



Summer Swim Lessons

Tuesdays and Thursdays

June 18th - July 2nd

5 Lessons \$50

Saturdays

June 22nd - July 27th

6 Lessons \$60

Saturdays Classes

Pre-School Acclimation (A) For students who cannot swim or are uncomfortable in the water. Swim students will learn personal water safety, and important water skills, all while learning “swim, float, swim” and learning how to “back float.” Two very important benchmark skills.

3 Years - 5 Years 9:00 am - 9:30am.

Youth Acclimation (A) Also for students who cannot swim or are uncomfortable in the water. Learning personal safety and important water skills. Having fun while learning important benchmark skills, back float, swim-float-swim.

Going into 1st Grade -12 Years - 9:00 am 9:40 am.

Pre-school Movement (M) Can glide on front and back 5 feet, roll back to front, put face in water, jump, turn, grab

3 - 5 Years - 9:45 am - 10:15 am

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

1st Grade - 12 Years 9:45 - 10:25 am

Muskegon Heights Public School Academy Systems

Youth Stamina (S) This group builds for longer swims. Can swim on front and back to safety line, tread water, swim in deep end.

First Grade - 12 Years 10:40 - 11:20 am

Youth Stroke Introduction (SI) Swim student need to already know how to swim, float-swim, front crawl, plus be comfortable with their face in the water. Introduces basic stroke techniques, front crawl, back crawl and treading water. Plus learning rhythmic breathing.

First Grade - 12 years 10:40-11:20 am

Tuesdays - Thursdays Classes

Adult (AD) Class for beginners to advanced swimmers. Sharpening up swimming abilities, floating abilities and treading abilities.

Elite adult swimmers should register for "Stroke Introduction (SI)" on Saturdays.

18 years or older 5:30 pm - 6:10 pm

Parent/Child

A get acquainted and water adjustment class for parent and child. This class provides instructions on water safety knowledge; (asking permission, proper entry and exits) and teaching swim skill techniques, all while having fun in the water.

6 - Months - 3 - Years 6:20 pm - 6:50 pm



Register At

MHTigers.org



Registrations for Saturday classes must be completed and turned in by Thursday, June 20th.

Registrations for Tuesday or Thursday classes must be completed and turned in by Friday, June 14th.

CONTACT INFORMATION

Lynne Hancock- Aquatics Instructor Coordinator
231-830-3258

Please note that **SHOES ARE NOT ALLOWED** on deck except, slippers, inside crocs, or inside flip flops.

ATTENTION

Class times are subject to change due to class sign up volume.
