

MUSKEGON YACHT CLUB

PORTWATCH

JUNE 2019



Midwest One Design Spring Championship at MYC 5/18 & 5/19
Photo Credit: Mark Marchido

3198 Edgewater, Muskegon, MI 49441 • 231-755-1414 www.muskegonyachtclub.org

FLAG OFFICERS

Commodore	Brad Fisher
Vice Commodore	Tim Wallace
Rear Commodore	Dean Runk
Treasurer	Larry Taunt
	Jessica Ledsworth
	Bud Ainsworth

BOARD OF DIRECTORS

Jim Bach Mike Gassmann Kevin Moore Jon Tasker Jay Wallace Jr.

FLEET OFFICERS

Fleet Captain of Sail.	Greg Young
Fleet Captain of Pow	erPaul Wickland
Fleet Surgeon	Dr. Don Crandall

STANDING COMMITTEES

By LawsBill N	lewman, Ben Broughton
Dock & Yard	Joel Seifert, Jill Keast
House	Eric Bombery
Social	Amy Plant
Juniors	Scott Corder
Membership	Melody Stenstrom
Race & Regatta	Sam Nedeau,
•	Josh Wallace

MYC STAFF

General Manager	Kim Nguyen		
Executive Chef	Caleb Westbrook		
Business Manager	Sue Peters		
Facilities Manager	Nicky Anderson		

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Portwatch Submissions:

Please email Kim Nguyen kim@muskegonyachtclub.org
Deadline for content submission is the 20th of each month.



MYC Staff Contacts:

Kim Nguyen,
General Manager:

kim@muskegonyachtclub.org

Caleb Westbrook, Executive Chef:

caleb@muskegonyachtclub.org

Sue Peters,

Business Manager:

sue@muskegonyachtclub.org

Nicky Anderson,

Facilities Manager:

nicky@muskegonyachtclub.org



Greetings Members,

It's been a particularly busy month at MYC. In the last few weeks we've had water at its highest levels since 1986 and many staff and volunteers scrambling to address the many problems that causes. As far as *good* news involving rising water, I'm pleased to report that another group of volunteers painted the swimming pool two weeks ago, we've since filled it, and it opened this past weekend. Many other volunteers helped out last weekend at one of our best-attended new member orientations in recent memory.

As I mentioned in a previous Portwatch, on May 18th, the Board participated in facilitated strategic planning session with Suzanne Velarde of Velarde Marketing. The big takeaways from that meeting involved identifying short and long term issues at the Club and identifying the types of questions we must ask ourselves to properly address them. Perhaps the largest issue we explored relates to our facility--does it do everything we need it to do? How many members can we reasonably serve from the current facility? Is the location viable given the number of "100 Year" storms we've experienced in the last three years? To be clear, there is no plan to relocate the Club. There is, however, a plan to figure out what questions we need answered to make a good decision about the Club's location. This includes at is most basic level asking what amenities our members value (e.g., do we need to own our marina, or can we have a facility at someone else's marina?), determining what our existing facility may be worth in a sale or exchange (e.g., is there anything left after we pay off our note to the bank?), and identifying what other locations/opportunities exist (e.g., what's available around Muskegon Lake and what would it cost to get there?).

Again, this is not a plan to move the Club. There are plenty of people, myself included, who think this exercise will likely result in some variation on "There's no way we can possibly afford to relocate"...but

it's important that we explore options and opportunities that will keep our Club viable and valuable for present and future members.

See you at the Club!

Brad Fisher Commodore

2019 Capital Improvement Fund Update

2019 Collected: \$ 32,034

+

12/31/18 Balance: 29,687



2019 Expenditures:

Kitchen remodel \$23,829

Available Balance = \$37,892

MYC Committee Meeting Reminders:

Dock & Yard Committee – 2nd Saturdays at 9:00 am
House Committee – 2nd Saturdays at 10:00 am
Membership Committee – 2nd Saturdays at 11:00am
Race & Regatta Committee – 3rd Weds at 7:00pm
Social Committee – as needed
Board Meeting – 3rd Thursdays at 7:00pm



Club Hours of Operation JUNE 1, 2019 - JUNE 17, 2019

	Bar Hours	Kitchen Hours		
Monday:	Club Closed	Club Closed		
Tuesday:	4pm – 10pm	4pm – 9pm		
Wednesday:	4pm – 10pm	4 pm – 9pm		
Thursday:	4pm – 10pm	4pm – 9pm		
Friday:	12pm – 11pm	12pm – 9pm		
Saturday:	12pm – 11pm	12pm – 9pm		
Sunday:	12pm – 9pm	12pm – 8pm		



