BEACON Health & Fitness

Swim Lessons

Kalamazoo Fall Intensive

SESSION STARTS: Tuesday, November 17

REGISTRATION OPENS: Monday, November 2 at 8 a.m.

Sign up at: beacon.health/swimlessons

Fall Intensive

The following lessons will be combined for a 45 minute lesson, led by two instructors. Participants will attend their lesson time on Tuesdays AND Thursdays for the 4-week intensive.

Session Dates: November 17th & 19th, December 1st, 3rd, 8th, 10th, 15th, & 17th

Tuesdays

Preschool 1	Preschool 2	Preschool 3	Level 1
4:30 - 5:15 p.m.			

Level 2	Level 3	Level 4	Level 5
5:30 - 6:15 p.m.			

Adult Level 1	Adult Level 2
6:30 - 7:15 p.m.	

Thursdays

Preschool 1	Preschool 2	Preschool 3	Level 1
4:30 - 5:15 p.m.			

Level 2	Level 3	Level 4	Level 5
5:30 - 6:15 p.m.			

Adult Level 1	Adult Level 2
6:30 - 7:15 p.m.	

Scan to register

Beacon Health & Fitness Kalamazoo
beaconhealthandfitness.org
swimlessons@beaconhealthsystem.org
269.552.2344

Session Registration

$115 */ participant*

+ Processing Fee

Updated: 10/22/2026

BEACON Health & Fitness

Swim Lessons

Kalamazoo Fall Intensive

SESSION STARTS: Monday, November 16

REGISTRATION OPENS: Monday, November 2 at 8 a.m.

Sign up at: beacon.health/swimlessons

Fall Intensive

The following dates will be for a 30-minute lesson, led by one instructor. Participants will attend their lesson time on Tuesdays AND Thursdays for the 4-week intensive.

Session Dates: November 16th,18th, & 30th December 2nd, 7th, 9th, 14th, & 16th

Mondays

Parent and Tot 1	Parent and Tot 2
4:30 - 5:00 p.m.	

Wednesdays

Parent and Tot 1	Parent and Tot 2
4:30 - 5:00 p.m.	

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Kalamazoo

Swim Lessons Class Descriptions

BEACON Health & Fitness

We offer a wide variety of swim lessons for children & adults of all ages & abilities! Come learn to swim or improve your technique at the region's premier indoor swim facility. We offer a variety of swim lesson opportunities at different times of the day to best serve our diverse swimmers' needs!

Parent & Tot

Ages 6 months - 3 years: Warm water classes for parents & toddlers that focus on improving basic water safety & skills.

Parent & Tot Level 1: Covers familiarity in the pool, getting more comfortable with their face in the water, learning safety skills, and blowing bubbles using songs and games

Parent & Tot Level 2: Works on getting more confident in the pool, reaching for toys underwater, climbing out on their own, jumping and gliding to an adult, and arm and leg actions.

Preschool

Ages 3-6 years: Focus is on the progression of water safety and skills for your early swimmer.

Preschool Level 1: For your swim lesson beginner. They'll work on floating and gliding with support, breath control & blowing bubbles, retrieving objects underwater, and begin to explore deeper water.

Preschool Level 2: For those children who are starting to gain more independence in the water. They'll work on recovering from back glides, rolling over floats, opening their eyes underwater, and start to learn elementary swimming strokes.

Preschool Level 3: For your confident child. They'll work on breath holding, elementary swim strokes, floating without assistance, recovering from floats independently, changing direction while swimming on back, and treading water with arms and legs.

Primary Class Locations

Parent & Tot 1, 2, Preschool 1, 2, 3 & Learn to Swim 1 - Warm Pool (*Rehab Pool if noted)

Learn to Swim 2, 3, 4 & 5 - Lap Pool

Learn to Swim

Ages 6-13 years: Focus is on the progression of water safety and skills for your early swimmer.

Learn to Swim Level 1: For children who've never had swimming lessons before. They'll work on blowing bubbles, gliding & recovering to standing, rolling over floats, elementary swim strokes, and building comfort in the water.

Learn to Swim Level 2: For those children who are starting to gain more independence in the water. They'll work on recovering from back glides, rolling over floats, opening their eyes underwater, and start to learn elementary swimming strokes.

Learn to Swim Level 3: For your confident child. They'll work on breath holding, elementary swim strokes, floating without assistance, recovering from floats independently, changing direction while swimming on back, and treading water with arms and legs.

Learn to Swim Level 4: For children who are ready to learn proper competitive strokes. They'll work on headfirst entries, surface dives, streamline into strokes, underwater swimming, and treading water using different kicks.

Learn to Swim Level 5: For children who are almost ready to start competing! They'll work on shallow-angle dives, surface dives, flip-turns, and competitive swim strokes.

Adult

Ages 14 & up: Introducing & developing basic water skills.

Adult Level 1: For adults with little to some swimming experience. Focus on breath control, building comfort in and around the water, various floats & recovering independently, elementary swim strokes, pushing off into swim strokes and safety around deep water.

Adult Level 2: For adults who are ready to focus on competitive swimming strokes. Working on learning propulsive kicks and swim strokes, rotary breathing, confidence in deep water, and treading.

Not sure which class is best for your swimmer?

Email us and we can help!

swimlessons@beaconhealthsystem.org