



Grand Haven Area Public Schools  
Vol. 30 No. 3

# spotlight



## Preparing successful graduates means defining the paths to success – for all

*by Andy Ingall*

With graduation right around the corner, I find myself thinking more and more about our aim as educators. Much like parents who aim to raise successful adults, we strive to educate successful graduates – truly encouraging ‘success for all.’ But just like each one of our students is unique, their definition of success looks different. For some students, it might look like a prestigious career and a corner office. For others, it might look like making breakthroughs in the medical field. Starting their own businesses, finding careers that align with their passions, making a point to give back to their communities, raising families, traveling, creating art – all these and so much more go into the definition of success for our students. Life is not ‘one path fits all’ – and that means our education has to follow suit.

At GHAPS, we offer exceptional educational experiences of all kinds, for all kinds. We highlighted some of these experiences in our last edition of

Spotlight. Classes like iCreate 360 offer students the opportunity to build an entire business, from product development to the final sale. Outdoor education exposes students to healthy activities in every season, building habits and passions to fuel a successful life. Our Careerline Tech Center has 28 programs for students interested in everything from agriculture to welding. Those opportunities could not be possible without the unending support of this amazing community. We are ALL responsible for preparing successful graduates, and the stories you’ll read prove we are succeeding.

In this issue, you’ll see how experiences at GHAPS help shape our students’ definition of success. From business owners to community icons, from artists to scientists, GHAPS graduates are truly living out their definitions of success. Our graduates are succeeding in making a difference in their communities and our world. I could not be more proud of our graduates – past, present and future.



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Spotlight is a publication of the Grand Haven Area Public Schools. For questions or comments please contact Cheri Dew at 616.850.5015 or e-mail dewc@ghaps.org.

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## BOARD MEETING SCHEDULE

Monday, May 6, 2019  
@ Grand Haven High School  
Monday, May 20, 2019  
@ Lake Hills Elementary  
Monday, June 3, 2019  
@ Ferry/Voyager Elementary  
Monday, June 17, 2019  
@ Education Service Center  
Monday, July 15, 2019  
@ Education Service Center  
Monday, August 12, 2019  
@ Education Service Center

*All board meetings begin at 7:00 p.m.  
unless otherwise noted.*

## ASBESTOS PLAN • AVAILABLE FOR REVIEW

GHAPS has conducted an extensive asbestos survey of all its buildings. Based on the findings of this inspection, a comprehensive management plan has been drafted. This plan details the response actions that the district will be taking regarding asbestos-containing materials found in its buildings. This plan is available for inspection at the Education Service Center (1415 S. Beechtree) during normal business hours. If you desire to have a personal copy, please notify Ted Rescorla, Operations Director, and a copy will be supplied to you within five working days at a cost of \$1 per page.

We have endeavored to make our schools a safe place in which students can learn. Our procedures for dealing with this problem reflect that concern. If you have any questions, please call 850.5120.



# Two paths merge to serve and protect



Growing up, Everardo Pedroza, 2016 Grand Haven High School and Careerline Tech Center graduate, dreamed of being a police officer – he wanted to serve and protect the community that raised him. Building on the foundation of communication he received at GHAPS and the knowledge he gained at CTC, Pedroza made this dream a reality in April 2019. He graduated from Grand Rapids Community College Police Academy and will be joining the Grand Haven Department of Public Safety as a Public Safety Officer.

“GHAPS and CTC prepared me very well for the real world – everyone around me wanted to see me succeed,” says Pedroza. “I came to school every day knowing that everyone was there to learn and help each other, and that the instructors were very passionate about their subjects.”

While at GHHS, Pedroza participated in a number of sports and activities. His classes at CTC allowed him to become certified as an Emergency Medical Technician just two weeks after graduation, and he worked as an EMT at Michigan’s Adventure that summer.

“He was a standout from the very start,” says CTC instructor Kim Schrader. “The class is tough! He was consistently prepared, not afraid to ask questions and had an incredible drive to learn. He often talked about his dream to work for Grand Haven and to see it become a reality is heartwarming.”

Pedroza also worked as a Cadet at the Grand Haven Department of Public Safety, where he became both an Ice Water Rescue Technician and a Fire Fighter through the Ottawa County Fire Academy.

“Being exposed to different personalities throughout my education allowed me to understand different perspectives, and I learned to listen and work through conflicts – a key piece of my current career,” he says. “I also learned to stay motivated, stay humble and treat everyone with respect. My time at GHAPS and CTC pushed me to work hard for what I wanted.”

