

Muskegon Heights Public School Academy Systems



Fall Swim Lessons

Saturdays – 6 lessons Fee \$55

Session 1 September 16 – October 21

Session 2 November 4 – December 9

Parent & Child Class

A Water Acclimation class for parent and child that will teach water safety, social skills, swim teaching techniques all while having fun.

This class follows all the YMCA-USA and AAP water safety guidelines

Each child MUST have an adult companion in the water.

9:15-9:45am 6mos – 3years

Child must wear snug fitting “Swim Diapers”

Acclimation and Movement

(A) Cannot swim or are comfortable in the water but can't float.

(M) Can glide on front and back 10ft. and swim, float, swim 5yds & put face in water

SATURDAYS

Preschool/Kindergarten 3-6 years 9:15-9:45am

Ages 6-12 years 9:55am-10:35am

Stamina (S) & Stroke Introduction (SI) & Stroke Development (SD)

SATURDAYS

Youth and Adults who fall into one of the below levels

Can swim on back and front 15 feet or more, deep water experience, swim-float-swim 25yds, rotary breathing. (S) Those who can do more than this will be divided

by skill into (SI) and (SD)


10:45am-11:25am register by swim ability

Adult **Acclimation, Movement**

Cannot swim (**A**) OR can swim 5 or more feet on front and back & put face in water (**M**) Can Swim lengths but need refinement (**SD**)

SATURDAYS

10:45am-11:25pm



Registration Form MUST be received prior to the start of class



School age & adult lessons are 40min.

Preschool lessons are 30min.

Cost \$55/swimmer by check (preferred) or cash


Financial Assistance May Be Available See Jeannette

Make check payable to MHPSAS Due First Day of Class

Cash payments should be in an envelope with SWIMMERS name on it

MHPSAS Students are Free

Children of employees who do not attend MHPSAS receive a 25% fee reduction



Contact Information

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