Club Hours of Operation STARTING JUNE 18, 2019

	Bar Hours	Kitchen Hours
Monday:	Club Closed	Club Closed
Tuesday:	12pm – 10pm	12pm – 9pm
Wednesday:	12pm – 11pm	12pm – 9pm
Thursday:	12pm – 10pm	12pm – 9pm
Friday:	12pm – 12am	12pm – 9pm
Saturday:	12pm – 12am	12pm – 9pm
Sunday:	12pm – 9pm	12pm – 8pm



POOL HOURS

Weekends Only until June 14, 2019

6/7: 4 pm - 9 pm

6/8: 12 pm - 9 pm 6/9: 12 pm - 8 pm

6/14: 4 pm - 9 pm



POOL HOURS

STARTING JUNE 15, 2019

Opening Daily at 12:00 pm and Closing at 9:00 pm 10 pm on Friday and Saturday nights!

- *All Members & Guests must be signed IMMEDIATLEY upon entering pool area*
- *No coolers, pets, or smoking allowed on the pool deck*
- *No running or horse playing on the pool deck*
- *The use of the pool is not permitted without a lifeguard on duty*
- *Guest limit is 3 times per year \$5 per person guest pass*
- *Please read the entire Pool Rules section of your Red Book*



Hello Friends,

The New Member Orientation, held last Saturday, was enthusiastically attended by 25 of our newer members. Information from the Red Book and basic club procedures were presented. Introductions were given and we all learned a bit about each other.

Keep a look out for photos of those who attended, along with a list of all new 2019 members, on the MYC Membership Bulletin board which is located in the Spinnaker Room.

If you are looking to crew or seeking crew please take a look at the Crew Corner on the bulletin board as well!

Melody Stenstrom Membership Chair

WELCOME NEW MEMBERS!

On behalf of the Membership Committee, we are happy to announce the following additions to the MYC Family:

Meaghan & Patrick Finnegan Full Member

North Muskegon, MI

WELCOME BACK FORMER MEMBERS!

Richard & MaryAnn Borgeson Full Member

Muskegon



Greetings members,

Happy almost summer, I think? Since the house committee mostly dealt with normal yearly discussions, I won't bore you with them. I instead want to remind all of you of our responsibilities when consuming alcohol at the club while busy summer approaches. First, no alcohol beverages are allowed in the parking portions of the lot, ever. It draws unwanted attention to the club and was included in our liquor commission violations a little over a year ago. Please enjoy your beverages in the building, lawn or at the pool please. Finally, I want to make it more than clear, no matter how obvious it seems, please do not bring open alcoholic drinks with you while driving. There is no excuse.

Please, I beg you all to help police ourselves. It doesn't matter what the culture of the club was really not all that long ago, times have changed for good reasons. Every incident I hear about is evaluated on a case to case basis, and warnings given or recommendations of suspension sent to the board. You don't want to be "that person" who got the liquor license suspended after all.

Help me, I'd rather be doing something else... house committee is enough work. Well it could be worse like dock and yard... hang in there with the water levels my partners in crime, and thank you for your work.

Eric Bombery House Committee Chair bomberye@gmail.com Gambit, Slip #71 bomberye@gmail.com





IT'S TIME TO REGISTER FOR 2019 MYC SAILING SCHOOL CLASSES!



The schedule for 2019 Sailing School classes and the 2019 Sailing School Registration Form have been updated on the MYC Sailing School web site: http://www.mycsailingschool.org

- Race Camp and Volunteer Assistant Instructor Training June 17-20.
- Regular sailing classes start the week of June 24 and will run weekly through the week of August 12.
- Monday evening adult and family sessions will run from June 24 through August 12.

CLICK THE LINK BELOW TO FOLLOW THE JUNIORS ON FACEBOOK

https://www.facebook.com/Muskegon-Junior-Sailing-Program-134232283314396/

REGISTER NOW FOR THE 2019 MYC JUNIOR RACE TEAM!



The MYC Junior Race Team is a great opportunity for youth sailors to engage in the sport and make lifelong friends! The 2019 MYC Junior Race Team practice and regatta schedule are posted on the MYC web site. This year we are eagerly seeking new sailors for the team, especially younger kids for our Optimist fleet. Please spread the word to your kids, grandkids and neighbors!

