



# Winter Swim Lessons

**Saturdays – 6 lessons Fee \$60**

**Winter Session 1 January 20-February 24**

**All Classes are Held on Saturdays**

**Parent / Child** 6mos – 3yrs 9:10-9:40am

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

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

3 years – Kindergarten 9:10-9:40am

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**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

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**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

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

**Registration Form MUST be received by 12:00p Thursday, January 18**

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

**See Website for Fillable Form**

[www.mhtigers.org/athletics/aquatics](http://www.mhtigers.org/athletics/aquatics)

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Parent/Child & Preschool lessons are 30min

School age & Adult lessons are 40min

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

Financial Assistance May Be Available See Jeannette 231-830-3258, [jbytwerk@mhtigers.org](mailto: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**

MHPSAS Students are Free

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

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Contact Information

Lynne Hancock, Instructional Coordinator

231-830-3258

[swim@mhtigers.org](mailto:swim@mhtigers.org)



Lessons are offered under the direction of the Muskegon YMCA. Instructors are Y and HSI-CPR certified  
Class times and offerings are subject to change depending on enrollment.



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