

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.



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 the 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.

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
45 minutes

Sep. 11 - Oct. 16
Oct. 23 - Dec. 4

LEVEL 2	5:15	-	6:00	PM
LEVEL 3	6:00	-	6:45	PM
LEVEL 4	5:15	-	6:00	PM
LEVEL 5	6:00	-	6:45	PM

COST

MEMBER \$79
NON-MEMBER \$89

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.

Sep. 13 - Nov. 8
Wednesdays 4:30 - 5:30PM

Sep. 16 - Nov. 11
Saturdays 1:00 - 2:00PM

COST

1 Day Per Week
MEMBER \$115
NON-MEMBER \$145

2 Days Per Week
MEMBER \$145
NON-MEMBER \$175

WEDNESDAY AFTERNOON GROUP LESSONS

6 Week Session
30 minutes

Sep. 13 - Oct. 18
Oct. 25 - Nov. 29

LEVEL 2	12:00	-	12:30	PM
LEVEL 3	12:30	-	1:00	PM
LEVEL 4/5	1:30	-	2:00	PM

COST

MEMBER \$52
NON-MEMBER \$59

BE COOL IN THE POOL

SUNDAY AFTERNOON GROUP LESSONS

6 Week Session
45 minutes

Sep. 17 - Oct. 22
Nov. 5 - Dec. 10

LEVEL 1/2	1:00	-	1:45	PM
LEVEL 3	1:45	-	2:30	PM
LEVEL 4	2:45	-	3:30	PM
LEVEL 5	3:30	-	4:15	PM

COST

MEMBER \$79
NON-MEMBER \$89



PRIVATE & SEMI-PRIVATE LESSONS
AVAILABLE.

CONTACT LIZ EMRICH TO SCHEDULE.
(269) 429 - 2101

THURSDAY MORNING GROUP LESSONS

6 Week Session
30 minutes

Sep. 14 - Oct. 19
Oct. 26 - Dec. 7*
(No class Nov. 23)

LEVEL 1	9:00	-	9:30	AM
LEVEL 2	9:30	-	10:00	AM
LEVEL 3	10:15	-	10:45	AM
LEVEL 4	10:45	-	11:15	AM

COST

MEMBER \$52
NON-MEMBER \$59