Click the following link for more info and the 2019 Registration Form: http://www.muskegonyachtclub.org/myc-juniors/

2019 WEST MICHIGAN YOUTH SAILING REGATTA DATES

The West Michigan Youth Sailing Association "Friday Regatta" dates for 2019 will be as follows:

- June 28 at Macatawa Bay YC
- July 12 at Spring Lake YC
- July 26 at White Lake YC
- August 9 at Muskegon YC

For more information about the West Michigan Youth Sailing Association, go to the following link: www.westmichiganyouthsailing.org

Follow the West Michigan Youth Sailing Association on Facebook: https://www.facebook.com/groups/grjuniorsailing/

2019 BUTTERFLY NATIONALS

The 2019 Butterfly Nationals will take place at Crystal Lake YC on July 16-18.

2019 WMYA WESTERNS

The 2019 WMYA Westerns will take place at White Lake YC on Aug 1-4.

MYC TO HOST MIDWEST QUALIFIER FOR NATIONAL YOUTH CHAMPIONSHIP



MYC was recently selected to host the Midwest Area K Qualifier Regatta for the **2020 US Sailing Chubb National Junior Championships**.

On July 15-17, 2020, approximately 70-100 youth sailors ages 13-18 from the 10 states in US Sailing Area K will come to Muskegon to compete in two separate fleets - with the top finishers in each fleet advancing to compete at the 2020 Chubb National Championships for:

- The Bemis Tophy for doublehanded (2 sailors) in Club 420 boats
- The Smythe Trophy for singlehanded sailors in Laser (ILCA) Radials

MYC club member and West Michigan Youth Sailing Association Race Chairman Scott Corder, with help from the MYC Board and staff, prepared the club's proposal and bid to host this regatta. Scott, who is also a US Sailing Certified Regional Race Officer, will serve as the Regatta Chair for the event.

MYC was recruited to host this prestigious event because it has seasoned Race Officials with youth regatta experience among its membership, a great lake venue for dinghy sailing, appropriate support facilities, and a full-time club staff with experience hosting larger events.

The Race Committee for this regatta will also include MYC members and Certified Race Officers Jon and Jessica Ledsworth. Fellow Michigan native Matt Bounds, who is a Nationally Certified Judge, Nationally Certified Race Officer, and member of the US Sailing Race Management Instructional Faculty will serve as the lead Judge. Other nationally certified officials and US Sailing Representatives will also be on hand to assist with the event.

In addition to this event being a great opportunity for MYC members to volunteer, this should be a great event for spectators because the doublehanded boats will be sailed using spinnakers and trapeze.

Furthermore, some of the competitors in each fleet are likely to be candidates on the US Olympic Team development path!

Look for more news and announcements regarding this event in future issues of the *PortWatch*.

HIGH SCHOOL SAILING NEWS

On May 11, MYC Junior Instructor Frank Frisinger and the Grand Haven High School sailing team traveled to Pontiac Michigan to compete in the Leukemia Cup Regatta hosted by Brother Rice High School. Frank skippered a boat in the A-Fleet and, as shown below, finished 5th overall out of 28 teams. The long list of teams below illustrates the exciting growth of HS sailing in the Michigan.



On May 18, Frank competed in the last regatta of his high school sailing career. Frank skippered Grand Haven High School's A-Fleet entry to 2nd overall out of 12 teams at Macatawa Bay's Tulip Regatta. Frank (horizontal in the light blue shirt below) received a fond farewell from his teammates at this event.



For more about Midwest high school sailing, go to https://missa.hssailing.org

COLLEGIATE SAILING NEWS

MYC member Sarah Corder and *Bad Dog* crew member Antoinette Martin (shown below) ended their spring collegiate sailing season on April 27-28 when the GVSU Sailing Team competed in the MCSA Midwest Co-Ed Qualifiers regatta hosted by University of Michigan on Baseline Lake near Ann Arbor.



Grand Valley faced some big challenges at this regatta. To start with, GVSU had only six sailors on their entire dinghy team this Spring season (three of which have roots at MYC!). All the other teams shown on the list below had overall rosters of 20-30 sailors or more from all over the country. Additionally, this regatta was sailed on FJ sailboats (not Club 420s) so the Laker Sailors had to adjust to boats they had never sailed before. Wildly oscillating winds added yet another very challenging element to this event.