For 2003 Central High School graduate Jake MacKeller, the call to serve and protect came a little later in life. After graduating from Central, MacKeller worked in the auto body and paint repair business for 11 years. He was

still working in that career in 2011, when he became a firefighter with Ferrysburg Fire Department. That work led him to pursue his dream of becoming a police officer, continuing his education at Grand Rapids Community College when he was 29. Throughout it all, he leaned on the lesson that most prepared him for his future – one he learned during his time at Central.

“During my time at Central, I worked with and became friends with people from many different socioeconomic backgrounds,” he says. “Everybody attended for different reasons and because of this I learned a lot about empathy and gained the ability to put myself in someone else’s situation before casting judgment.”

After completing Police Academy, he was hired by Ottawa County Sheriff’s Office as a Community Policing Officer, then moved to Holland Township as a Road Patrol Deputy. In 2018, he transferred to Grand Haven Township as a Community Policing Officer and started the 2018/2019 school year as Grand Haven High School’s Resource Officer. His promotion to this position was a deliberate move, as the Sheriff’s

Office seriously considered how his high school experiences would benefit the students of GHHS.

“During my freshman year at Grand Haven High School, I lost two of my best friends and two other classmates in a car accident, and that was the main reason I transferred to Central,” he says. “I am now able to use this extremely negative experience in a positive way by showing students how just one choice they make can not only change their future, but also affect those in the community. It’s also a great example to show them how to work through and rise above tragedy so they can still succeed in life.”

MacKeller remembers much of his time at Central fondly and specifically recalls a barbecue the school hosted for the community when it moved from the building on Elliott to Central’s current location. Students developed the idea to meet and greet members of their new community.

“This gave the neighbors an opportunity to sit down and talk with the students of Central, allowing them the chance to get to know us and help break down the stigma that people may have had of Central students,” he says.



# When the path to success isn't a path at all

We always talk about the 'path' to success – but a path goes one direction and leads to one place. For some, like 2003 Grand Haven High School graduate Nima Veiseh, it looks more like an ocean. His life spreads in many different directions, as an academic researcher, clothing designer, social justice advocate, artist, painter and speaker. But the undercurrent of his success is driven, in part, by his experiences and opportunities growing up in the Grand Haven community and attending Grand Haven Area Public Schools.

"I went through GHAPS from kindergarten through high school graduation, and the whole way I felt as if I had a system that was working together to help me and my classmates toward the real world," he said. "Growing up in the Midwest, you know the value of your neighbors, and you can learn a lot by building those relationships. It truly feels like your entire community is supporting you."



Veiseh

While at GHAPS, Veiseh participated in a wide variety of activities, including the theater program, Science Olympiad and the Bucs' Blade newspaper, where he was Editor-in-Chief. He credits Bucs' Blade Advisor C.E. Sikkenga with being both a 'fearless leader' and a mentor, teaching Veiseh how to be a true partner in his educational process.

"He taught me that there is a certain amount of emotional intelligence required to activate the passions and intellect of students and thinking partners," Veiseh says.

"By his senior year, he had grown as much as any student I'd met. Not only was he an exceptional journalist and designer, but an amazing leader," says Sikkenga. "He really operates on a different level of the astral plane. Looking at where his career has taken him, I think his art allows him to express himself at a higher level that goes beyond words."

In his work as an academic researcher, Veiseh studies the intersection of systems, sustainability and design.



He is an internationally recognized painter and founder of 'Dress Abstract,' a sustainable clothing line. Recently, he founded a charity fashion initiative called Ironmale, inspired by conversations with his colleague Vanessa Muskie at the Massachusetts Institute of Technology. Proceeds from the clothing line, featuring shirts, hats and other apparel, go toward organizations and scholarships that help young women pursue STEM careers. More information can be found at [ironmale.org](https://ironmale.org).

"After many years, we've been able to distill our mission into something very simple: to use art and fashion to fight sexism, ignorance and racism," Veiseh says. "It is what has given rise to the idea of our '#NoSIR' campaign, as in 'No Sexism, Ignorance or Racism.'"

Veiseh also credits his diverse

experience at Grand Haven with helping him prepare for his TED talk, one of the first filmed in 360-degree virtual reality. Traditional TED talks share ideas with the world, but Veiseh's went a step further, sharing a value that has carried him through his life: the idea of 'tuning,' a way he has devised to stay mindful and find harmony, even when your brain is overloaded. The talk can be viewed at <https://www.youtube.com/watch?v=9rR0VHBUY0A>.

