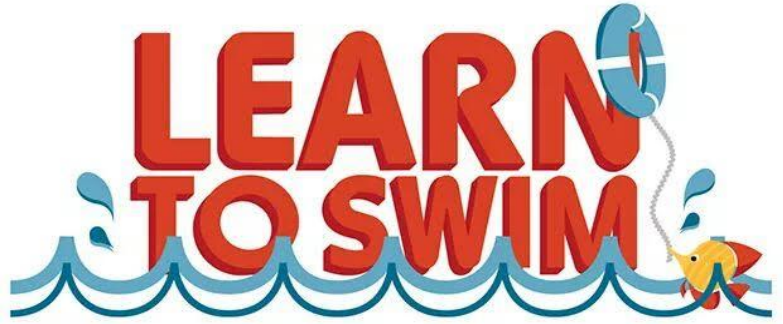




MUSKEGON YACHT CLUB

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Student's Name: _____ Age: _____ M/F _____

Address: _____ City: _____ Zip: _____

Parent's Names: _____ Phone#: _____

Email Address: _____

Fees: MYC Member _____ \$50 Non Member _____ \$60 (Sessions are Monday-Friday)

Cash _____ Check _____ MYC # _____

Lessons are 30 minutes in length. See reverse side for Class Level Skills

Session 1 June 12th-16th Monday-Friday

Session 2 June 19th-23rd

Circle Session and Level

Level #1 (4:00-4:30pm) 2-3years old

Level #2 (4:45-5:15pm) 3-4years old

Level #3/#4 (5:30-6:00pm) 5-7years old

Level #5/#6 (6:15-7:00pm) 7years old-up

Session 3 June 26- 30 Monday-Friday

Session 4 July 10- 14

Session 5 July 17-21

Circle Session and Level

Level #5/#6 (9:30-10am) 7 years old -up

Level #4/#5 (10:15-10:45am) 5-6years old

Level #2 (11:00-11:30am) 3-4years old

Level #1 (11:45-12:15pm) 2-3years old

Any questions please contact:

Mick Homan- MYC Swim Instructor

Swcoach07@gmail.com

(231)638-0803

Muskegon Yacht Club Swim Lessons

Instructor: Mick Homan

Swcoach07@gmail.com

(231) 638-0803



American Red Cross Swimming Lessons Level 1-6

Level 1-Introduction to Water Skills (Age 2-3years)

Objective: To help students feel comfortable in the water and to enjoy the water safely

Requirements: None

Skills Covered: Entering and exiting the water safely, learning to submerge mouth, nose and eyes and breath control, front and back float and recovering to a stand, changing direction in the water, swimming 5 feet on front and back.

Level 2-Fundamental Aquatic Skills (3-4years)

Objective: To give students success with fundamental skills

Requirements: Students entering this level must possess a Level 1 certificate or demonstrate all the Level 1 skills

Skills Covered: Entering water by stepping or jumping in from the side, submerging entire head, blowing bubbles, open eyes underwater, front and back glide, swim 15 feet on front and 10 feet on back, swim on side, life jacket use

Level 3-Stroke Development(4-6Years)

Objective: To build on skills in Level 2 through additional guided practice

Requirements: Students entering this level must possess a Level 2 certificate or demonstrate all the Level 2 skills

Skills Covered: Jump into deep water, head first entry from sitting or kneeling, submerging and retrieving an object, bobbing, survival float for 30 seconds, treading water for 30 seconds, front crawl 15 yards, butterfly 15

feet, back crawl 15 yards, elementary rescues, safe diving, check-call-care

Level 4-Stroke Improvement (5-7years)

Objective: To develop confidence in the strokes learned thus far and to improve other aquatic skills by increasing endurance through swimming greater distances

Requirements: Students entering this level must possess a Level 3 certificate or demonstrate all the Level 3 skills

Skills Covered: diving, underwater swimming, feet-first surface dive, 1 minute of survival floating, treading and back floating, 25 yards of front crawl, breaststroke and back crawl, 15 yards of butterfly and elementary backstroke and sidestroke, compact jump from height in a lifejacket, throwing assists and caring for conscious choking victim

Level 5-Stroke Refinement (6-10years)

Objective: Coordination and refinement of strokes

Requirements: Students entering this level must possess a Level 4 certificate or demonstrate all the Level 4 skills

Skills Covered: Shallow dive, tuck and pike surface dives, 2 minutes of survival floating, back float and treading water, flip turns on front and back, 50 yards front and back crawl, 25 yards butterfly, breaststroke, elementary backstroke and sidestroke, 2 minutes of survival swimming, rescue breathing

Level 6-Swimming and Skill Proficiency (10-up)

Objective: Refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances; includes "menu options" - Personal Water Safety, Fitness Swimmer and Fundamentals of Diving

Requirements: Students entering this level must possess a Level 5 certificate or demonstrate all the Level 5 skills

Skills Covered: 500 yards continuous swim using 100 yards each of front & back crawl, 50 yards each of breaststroke, elementary backstroke, sidestroke & butterfly and 100 yards choice of any of those strokes, survival floating and back floating 5 minutes each, feet first surface dive & retrieve an object from 7 feet, Cooper 12-minute swim test.