Despite all this, these GVSU and MYC sailors represented West Michigan very well at this regatta by finishing 8th overall out of the 11 teams (nearly all of which were from much larger universities). In another highlight shown below, Sarah Corder and her GVSU teammate Liam placed top five in 7 of their 11 individial races to finish 5th overall in the A-Fleet.

		Team	Total	Sailors	
1	University of Michigan	26	Jenna Probst '22		
	Wolverines	26	Margaret Carroll '21		
	Northwestern University		Ryder Easterlin '20		
2		Wildcats	28	Mitchell Moore '21	1-4,9-10
		Wilucats		Lillian Nemeth '22	5-8,11
3	University of Wisconsin 29	Charlie Kutschenreuter '19			
3	D 2500	Badgers	29	Olivia Staruck '20	
1		University of Notre Dame	Christian Cyrul '20		
-		Fighting Irish	31	Chloe Frentzel '21	
		Grand Valley State University	59	<u>Liam Walz '21</u>	
5		Lakers	39	Sarah Corder '22	
		University of Minnesota	70	Carl Eaton '21	
6	M	Gophers 70		Cassandra Trask '20	1-10
			Kristin Berg '20 *	11	
7		University of Illinois	74	Justin Falconer '19	
,		Illini		Melanie Gainer '22	
2	Marquette University		Bobby Sessions '20		
8	B	Golden Eagles	85	Makena Walsh '21	1-8,11
-		Golden Lagies		Learon McGinn '19	9-10
9		Purdue University	90	Mehmet Karatoprak '22	
9	Boilermakers	Macy Baxter '22			
10		University of Iowa	102	Harry Whittenburg-Nelsen '21	
10		Hawkeyes	102	Emma Jordan-Wood '19	
11	Mu	University of Wisconsin Milwaukee	110	Sydney Maxwell '21	
11		Panthers	110	Jack Bertram '22	

For more about collegiate sailing go to: https://mcsa.collegesailing.org

Portwatch reports about high school and collegiate sailing will return in August or September. Meanwhile, please sign your kids up for summer sailing and spread the word about how MYC Sailing School classes and summer youth programs are a fantastic way to introduce young sailors to the sport!



The week of May 13th a local Norton Shores company - Soils and Structures - drilled two holes taking soil samples out off "B" dock near slip numbers 15 & 5. Near slip 15 they had a water depth of 20 feet, bored through 20 feet of wood and hit sand at approximately 65 feet. At slip 15 they had a water depth of 40 feet, hit sand at approximately 75 feet and there was no wood down at that end of the marina. A complete soils analyses report is in the works by them for MYC and Edgewater Resources. This report should be ready for inspection the first part of June. This report will help us determine the feasibility of installing a permanent outer break wall to protect the marina.

As always, please feel free to contact me with any questions.

Bud Ainsworth cbainsworth@gmail.com 616 638 1676





Dock & Yard Committee Report:

A lot has been happening over the past few months for Dock and Yard Committee members. First of all, we are pleased to announce our new Co-Chairs, Joel Seifert and Jill Keast. New members joining the committee are Jon Ledsworth, Rob Rafson and Glynn Stenstrom.

Secondly, the D&Y committee would like to give a big shout out to all of the volunteers that came out to help on Volunteer Day. They cleaned out the pool to prep for painting, cleaned and scrubbed outdoor chairs, secured dock boards, scraped fences, put up the awning.... It looks great! Thank you SO much.

Now to fill you in on all of the projects going on at the club – starting with the critical main dock situation. Unless you have been hiding under a rock, you know we have a significant water issue that is inhibiting use of the main dock and the launches. According to the Army Corps of Engineers, water levels are expected to increase at least 4 more inches this spring, peaking in July. Earlier this May, the Corps predicted record water levels throughout the Great Lakes Basin for the summer.

While we really can't do anything about the rising water levels, we are working very hard to raise the main dock so it will be able to handle the increase. Our goal is to fix the current situation AND put ourselves in a good place to be able to adapt to the rise and fall of water levels. This project is taking some extra thought and good solid planning. We hope the result will be a longer-term solution. If you would like to get involved with this project (we can use all the help we can get!), please let us know or let Kim know.