Most of us remember the high and low points of life – important events, devastating circumstances – but we rarely remember the minute details of every single day. Our brains put more weight on important events, and that's what we remember. But because of a rare condition called Hyperthymesia, Veiseh has a highly

superior memory and remembers every day of his life like a video. His clothing, the sounds around him, who he was with, what they said – every memory is given equal weight. His tuning process helps him shift through all of those memories to find what's important, and the process can help anyone looking for a simple, effective way to be mindful.

"GHAPS gave me the opportunity to express myself in countless ways, and through expression, I felt I was able to learn at a deeper level," says Veiseh. "Having an outlet for expression was what prepared me the best for later in my career."

You can learn more about Veiseh, as well as see a link to his works and galleries at [www.nimaveiseh.com](http://www.nimaveiseh.com) or on Instagram @nimaabstract.



# Over the river and through the woods — a natural path to success

When David MacKenzie, 1979 Grand Haven High School graduate, finished college, the country was in one of the worst recessions in history. So, when he had the chance to stay employed at his summer job for a landscaper, he took it – and that job was the start of a decades-long career as an innovator, inventor and business owner. MacKenzie is the owner and founder of three companies: Hortech, Inc., a nursery and plant developer supplying garden centers and landscapers; LiveRoof, LLC, a green roof provider; and LiveWall, LLC, a planted wall company.

“I always considered myself a biologist and loved plants, even as a kid,” MacKenzie says. “My time at Grand Haven Area Public Schools taught me to better understand the natural world and human behavior, as well as how to work together as a team. I use these lessons every day in managing and running my business.”

A local nursery owner approached MacKenzie with the opportunity to take over his business, and MacKenzie jumped at the chance. He worked multiple jobs to get the business off the ground, eventually purchasing it from the former owner and buying out a partner. That business blossomed into Hortech, a commercial nursery.

About 15 years ago, MacKenzie noticed an interest in green roofs – a previously untapped space in the marketplace. Using his extensive knowledge of groundcover and succulent plants, coupled with direct feedback from customers, he worked with a manufacturer to develop a prototype. The manufacturer was so impressed they offered to fund the initial manufacturing costs, and LiveRoof was born.

“There was this vacuum in the market and once we filled it, people just found us – Haworth was one of our first projects. They and many others committed on just our prototype,” he says. “It’s half horticulture and half engineering, and being on the ground floor of something so new was really



exciting.”

Soon customers began asking for plants on walls, and LiveWall was born. The space is continuously evolving, with MacKenzie and his team constantly testing growing methods and plants. Those tests have actually led the team into a new space – lighting.

“We initially got in the light bulb business to grow tropical plants in our LiveWall system, but it’s amazing how much lighting can affect your mood, sleep, behavior and overall

performance,” MacKenzie says. “Much like being outside, bio-centric lighting has been shown to improve overall wellness, and using the right light wavelengths can make a significant difference in how you feel. I think in 10-20 years we’ll all be more attuned to this, but it’s amazing how much light can affect our human biology.”

During his time at GHHS, he credits Lane Smith’s personable and fun educational style with helping him understand physics – which he uses

every day. He also has fond memories of lessons learned from Edith Persing, Lester Van Allsburg and Vern Zuverink, who were not only exceptional educators, but modeled respect and care in all things.

“GHAPS provided me with a wealth of resources – educational, social, athletic – to prepare me for my future,” he says. “I use the lessons of care and compassion, along with seeing value in the unique skills and personalities that God gives us, every day.”



# Paving the path for successful graduates with Kids Read Now

After meeting a fundraising campaign goal of \$23,000 spearheaded by the Grand Haven Schools Foundation (GHSF), each Grand Haven Area Public Schools (GHAPS) student in kindergarten through third grade will be enrolled in the Kids Read Now summer reading program. Kids Read Now is aimed at preventing “summer slide,” the decline in reading ability that can occur over the summer when school is not in session.

At least two months of reading achievement can be lost during the summer and it can take roughly six weeks to reteach lost skills. “Prevention of the summer slide is of critical importance for the ongoing success of our students,” says Andy Ingall, GHAPS Superintendent. “Simply stated, reading is the best and most effective way to keep on track academically and be ready for the next school year.”

Families with students in kindergarten through third grade are invited to the Kids



Read Now kickoff event on May 21, which will take place within the schools and educate parents about the new program

and what they can expect.

