

Muskegon Heights Public School Academy Systems



Spring Swim Lessons

Saturdays April 22 – May 27

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.

Each child **MUST** have an adult companion in the water.

SATURDAYS 9:00-9:30m 6mos – 3years

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 9:00am-9:30am Preschool 3-5 years

9:40am-10:20am Ages 6-12 years

Register with a class name either Acclimation or Movement

Stamina (S) & Stroke Introduction (SI)

(S) Can swim on back and front 15 feet or more, deep water experience, swim-float-swim 25yds.

(SI) Can do rhythmic breathing, back crawl.

SATURDAYS 9:40-10:20am register by swim ability

Register by entering a class name either Stamina, Stroke Introduction or Stroke Development

Stroke Development (SD) & Stroke Mechanics (SM)

(SD) Developing breathing, fly, breast, diving

(SM) Refining all 4 strokes, side stroke, diving, surface dives

SATURDAYS 10:30-11:10 register by swim ability

Adult/Older Youth (13 and up)

Acclimation, Movement, Stroke Introduction

(A) Cannot swim

(M) Can swim 5 or more feet on front and back & put face in water

(SD) Can Swim lengths with breathing but need refinement

SATURDAYS 10:30am-11:10pm

Registration Form MUST be received prior to the start of class

All Sessions meet for 6 Saturdays

School age & adult lessons are 40min.

Preschool lessons are 30min.

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

Financial Assistance is available to those in need. See Jeannette

Residents of Nelson Neighborhood can apply for a NN grant

TO REGISTER CLICK ON THE REGISTION FORM LINK, COMPLETE THE FORM AND SUBMIT

Make checks payable to MHPSAS and are Due First Day of Class

MHPSAS Students are Free

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

Note: Please indicate your child's swim ability on Registration form in class name location.
Check above for class name: Acclimation, Movement, Stamina, Stroke Intro, or
Stroke Development, Stroke Mechanics.



Last day to register Thursday, April 20

In order to safely staff classes

You MUST Preregister

Jeannette Bytwerk, Aquatic Director 231-830-3258 jbytwerk@mhtigers.org