On the electrical - Joel has been able to meet with electrical contractors to both discuss options and get cost estimates for raising the system out of the water and assure we are prepared for future fluctuations. We will do our best to get adjustments underway as soon as possible! We know how important this is to all of you.

In spite of the sad situation with the docking structure, D&Y committee membership has been able to accomplish other projects on our "honey do" list. Completed projects include: sod removal and restriping of the parking lot

lines (Jim Fetters); and, painting the pool (Andy Bos, Walt Plant, and Mark Reagan) painting the South fence (Bryan Mazade, Patrick Smith, and Dan & Julie Dewent).

Other projects in the works include: construction of a gate to mount between the clubhouse and pool house (Tim Wallace); Sidewalk repair (Joel Seifert); discussion on best solutions for Octagon and Pool House roof repair (Rob Rafson); and, replacement welcome sign at dock (Jill Keast).

We would also like to thank Scott Corder for leading the reorganization of dry sail storage in the North lot and Jim Fetters and Jeff Allen for stepping up to help us organize the South lot and Melges fleet. so, Remember the beautiful potted flowers on MYC grounds we had a few years back? Well, it is time to purchase some new ones. Yes, the old wooden barrels finally fell apart.

You may have seen me on a few Friday or Saturday eves running around collecting contributions from members over the past month. So far, we have

been able to collect just over \$200! YAY!!!!

However, we are going to need much more if we are going to be able to do anything worthwhile. Just one large planter runs over \$50 - closer to \$75 if we want planters that last. Any donation you can make to the cause would be greatly appreciated. If you contribute over \$100 (estimated cost of one planter with flowers for this season) we will make sure you are recognized!



Thank you for all of your help!
Jill Montgomery Keast
Joel Seifert
D&Y Co-Chairs



Race and Regatta Committee:

The 2019 Racing Season is off and running. Though the weather caused the cancelation of the Challenge Cup, the Melges 24 Spring Regatta was once again a smashing success. The Wednesday night sailing season is underway with four fantastic sponsors. McKenzie Price Insurance is the sponsor of the Spring Series. The Clipper Cup is sponsoring the first of two-summer series, followed by our friends at Pigeon Hill Brewing. Bluffton Bay Sails (BBS) will take us home in the fall series. Each of these series will be scored independently of the entire season, providing for some interesting regattas within the sailing season.

Also, new for the 2019 season is the RRC will be selling a crew shirt featuring our sponsor's logos, and our custom designed MYC series race logo. These shirts will be available for boat logo/crew shirt customization and we hope to have a sample ready for orders shortly. Please stay tuned.

Lastly, please sign up for the Trans Michigan race, if you have not already done so. We are starting this year's race an hour earlier and hope to have a record turnout.

Photo Credit: Mark Marchido

Sam Nedeau Co- Chair





News from the General Manager:

Now that the summer 2019 season is upon us and the boats are in the water, it's time to get out and enjoy all of the festivities that MYC has planned for the month. Euchre night is now held on Tuesday evenings at 7 pm. This is a perfect way to wind down your evening – friends, food, drinks, and cards. We have the LMSS Double Handed Race to Port Washington on 6/13/19 followed by our monthly Board Meeting on 6/20/19. The Tripp Cup (Holland to Milwaukee) is on 6/26/19 with the Trans Michigan Race (Milwaukee to Muskegon) on 6/28/19. Between all that fun, MYC has 6-member private events scheduled for the month of June, and let's not forget about Father's Day on June 16th.

Looking back at last month, everyone had a great time at the annual Kentucky Derby & Cinco De Mayo party, Mother's Day Brunch (165 reservations), Melges Spring Regatta, Commodore's Cup & Reception, and Memorial Day. Thank you to the MYC staff for all their hard work for the Mother's Day brunch, and all of the events at MYC this past month. I appreciate all of you. We all work together like a well-oiled machine and are able to do what seems like the impossible, without any issues. Way to go Team MYC.

Please help me in welcoming the following people to the MYC Team and please be patient with them as they learn MYC policies and procedures.....

Welcome Kyra Pikowitz – Lead Dock & Yard Assistant Welcome Kalynn Shuck – Kitchen Staff

Friendly Reminder – Please do not put glassware in any of the bus tubs. Please bring them to the bartenders. We had an instance where a wine glass was put in the bus tub and it fell over and broke. Josh was unaware of the broken glass at the bottom on the tub and cut his finger. So please make sure to give the bartenders all the glassware and do not put them in the bus tubs. Thank you for your help with this.