### Why does Kids Read Now work?

- It’s a managed program: The program

will be managed by each building principal and literacy coach.

- The children choose: Each child gets to choose and keep nine new books to read in the summer.
- There are parent tools: Weekly parent engagement reminders and ideas are texted, emailed or phoned.
- It uses books as rewards: When children respond that a book has been read, another book on their list is mailed.

The GHSF Board of Directors would like to thank the entire Grand Haven community for its support of this essential program, and for each and every donor who contributed.

“More than anything, we want children to build on their achievement and to develop a lifelong love of reading and learning,” says Hannah Olechnowicz, GHSF Executive Director. “We are thrilled to fund this program of choice for the GHAPS administrators and teachers who continue to tackle literacy head-on in their classrooms.”

the **YMCA Camp Pandalouan**

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[pandalouan.org](http://pandalouan.org)

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# Mentors help pave a path to success

When you consider the paths to student success, you might think about amazing teachers, engaging classes and extracurricular opportunities – mentoring may never even cross your mind. But research shows students who are mentored increase their attendance and GPA, while decreasing their behavioral issues. That research plays out every day at Central High School in Grand Haven, where more than 30% of students are involved in the mentoring program.

“I saw a need to connect students with an extra, supportive adult in their life, and started the program at Central about six years ago,” says Cheryl O’Connor, program director.

Students in the program meet with their mentor for about an hour each week, typically during the school day. Each match looks different – sometimes mentors assist with homework, sometimes they work to keep students on track to graduation, and sometimes they just offer a listening, supportive ear.

“One of the coolest parts of the program is when we see a mentor graduate one student, and then come back to mentor a brand new student,” says Paul Kunde, Central High School Principal.

One such mentor is former Grand Haven Area Public Schools Superintendent, Keith Konarska. He was looking for ways to stay connected with students after retiring and has mentored for four years.

“Every student needs and deserves caring adults in his or her life!” says Konarska. “For me, nothing is more rewarding than being a part of a student’s success, and I gain far more than I give.”

Student Mercedes Rodriguez-Magallan started participating in the program at the beginning of the school year, and not only credits the program with helping her succeed, but looks forward to being a mentor in the future.

“I initially wanted someone I could talk to and who could help me with school work,” she says. “But having a mentor has been all around rewarding.”



Potential mentors receive a thorough background check and are trained, then provided with support via monthly lesson plans covering everything from goal setting to getting a job. The program is always looking for additional mentors who can develop positive relationships with students.

“I’d volunteered at many one-day events, but never found a cause that spoke to me. I didn’t feel like I was really making a difference,” says mentor Melanie Swiftney, director of marketing and communications for Grand Haven Area Community Foundation. “When I heard a student from Central High School

speak about the mentoring program and how much it affected him, I knew right away that this was what I wanted to do.”

Working in education for decades, mentor Mary Keeton knew she would miss contact with students when she left her position as a field instructor for student teacher interns. A teacher at Central encouraged her to join the mentoring program, and she’s celebrating her third year.

“The most rewarding part for me is providing consistent support and encouragement in all areas – academic, social and emotional,” she says. “Mentors are not teachers, parents or counselors,

but a positive, persistent, caring adult.”

Former GHAPS Assistant Superintendent Suzanne Richards believes mentoring offers her the opportunity to give back to her community and make a difference in the lives of students, offering them an additional ‘lifeline.’ She not only mentors a Central student, but also mentors two Grand Valley State University students.

“Cheryl O’Connor has done an amazing job with developing and sustaining this mentor program,” Richards says. “She has sought out funding, donations and spends hours on the management and coordination – all on her own time.”



# Caring for patients and students — a path diverged, but not divided

Thomas Wolfe said, “You can’t go home again,” – but Dr. Megan Fix is living proof that you can bring home with you no matter where you go. Though the 1994 Grand Haven High School graduate now makes her home and career at the University of Utah in Salt Lake City, she brings the lessons learned from her home in Grand Haven to her work every single day.

“I feel very proud and lucky to have lived in Grand Haven and attended GHAPS,” she says. “The values I learned come from my parents, but also from the community. People in Grand Haven, both in the schools and the community, were honest, valued hard work and having fun, and were always good to each other. In all of my work across the country, I realized those values really are unique to Grand Haven and the Midwest, and I don’t take them for granted.”

Fix works as both an emergency medicine doctor and an associate professor at the University of Utah School of Medicine. She spends about 60% of her time in the ER and 40% educating medical students during their residency, directing courses, and teaching national and international professionals about different topics in emergency medicine.

