

**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 with separate cardio room
- On staff personal trainers
- Full-service Spa Grand Traverse
- Preferred pricing for Members at all restaurants, Spa and retail stores
- Beach Club privileges with select memberships

To learn more about the many benefits of being a Club Member, call the Membership Office at 231-534-6586.

** Some amenities may not be currently available due to COVID-19.*



**GRAND TRAVERSE
RESORT AND SPA**

100 Grand Traverse Village Blvd.
Acme, MI 49610
231-534-6000
grandtraverseresort.com

SWIM



THE CLUB

**PRIVATE
& FAMILY
LESSONS**

PRIVATE SWIM LESSONS

(30 Minute Sessions)

Private Lesson:

\$35 Member

\$45 Non-Member

Private Package Options:

4 Lesson Package

\$100 Member

\$140 Non-Member

8 Lesson Package

\$180 Member

\$260 Non-Member

Family Lessons

\$50 Members, 1 hour session

\$60 Non-Members, 1 hour session

Please contact the Health Club Desk at 231-534-6770 to sign-up.

SWIM LESSON INFORMATION

- Pick up a key for the locker room at the activity desk. Locker rooms and pre-shower rooms are downstairs. Towels are provided
- Water temp of recreation pool is approx. 85 degrees. There is a 3 ft and 5 ft area
- We prefer children not to swim prior to class. They may be too exhausted to participate or listen
- We prefer children with long hair to be tied up in a ponytail or braids for breath holding and face in water part of the class
- Have children use the restroom prior to class. Parent needs to be available if child needs to use restroom
- Swim diapers needed for those not potty trained are available at Health Club Desk
- Yes, the water tastes salty. This is a new system that changes salt to a form of chlorine
- Please do not bring your child to class if they have a respiratory cold with a runny nose and coughing
- Wet hair absorbs less chlorine. Also, a bathing cap offers additional protection
- Meijer sells ears plugs, bathing caps, and a solution called Auro-dri to dry the ears
- Contact the swim instructor if your child is unable to attend a class, 231-534-6770. Also, please call about possible cancellation of classes due to weather
- Some children may wish to use goggles during class

COVID-19 PROTOCOL

- Masks are to be worn at all times except while in the water
- Locker rooms will not be available. Pre-shower rooms are available for changing after class. We ask that swimmers come ready to get in the pool, if at all possible, to avoid too many guests using preshower rooms at once
- Teacher will wear mask when unable to keep a 6 foot distance from swimmers
- A responsible adult should be present for drop off and pick up. And for preschool classes we ask that a parent is present at all times
- One parent allowed per child. Please do not bring siblings unless they are participating in the class