It's that time where outside dinning is popular again. When placing your order make sure to grab a table number from the bartenders.

Your food will be delivered to that table number after it is prepared. Please return all table numbers when you are finished.

There are still some winter items in the MYC apparel case for sale along with our large and small burgee flags, stickers, license plates, cozies and more! On order (will be here soon) is more summer gear including more women's swim skirts, blue & red hats, blue t-shirts, white t-shirts, and now stocking youth size t-shirts.

Lastly, the MYC Staff is here to serve you. Please let us know if there is anything we can do to make your visit more enjoyable. Wishing you well and cheers to a great summer on the lakeshore.

Thank you,

Kim Nguyen 231-755-1414 kim@muskegonyachtclub.org

We had a full house for the Melges Regatta Registration Party on 5/17/19





Mother's Day



BRUNCH 2019!





THANK YOU TO EVERYONE WHO CAME OUT AND CELEBRATED MOTHER'S DAY AT MYC!





Mother's Day



Brunch 2019





Thank you, Thank you, Thank you to Andy Bos, Mark Reagan, and Walt Plant for painting the pool. It looks great!





Kentucky Derby



(Photo Credits to Renee Rutz)



















LET'S PLAY!

CALLING ALL DOMINOES PLAYERS

EVERY FRIDAY AT 12:00 PM



MYC BAR AREA

FOOD, FRIENDS, AND FUN!

CALLING ALL EUCHRE PLAYERS
EVERY WEDNESDAY AT 7:00 PM

MYC ROUND ROOM



HAVE A DRINK, EAT SOME FOOD, PLAY SOME CARDS!



Thank you, Thank you, Thank you to Jim Fetters for repainting the parking lot lines on 5/21/19. They look great!

Thank you, Thank you,
Thank you to all of our
volunteers who helped get
MYC set up for the
summer season on 5/11/19
by putting up the awning,
setting up picnic tables,
adirondack chairs, patio
furniture, grills, fire pit,
pool furniture, and much
more! Your help is greatly
appreciated!



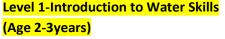


Thank you, Thank you, Thank you to our painting crew: Brian Mazade, Patrick Smith, and Julie & Dan Dewent for sprucing up our outside fencing areas. Amazing what a coat of paint can do! It looks great!

Muskegon Yacht Club Swim Lessons

Instructor: Mick Homan Swcoach07@gmail.com (231) 638-0803

American Red Cross Swimming Lessons Level 1-6



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 breastroke, 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.

Lessons are 30 minutes in length.

Session 1 - June10th -14TH

Monday-Friday
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)

$\underline{Session~2~-~June~17^{th}\text{-}21^{ST}}$

7years old-up

Monday-Friday

Session 3 June 24th- 28th

Monday-Friday

Session 4 July 8th- 12th

Monday-Friday

Session 5 July 15th-19th

Monday-Friday

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)

3-4 years old

Level #1 (11:45-12:15pm)

2-3 years old

Sign Up forms are located on the MYC Foyer Countertop



www.ergrp.net

888.589.1746

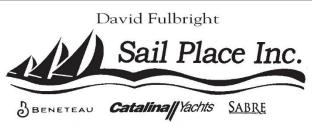
75 West Walton Ave., Ste C, Muskegon, MI 49440



231-722-6833

www.waynesdeli.com





Office: 616-696-0250 Cell: 616-446-9751 at Torresen Marine 3003 Lakeshore Dr., Muskegon, MI 49441 sailplacedave@aol.com www.sailplace.com



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231-759-6482

~ MYC June 2019 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 New Member Orientation
2	3	4	Tucker Thompson Presentation 8 pm Race Night 6:30 pm	6	7	8 Committee Meetings
9	10	11	12	13	14	15
Member Private Event		Euchre Night 7 pm	Race Night 6:30 pm	Double Handed Race		Member Private Event
16 Member Private Event	17	18 Summer Hours Start Euchre Night 7 pm	Race Night 6:30 pm	Board Meeting 7pm	21	22
23	24	25	26	27	28	29
Member Private Event		Euchre Night 7 pm	Race Night 6:30 pm		Trans Michigan Race	Member Private Event
30						

If you have events or meetings you'd like added to the Portwatch or website calendars, please contact Kim Nguyen - kim@muskegonyachtclub.org