“I love all of the work I do, but I’m always super jazzed about the opportunity and ability to educate,” she says. “A lot of that passion and excitement stems from my time and experiences in Grand Haven.”

Fix’s role model in medicine is her father, who worked in Grand Haven and Holland as an emergency medicine doctor. When she started college at Stanford, she knew she was interested in biology, but wasn’t necessarily looking to follow in her father’s footsteps – until her junior year, when she became a peer health educator in her dorm.

“I explored a variety of paths, but I always came back to the idea of working with others,” she says. “My time as a health educator solidified that I wanted to be in medicine because I loved helping people and learning about medicine.”



During her time at GHHS, Fix was a member of the swim and track teams, Science Olympiad and band. Each activity gave her the opportunity to interact with different kinds of students and personalities, uniting in the pursuit of a common goal. That love of variety, and the lessons she learned, carried through her career path.

“My time in Grand Haven really prepared me for life, as well as for success,” she says. “I was fortunate to

be on multiple teams, creating a smaller community within a larger community that allowed for individual development and attention.”

In every step of her education, Fix felt encouraged to strive for big dreams and big goals, no matter the size of the goal – or the competition. Her teachers throughout the years reinforced a love of learning in her, helping her stay engaged and ultimately helping her develop her own love of teaching.

“Teachers like Mrs. Klintworth, Mrs. Grabinski, Mr. Larson, Mrs. Bedford, Lane Smith and countless others helped me develop a joy for life and for education,” she says. “They all instilled a positive outlook by teaching us to see whatever task you have at hand as an opportunity, not a burden. I learned to value hard work – because hard work isn’t hard when it’s fun – the importance of finishing strong, and the desire to do my best in all things.”





Registration deadline one week prior to start of event. \$10 fee charged for late enrollment.  
NORA reserves the right to cancel programs if the minimum enrollment is not achieved.

## SUMMER CAMPS:

All camp ages are based on Fall enrollment grade.

TO REGISTER FOR BUCCANEER SUMMER ATHLETICS CAMPS CONTACT THE GHHS ATHLETIC OFFICE AT 850-6041. NORA CONTINUES TO OFFER SEVERAL OPTIONS FOR SUMMER AS FOLLOWS. THANK YOU FOR YOUR CONTINUED PATRONAGE.

**NEW!! CO-ED BASKETBALL FUNDAMENTALS CAMP**  
Watch for detailed flyer

## CO-ED SUMMER GYMNASTICS & TUMBLING CAMP - Kara Duncan

Coed Ages 4-12  
June 24-27 (Monday – Thursday)  
4-6 year olds, 1:00pm-2:30pm  
7-12 year olds, 2:30pm-4:00pm  
Ferry Elementary School  
\$59 Resident/\$84 Non-Resident

## PERFORMING ARTS CAMP

5th – 9th grade Coed  
Auditions: Wed. June 12 @ 6:30pm & Fri. June 14 @ 1:30pm  
Rehearsals: June 17-July 25 (Monday-Friday) (Not 7/4) 9:00am-12:00pm  
**Junie B. Jones the Musical, Jr.**  
Directors: Kyle Coon & Katie Glasgow w/ Asst. Cambelle Cleveland  
Location: White Pines Intermediate School Auditorium  
\$160 Resident/\$175 Non-Resident (Includes t-shirt)

## SCIENCE SMORGASBORD

**Our Cosmic Neighborhood, Coed 4th-6th** Grades by George Jaeger  
Mon.-Thurs., June 17-21, 1:00pm-3:00pm  
Location: White Pines Intermediate School Room #410 & Planetarium  
**Science Academy, Jr.,** Coed 3rd & 5th Grades by George Jaeger  
Mon., - Thurs., June 24-27, 1:00pm-3:00pm\*  
**Grand Haven CSI,** Coed 3rd-6th Grades by Sophia Jaeger  
Mon.-Thurs., July 8-11, 9:30am-11:30am\*  
**Colorful Chemistry,** Coed 3rd-6th

Grades by Sophia Jaeger  
Mon.-Thurs., June 17-20, 9:00am-11:00am\*  
\*Location: Lakeshore Middle School Science Classroom #252  
**It's not Rocket Science...Oh wait, yes it is!** Coed 4th-6th Grade by Aaron Eling  
Mon.-Thurs., July 15-18, 9:00am-11:00am\*\*  
\*\*Location: White Pines Intermediate School Science Classroom #502  
\$42 Resident/\$57 Non-Resident

