



Adult Swim Opportunities Muskegon Heights Academy

2441 Sanford, Muskegon Heights, 49444
Aquatic Office 231-830-3258 swim@mhtigers.org

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

WAVE MAKERS (Exercise for adults)

Monday, Wednesday and Fridays 9:10a-10:10a

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

COST: \$38 per month paid on the first of the month

AGE WELL CLASS (60 and over)

Monday and Wednesday 10:20a-11:20a

Register by calling Age Well 231-354-2215

\$2/class donation suggested

LAP SWIM (Adults 16 and older)

Monday, Wednesday, and Friday 6:00am-8:00am and 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. \$4/visit.

OPEN SWIM

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

COST: \$4/visit or \$55/mo. for all aquatic programs except lessons.
(No check in after 6:30p on Wed and 1:30 on Sat.)

ADULT SWIM LESSONS (13 and older)

See our web site www.mhtigers.org