

The Aquatic Center at South Shore Health & Racquet Club has something for everyone, and we hope you all enjoy your experience. Whether you are swimming laps, participating in Aqua Fitness classes, taking swim lessons or just enjoying the pool, spa or steam room we are committed to your health and safety. With this in mind and in order to maintain our high standards please take a moment to read and review with your family our rules.



## SWIMMING LEVEL DESCRIPTIONS

### • **LEVEL ONE: WATER EXPLORATION**

The objective of Level One is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary water skills which they will build on as they progress through the various levels.

### • **LEVEL TWO: PRIMARY SKILLS**

Is designed to give students success with fundamental skills and learn to float without support and to learn basic self-help rescue skills.

### • **LEVEL THREE: STROKE READINESS**

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

### • **LEVEL FOUR: STROKE DEVELOPMENT**

Students develop confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke, and wall turns.

### • **LEVEL FIVE: STROKE REFINEMENT**

Coordination and refinement of key strokes. Introduce the butterfly, open turns, feet-first surface dives. Increase swim distance.



SOUTHWEST MICHIGAN'S ONLY  
TENNIS, FITNESS & AQUATICS CLUB

3630 Tennis Ct., St. Joseph, MI | 429.2101 | southshorehrc.com

# LEARN TO SWIM



**MONDAY EVENING  
GROUP LESSONS**

6 Week Session

FEB. 6 - MARCH 20  
APRIL 10 - MAY 15

LEVEL 1/2 5:15 - 5:55 PM  
LEVEL 3 6:00 - 6:40 PM

LEVEL 4 (10 yrs and under) 5:15 - 5:55 PM  
LEVEL 4 (10 yrs and older) 6:10 - 6:40 PM

**COST**

MEMBER \$79  
NON-MEMBER \$89



MEMBERS RECEIVE A \$10 DISCOUNT IF REGISTERED AND PAID 1 WEEK PRIOR TO CLASS START.

**THURSDAY  
GROUP LESSONS**

6 Week Session

FEB. 20 - MARCH 23  
APRIL 13 - MAY 18

LEVEL 1 9:00 - 9:45 AM  
LEVEL 2 10:00 - 10:45 AM  
LEVEL 3 11:00 - 11:45 AM  
LEVEL 4 12:00 - 12:45 PM

**COST**

MEMBER \$79  
NON-MEMBER \$89

**BE COOL IN THE POOL**

**SUNDAY  
GROUP LESSONS**

6 Week Session

FEB 19 - MARCH 26  
APRIL 23 - MAY 21\*  
(5 Week Session)

LEVEL 1 1:00 - 1:40 PM  
LEVEL 2 1:45 - 2:25 PM  
LEVEL 3 2:30 - 3:10 PM  
LEVEL 4 3:15 - 3:55 PM

**COST**

MEMBER \$79  
NON-MEMBER \$89

**AQUATIC CENTER RULES**

There is no Lifeguard on duty.  
Children between the ages of 10-14 must pass our swim test to swim during Open Swim. Parents must be in the building.  
Children under the age of 14 are not permitted to use to spa or steam room.  
All guests must enter the pool facing forward with a feet first entry, no diving.  
Street shoes are not permitted on the pool deck.

No running or rough housing.  
All guests must shower using soap before entering the pool or spa.  
No food, gum, or glass containers are permitted in the Aquatic Center.

**SWIM TEAM / STROKE CLINIC**

Participants must be able to swim the length of our pool in deep water without stopping to participate in this class.

WEDNESDAY 4:30 - 5:30PM  
MARCH 8 - MARCH 29

SATURDAYS 1:00 - 2:00PM  
MARCH 4 - MARCH 25

**COST**

MEMBER \$110 for 1 Day Per Week  
\$140 for 2 Days Per Week  
NON-MEMBER \$140 for 1 Day Per Week  
\$170 for 2 Days Per Week