



Adult Swim Opportunities Muskegon Heights Academy

2441 Sanford, Muskegon Heights, 49444

Aquatic Office 231-830-3258 ibytwerk@mhtigers.org

Complete the Registration Form to Enroll

AQUA WAVES (Exercise for adults)

Monday, Wednesday and Friday 8:00a-9:00am

Aqua Waves offers fitness and social activities such as monthly birthday breakfast, summer picnics, and a Christmas Banquet. Nancy Waterman Instructor

COST: \$38 per month paid on the first of the month or All swim pass \$55/month

AGE WELL (Exercise for those 60+)

Monday, Wednesday and Friday 9:10a-10:10a OR 10:20a-11:20a

These classes are CURRENTLY FULL – Call Age Well for availability

We are committed to giving you the best benefits of a workout from head to toe. Stability, (able to keep your balance) mobility, (freeing up your joints) Strengthening, (muscle strength and toning) which will help you become a healthier you. Lynne Hancock Instructor

Register by calling Renee at Age Well 231-354-2215

Suggested Donation \$2/visit

LAP SWIM (Adults 16 and older)

Monday, Wednesday, and Friday 6:30am-8:00am OR any open swim times

Lap swimmers must be able to continuously swim lengths of the pool and be at least 15 years of age.

COST: \$28/month paid on first of the month for mornings OR evenings. \$4/visit.

OPEN SWIM

Mondays: 3:30-5:00pm, **Wednesdays:** 5:30-7:30pm, **Saturdays:** 12:30-2:30pm

COST: \$4/visit or \$12/family or \$55/mo. for all aquatic programs except swim lessons

Free to current students of MHPSAS

ADULT SWIM LESSONS (Adults 16 and older)

See Swim Lessons at www.mhtigers.org