

SWIMMERS OF ALL LEVELS ARE WELCOME!

We know everyone can be a little nervous on the first day, do your best to prepare your swimmer to participate in class without life jackets or parents being with them in the water. Lessons for 6mo-2yrs, it is required that parents be in the water with their child. All other age groups, we ask that parents stay and watch from the pool deck benches.

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). Ages 6 months through 7-8 yrs will meet in the family pool. Ages 9-10 through 11-13 will meet in the competition pool.

PLEASE BRING:

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

MEET THE TEAM!



Hello! I'm Bob, a coach of the YMCA swim team (MYST) in Muskegon. I'm passionate about helping swimmers improve by strengthening their strokes and building their confidence in the water. With years of experience working with kids of all ages, I'm dedicated to identifying the next steps in their swimming journey and helping them achieve their goals.

BOB JAKUBOWSKI

My name is Miss Bre. I have a passion for swimming and I am excited to teach your little one! I am an American Red Cross Water Safety Instructor, with a certification in Swim Angelfish Adaptive Swim Whisperers Level 1 and a B.S. in Kinesiology from Ball State University. Every swimmer learns differently and at their own pace, I am here to help each individual with where they are currently at in their swim journey.



BRE LANGE



ISABELLE SANDY

Hi! My name is Isabelle; I have been a swim lesson instructor or aid as well as a lifeguard for nearly 3 years. I like hiking with my dog and reading. I love teaching lessons because not only is swimming a lifelong sport and skill needed by the lake, but I love seeing kids conquer their fears and turn an "I can't" into an "I did it!" I'm looking forward to teaching swim lessons this year!

Hello, my name is Anna Theune. I am in my 4th year at Grand Valley State University pursuing a degree in Social Studies Education. I have been working at SLFAC for 5 years and have been teaching swim lessons for the last 4 years. Swimming has always been a part of my life, I swam competitively throughout my childhood and in high school. In my free time, I enjoy spending time with family and friends, watching sports, swimming, kayaking, or traveling.



ANNA THEUNE



PRESTON FRITZ

I've been teaching swim lessons for 2 years and have been coaching middle school water polo since 2012. I'm passionate about water safety and helping achieve comfort in and around water. I have my Red Cross WSI certification, I'm also a certified lifeguard and lifeguard instructor.



FALL 2024 SMALL GROUP SWIM LESSONS

OCT 20TH - DEC 14TH

LESSONS AVAILABLE FOR AGES 6MO-13YRS!
CALL OR VISIT US ONLINE TO REGISTER



616-847-5858



slfac.com/smallgroupswimlessons



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

Lets Get Started!

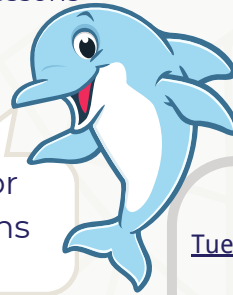
All of the FAC Small Group Lessons will be 25 mintues long and have a MAXIMUM of 4 students, participants should register based on age at time of registration. Rates are per lesson, participants register and pay per lesson. Lesson fees are non-refundable.

Sign up for the number of lessons that best suit your child's needs. The FAC Swim Instructors recommend multiple, consistent lessons whenever possible to master and retain water safety skills.

Cost

Members Rate: \$15 per lesson
 Non Member Rate: \$28 per lesson

Registration fee based on child's membership status



Sign up for 1 or multiple lessons at a time!

Running Days

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

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		

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	30

No lessons the week of Nov 24th

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				

Daily Lesson Schedule

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

6mo - 18mo
 Parent Participation in the Water *Required*

Tuesdays
 9a - Bre

Saturdays
 8a - Anna

18mo - 2yrs
 Parent Participation in the Water *Required*

Thursdays
 9a - Bre

Saturdays
 8:30a - Anna

3yrs

Tuesdays 9:30a - Bre
Thursdays 9:30a - Bre
 4p - Bre

Saturdays
 9a - Anna

4yrs

Tuesdays 10a - Bre
Thursdays 10a - Bre
 6p - Bob

Saturdays
 9:30a - Anna

5yrs

Tuesdays 5p-Preston
Thursdays 5p-Preston
 6:30p - Bob

Saturdays
 10a - Anna

6yrs

Tuesdays 5:30p-Prest.
Thursdays 5:30p-Prest.
 7p - Bob

Saturdays
 11a - Preston
 11:30a - Preston

7-8yrs

Tuesdays 6p-Preston
Thursdays 6p-Preston

Saturdays
 9:30a - Isabelle
 10a - Isabelle

9-10yrs

Mondays 6p - Bob
Wednesdays 6p - Bob

Saturdays
 10:30a - Isabelle
 12p - Preston

10-11yrs

Mondays 6:30p - Bob
Wednesdays 6:30p - Bob

Saturdays
 11a - Isabelle
 12:30p - Preston

11-13yrs

Mondays 7p - Bob
Wednesdays 7p - Bob

Saturdays
 11:30a - Isabelle