

## The Club at Grand Traverse Resort and Spa Discover the Benefits...

- 100,000 sq. ft. health club facility with indoor/outdoor pools, hot tubs, saunas, and swim classes.
- Large, dynamic tennis curriculum for all ages.
- Access to complete fitness facility and core classes with no additional fees.
- Weight room featuring Eagle Cybex equipment with separate cardiovascular room.
- On-staff personal trainers.
- Licensed daycare for kids.
- Full-service spa and salon.
- Member only social events.
- Preferred pricing for Members at all restaurants, the Spa and select retail stores.
- Shores Beach Club privileges with select memberships.

To learn more about the many benefits of being a Member of The Club and the joining bonus available, call the Membership Office at 231-534-6581.



100 Grand Traverse Village Blvd.  
Acme, MI 49610  
231-534-6000  
[www.GrandTraverseResort.com](http://www.GrandTraverseResort.com)

# SWIM



## Private Lessons & Group Classes





Our friendly and professional instructors are experienced at teaching swimmers of all ages. We have group lessons available beginning at age 6 months and we also have private swim lessons for individual instruction. Learning to swim can be a big challenge. It can be fun, great for overall health, and is a skill one will have for a lifetime.

For more information on private lessons for adults or children please contact us at 231-534-6770 or visit [grandtraverseresort.com](http://grandtraverseresort.com).

## SWIM CLASS SCHEDULE

March 4 - April 15  
Sundays, Level 1,2,3,4

March 6 - April 17  
Tuesdays, Level 1,2,3,4

March 7 - April 18  
Wednesdays, Level 1,2,3,4

March 8 - April 19  
Thursdays, Level 1,2,3,4

March 5 - April 16  
Mondays, Parent Child and Preschool

**No classes March 25 - 31 (Spring Break)**

## PARENT & CHILD PRESCHOOL PROGRAM

Classes are every Monday  
5:45pm - 6:15pm • 6 months - 2 years  
6:15pm - 6:45 • 2 - 3 years  
5pm - 5:30pm • 3 - 4 years (no parents)

**Prices:** \$44/Members • \$88/Non-Members

This is a 6 week session that meets once a week for 30 minutes per class. The parent/child program is a wonderful opportunity to bond with your child in another fun, challenging way. Parents are taught to communicate using positive facial expression and words. Children at this age can be taught to like being underwater. Children are encouraged to have fun at trying skills with the use of toys. Self esteem is enhanced if children find a skill they like and do well.

*You may have a younger child that shows the maturity and skills to attend the 45 minute classes below. Please ask for more details.*

## LEARN TO SWIM PROGRAM

### Level 1 - Water Enjoyment/Basic Skills

Sundays, 4pm - 4:45pm  
Tuesdays/Wednesdays/Thursdays, 3:45pm - 4:30pm  
Choose one day per week

### Level 2 - Beyond the Basics/Freestyle & Backstroke

Sundays, 5pm - 5:45pm  
Tuesdays/Wednesdays/Thursdays, 4:45pm - 5:30pm  
Choose one day per week

### Level 3 - Stroke Development

Sundays, 6pm - 6:45pm  
Tuesdays/Wednesdays/Thursdays, 5:45pm - 6:30pm  
Choose one day per week

### Level 4 - Stroke Refinement

Sundays, 6:45pm - 7:30pm  
Tuesdays/Wednesdays/Thursdays, 6:45pm - 7:30pm  
Choose one day per week

**Prices:** \$44/Members • \$80/Non-Members

This is a 6 week session that meets once a week for a 45 minute class. Children 5 years old and older are welcome to attend Levels 1-4 classes. Ask about other levels that are available. Initial skills are introduced with instructor assistance.

