7- 10 years)

Fun and fitness through dynamic movement and exciting activities. Children will learn skills to build strength balance, flexibility and coordination. Refining basic tumbling and learning new skills using a five station circuit training course. Cost \$60, BHFC members \$40.

M & W: 10:00-10:55 a.m.
July 12-28

BORGESS HEALTH



To register, visit wellness.borgess.com or call 269.226.8135 or 1.800.828.8135.

Youth Aquatics & Programs continued

Session I: May 24- July 3 (No class 5/31) Monday class fees will be pro-rated

Session II: July 5-August 14

Cost for a 30-minute class \$38, BHFC member \$28. Cost for a 45-minute class \$48, BHFC member \$36.

Babes In Arms

Ages 8-24 months

This class offers an introduction to the water for parents and their infants.

M: 6:30-7 p.m.

W: 1-1:30 p.m.

W: 6:30-7 p.m.

Th: 6-6:30 p.m.

Th: 7-7:30 p.m.

F: 10:30-11 a.m.

Sa: 9:15-9:45 a.m.

Sa: 11:30 a.m.-Noon

Ready-Set-Go

Ages 20-48 months

Parents and toddlers continue to build on skills learned in Babes In Arms.

Tu: 6:30-7 p.m.

W: 1-1:30 p.m.

W: 7-7:30 p.m.

Th: 5:30-6 p.m.

Th: 7-7:30 p.m.

F: 10:30-11 a.m.

Sa: 11-11:30 a.m.

Sa: 11:30 a.m.-Noon

Seashells

Ages 3-5 years

Beginner and intermediate skills for children. No parents in class.

M: 1-1:30 p.m.

M: 6-6:30 p.m.

Tu: 6-6:30 p.m.

Tu: 7-7:30 p.m.

W: 1:30-2 p.m.

W: 5:30-6 p.m.

W: 6-6:30 p.m.

Th: 6:30-7 p.m.

F: 5:30-6 p.m.

Sa: 9:45-10:15 a.m.

Sa: 10:20-10:50 a.m.

Sa: 12:00-12:30 p.m.

Coral

Ages 3-5 years

Advanced skills for children who have completed all Seashells skills and are swimming independently.

M: 1:30-2 p.m.

M: 7-7:30 p.m.

Tu: 5:30-6 p.m.

W: 6-6:30 p.m.

Th: 6-6:30 p.m.

F: 5-5:30 p.m.

Sa: 9:45-10:15 a.m.

Sa: 11-11:30 a.m.

Dash & Splash

Ages 3-5 years

Combines 1/2 hour of gym and 1/2 hour of swimming. Cost \$56, BHFC member \$38.

F: 9:15-10:30 a.m.

American Red Cross Learn To Swim Program (School Age)

Classes must be taken in order. If your child has prior swim experience, we can help place them in the right level.

Level I

Introduction to Water Skills

M: 1:30-2 p.m.

M: 5:30-6 p.m.

Tu: 6-6:30 p.m.

Th: 7-7:30 p.m.

F: 5:15-5:45 p.m.

Sa: 9:30-10 a.m.

Level II

Fundamental Aquatic Skills

M: 5-5:45 p.m.

W: 6:30-7:15 p.m.

Th: 5:15-6 p.m.

F: 5:15-6 p.m.

Sa: 10-10:45 a.m.

Level III

Stroke Development

M: 6:30-7:15 p.m.

Tu: 5:15-6 p.m.

W: 6:30-7:15 p.m.

F: 4:30-5:15 p.m.

Sa: 10-10:45 a.m.

Level IV

Stroke Improvement

M: 6:30-7:15 p.m.

W: 5-5:45 p.m.

F: 4:30-5:15 p.m.

S: 11-11:45 a.m.

Level V

Stroke Refinement

W: 5-5:45 p.m.

Sa: 11-11:45 a.m.

Level 5 and above may also register for Swim For Fitness. See Adult Aquatics flyer

We allow each child to do up to two make-up classes **as space permits**.

The lifeguard will have a list of the available spaces at the start of the second week of lessons. We cannot guarantee make-up times for all classes.

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