## SOCCER CAMP

Co-ed Pre-School - 2nd Grade  
July 8-July 11 (Monday-Thursday)  
9:00am-10:00am Preschool  
10:00am-11:00am K-2nd Grade  
Location: Lakeshore South Soccer Field (rain location, LMS gym)  
\$32 Resident/\$47 Non-Resident

## SOCCER SKILLS CLINIC - Coach Chris Dougherty

June 17-20 (Monday-Thursday) Coed  
7-8 year olds- 4:15pm-5:30pm  
9-13 year olds- 5:30pm-7:00pm  
Lakeshore South Soccer Field  
\$38 Resident/\$53 Non-Resident

## NEW!! SPORTS IN THE PARK CAMP Coed Pre-School-6th Graders

Aug 12-15 (Monday-Thursday)  
9:00am-10:00am Preschool - Kindergarten  
10:00am-11:00am 1st - 3rd Grade  
11:00am -12:00pm - 4th - 6th Grade  
Robinson Township Park (rain location, Robinson School)  
\$32 Resident/\$47 Non-Resident

## NEW! YOUTH SHOOTING SPORTS CAMPS - Coed at North Ottawa Rod & Gun Club

**BB Gun Camps** Monday - Thursday, June 17-20  
1st-3rd Graders 9:00am-10:00am  
4th-8th Graders 10:30am-12:00pm  
**Archery Camps** Monday - Thursday, June 24-27  
3rd-6th Graders 9:00pm-10:30am  
7th-12th Graders 11:00am-1:00pm  
\$45 Resident/\$60 Non-Resident  
**Trap, Skeet & Target Shooting Camps** Monday - Thursday, July 8-11  
7th & 8th Graders 9:00am-10:30am  
9th-12th Graders 1:00am-1:00pm  
\$125 Resident/\$140 Non-Resident

## SUMMER TENNIS AT GRAND HAVEN HIGH SCHOOL COURTS

Questions Call: Lakeshore Community Tennis Assoc. 616-566-7199  
\*No Tennis Play July 1-5

## 6th GRADE – ADULTS COED TENNIS ACADEMY

June 10-August 8, Mon - Thurs 10:00am-1:00pm  
Must have ability to play a set.  
\$599 Resident, Any 4 days \$150, 8 days \$240  
\$50 discount for multi-family in this academy all summer  
\$25 discount if registered before 5/24  
Can attend Cardio Tennis and Matches on Fridays

## 6th GRADE - ADULTS COED TENNIS NIGHT ACADEMY

June 11-August 8 Tues & Thurs 6:00pm-8:00pm  
\$200 Resident, Any 4 days \$100, 8 days \$150  
Optional Matches on Fridays

## 4th - 6th GRADE COED TENNIS ACADEMY

June 10-August 8, Mon - Thurs 9:00am-10:00am  
Optional Matches on Fridays  
\$200 Resident, Any 4 days \$50, 8 days \$80

## K-3rd GRADE COED TENNIS CAMP

June 10-August 8, Mon - Thurs 9:00am-10:00am  
Optional Matches on Fridays  
\$200 Resident, Any 4 days \$50, 8 days \$80

## CARDIO TENNIS (Adult/Junior)

June 11-August 6, Tues. 8:0pm-9:00pm  
\$80 Resident, Any 4 days \$50

## 7th-12th GRADE BEGINNER TENNIS CAMP

June 10-August 7, Mon. & Wed. 9:00am-10:00am  
\$125 Resident, Any 4 days \$50, 8 days \$80

## SELF DEFENSE

SANCHIN-RYU (Coed Ages K-Adults) Call for Details  
Questions Call: Sanchin Systems, Inc. 517-589-8256  
Erwin Essenburg, 4th Degree Black Belt  
Coed 8 week sessions  
Peach Plain Elementary Gym  
\$35 Resident/\$50 Non-Resident (Family rates available)

## RECREATION SUMMER SCHOOL (Coed Grades K-4)

Recreational program available for students enrolled at Griffin, Mary A. White, Ferry, Robinson, Lake Hills, or who live in areas designated to attend those schools.  
Not a childcare program.  
June 10 - August 9 (9 weeks)  
9:30am-3:00pm Monday-Friday

\$45 Registration Fee (additional field trip fees may be charged)  
Locations: Ferry Elementary, River Haven Village, Lake Hills Elementary

## ADULT OPPORTUNITIES AVAILABLE (Go to nora.ghaps.org for more details)

Sign up your team or as a free agent. We will help to place you on a team for any league.

