



Muskegon Heights Public School Academy

Spring Swim Lessons

Saturdays – 6 lessons Fee \$60

Free to all MHPSA Students

Spring Session April 20 - May 25

All Classes are Held on Saturdays

Parent/Child 6mos – 3yrs 9:10-9:40am

A get acquainted and water adjustment class for parent and child. This class provides instructions on water safety and swim skill techniques all while having fun in the water.

Acclimation (A) Beginning swim level that teaches low level of swim skills.

3 years – Kindergarten 9:10-9:40am

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

Movement (M) Can glide on front and back 5ft, roll back to front, put face in water, jump turn grab.

First Grade -12 years 9:50-10:30am

Stamina (S) Can swim on front and back to safety line, tread water, swim in deep end.

Stroke Introduction (SI) Can perform crawl stroke with rhythmic breathing, begin whip kick and butterfly

First Grade – 12 years 10:40-11:20

Please note: **SHOES are NOT Allowed** on deck except slippers or inside crocks.
Deck Shoes should not have be worn outside

Registration Form MUST be received by Noon Thursday, April 18

Walk-ins are not accepted unless pre-approved, due to limited staffing

See Website for Fillable Form

www.mhtigers.org/athletics/aquatics

Parent/Child & Preschool lessons are 30min

School age & Adult lessons are 40min

Cost \$60/swimmer by check (preferred) or cash

MHPSA Students are Free

Financial Assistance May Be Available See Jeannette 231-830-3258, jbytwerk@mhtigers.org

Payments are due the first day of class

Make check payable to Muskegon Heights Academy

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

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

Contact Information

Lynne Hancock, Instructional Coordinator

231-830-3258

swim@mhtigers.org



Lessons are offered under the direction of the Muskegon YMCA. Instructors are Y and HSI-CPR certified

Lifeguard on Duty

Class times and offerings are subject to change depending on enrollment.

