



# Adult Swim Opportunities Muskegon Heights Academy

2441 Sanford, Muskegon Heights, 49444

Aquatic Office 231-830-3258 jbytwerk@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

---

## AGE WELL (Exercise for those 60+)

**Monday and Wednesday 9:10a-10:10a OR 10:20a-11:20a**

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 Age Well 231-354-2215**

\$2/class donation suggested

---

## LAP SWIM (Adults 16 and older)

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

---

## OPEN SWIM

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

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

---

## ADULT SWIM LESSONS (13 and older)

See our web site [www.mhtigers.org](http://www.mhtigers.org)