**Fall Softball Leagues** - Season August to October

Mens and Coed Leagues

Mondays thru Fridays

**Coed Soccer League** - Season July thru August

All Skill levels welcome

Sunday evenings

**Beach Volleyball Leagues** - Season June thru August

Mens, Womens & Coed league available

Doubles and Quads

A and B Skills welcome

**Kickball League** - Season June and July

Coed with experience necessary

**Drop in Basketball** - Saturdays, year round

\$5 per visit for Residents/\$10 per visit for Non-Resident

## CHRIS CHRISTIANSEN YOUTH SCHOLARSHIP FUND

This fund was established for the purpose of providing youth with special financial needs the means to participate in activities sponsored by the Northwest Ottawa Recreation Authority. Call 850.5125 for further information.

The Northwest Ottawa Recreation Authority is a cooperative effort sponsored by the City of Grand Haven, Grand Haven Township, Grand Haven Area Public Schools, City of Ferrysburg, and Robinson Township to provide quality recreation and leisure activities for our community.

## Refund Policy:

A full refund will be issued if NORA cancels a class.

A full refund less a \$5 processing fee will be issued if participant cancels at least 48 hours prior to the start of class.

If cancellation is less than 48 hours of class beginning, a voucher for value of class will be issued less the \$5 processing fee. VOUCHER CAN BE USED TOWARD ANY NORA CLASS, JUST LIKE CASH, BUT MUST BE USED WITHIN ONE YEAR.

NO REFUND will be issued if canceling on day of class.

NO REFUND will be issued after class starts regardless of attendance.

A \$15.00 fee will be charged for all returned checks.



# Grand Haven Community Aquatics Center

17001 Ferris Street, Grand Haven, MI 49417 • Info & Registrations: 616.850.5126 or 616.850.6292 FAX 616.850.5127 • Website: [www.ghaps.org/aquatics](http://www.ghaps.org/aquatics)

## PARENT TOT CLASSES 6 MONTHS – 2 YEARS

Parent Tot Swim class is a great opportunity to help your child feel comfortable in and around the water while emphasizing safety and fun. Basic swimming and water skills are taught: floating on front and back, kicking, paddling and blowing bubbles are just a few. Parent Tot class gives parents information and techniques to help orient children to the water and to supervise water activities. This class is not intended to teach children to become swimmers or to survive in the water on their own. Parents are required to be in the water with your child. Children must meet the age requirement of 6 months at the beginning of each swim session. Children not toilet trained must wear a swim diaper or snug fitting plastic pants over a cloth diaper. (HUGGIES Swim Diapers work the best)

Mon / Jun 10-Jul 22 / 6:15-6:45p  
\$40res/\$55nr / AQU7667-02

## PRESCHOOL LESSONS 3 YEARS – 5 YEARS

Family/Therapy Pool

There are 3 levels of swimming with in the Preschool lessons. Each level has specific skill requirements that children are required to reach before moving on to the next swim level. Progress reports are provided at the last lesson of each session. Preschool classes will be divided into skill levels or smaller classes will be taught according to your child's skills. Preschool Level 1 ~ Children must be at least 3 years of age, a good listener and ready for a group lesson. Skills that will be taught: entering and exiting the water, front/back floats and glides, blowing bubbles, kicking and paddling of arms, going underwater and retrieving an object in shallow water. Child moves on when all requirements are met.

### PRESCHOOL LEVEL 2 ~ PREREQUISITE LEVEL 1 SKILL TESTS.

Children continue to work on all basic swim skills, floating and gliding longer distances, retrieving objects in chest deep water, finning on back, combining arms and legs with face in water and independent paddle stroke.

### PRESCHOOL LEVEL 3 ~ PREREQUISITE LEVEL 2 SKILL TESTS.

Basic skills are continued with greater independence. Bobbing 10 times, blowing bubbles with face in water, rotary breathing is introduced, treading water in shoulder deep water. Introduction to the deep water (competitive pool). Once level 3 is completed or child is 6 years of age, instructors will place child in the appropriate school age swim level.

Summer evening classes—7weeks

Summer day classes—6 weeks

Mon / Jun 10-Jul 22 / 4:30-5:00p

\$40res/\$55nr / AQU7668-04

Mon / Jun 10-Jul 22 / 6:45-7:15p

\$40res/\$55nr / AQU7668-05

Tues / Jun 11-Jul 23 / 5:45-6:15p

\$40res/\$55nr / AQU7668-06

Wed / Jun 12-Jul 24 / 4:30-5:00p

\$40res/\$55nr / AQU7668-07

Mon / Jun 17-Jul 22 / 10-10:30a

\$35res/\$50nr / AQU7668-08

Wed / Jun 19-Jul 24 / 10-10:30a

\$35res/\$50nr / AQU7668-09

## SCHOOL AGE LESSONS ~ 6-12YRS OLD

Level 1: Introduction to Water Skills~ Family/ Therapy Pool

No skill prerequisites, age requirement of 6 years. At this level participants develop basic aquatic skills, positive attitudes and safe practices around the water. Skills that are taught: front/back floats, front/back glides, bobbing, recovering objects in the shallow end, basic paddle stroke skills.

Summer evening classes—7weeks

Summer day classes—6 weeks

Mon / Jun 10-Jul 22 / 5:00-5:30p

\$40res/\$55nr / AQU7669-03

Tues / Jun 11-Jul 23 / 4:30-5:00p

\$40res/\$55nr / AQU7669-04

Wed / Jun 12-Jul 24 / 5:00-5:30p

\$40res/\$55nr / AQU7669-05

Mon / Jun 17-Jul 22 / 10:30-11a

\$35res/\$50nr / AQU7669-06

Wed / Jun 19-Jul 24 / 10:30-11a

\$35res/\$50nr / AQU7669-07

## LEVEL 2: FUNDAMENTAL AQUATIC SKILLS ~FAMILY/THERAPY POOL.

Prerequisites, successful demonstration of Level 1 skills assessment. Participants will continue to gain confidence and independence in the water. They continue to build on the basic skills of floating, gliding and paddle stroke. Rotary breathing and back stroke is introduced along with swimming longer distances. Participants are also introduced to deep water swimming.

Summer evening classes—7weeks

Summer day classes—6 weeks

Mon / Jun 10-Jul 22 / 5:30-6:15p

\$40res/\$55nr / AQU7670-03

Tues / Jun 11-Jul 23 / 5:00-5:45p

\$40res/\$55nr / AQU7670-04

Wed / Jun 12-Jul 24 / 5:00-5:45p

\$40res/\$55nr / AQU7670-05

Mon / Jun 17-Jul 22 / 11-11:45a

\$35res/\$50nr / AQU7670-06

Wed / Jun 19-Jul 24 / 11-11:45a

\$35res/\$50nr / AQU7670-07

## LEVEL 3: STROKE DEVELOPMENT ~ COMPETITIVE POOL

Prerequisites, successful demonstration of Level 2 skills assessment. At this level participants build on the skills learned in Level 1 and 2 to help participants achieve basic water competency in a pool environment. Participants are swimming 25yards of front and back crawl, they are gaining endurance. Skills introduced at this level: elementary backstroke, dolphin kick, breaststroke kick, streamlining, sit dives, survival floating and treading water times are extended.

Summer evening classes—7weeks

Summer day classes—6 weeks

Wed / Jun 12-Jul 24 / 6:15-7:00p

\$40res/\$55nr / AQU7671-02

## LEVEL 4: STROKE IMPROVEMENT ~ COMPETITIVE POOL

Prerequisites, successful demonstration of Level 3 skills assessment. At this level participants work on proficiency in performing the swimming strokes that were introduced in level 3. Butterfly and breaststroke is introduced along with underwater streamline and head first entries. Participants continue to build endurance. LEVEL 4-6 are combined

## LEVEL 5: STROKE REFINEMENT ~ COMPETITIVE POOL

Prerequisite, successful demonstration of Level 4 skills assessment. At this level participants refine their performance of all six swimming strokes: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Skills introduced at this level: long shallow dives, surface dives, and flip turns. At this level swimmers will also increase endurance with additional yardage. LEVEL 4-6 are combined

## LEVEL 6: SWIMMING AND SKILL PROFICIENCY-PERSONAL WATER SAFETY ~ COMPETITIVE POOL

Prerequisite, successful demonstration of Level 5

*Continued on next page*



skills assessment. Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Participants learn how to prevent aquatic emergencies and are taught to practice self-rescue techniques. LEVEL 4-6 are combined Level 6: Swimming and Skill Proficiency-Fundamentals of Diving ~ Competitive Pool Prerequisite, successful demonstration of Level 5 skills assessment. Participants continue refining strokes with greater efficiency and effectiveness. Participants are taught the fundamentals of springboard diving skills. LEVEL 4-6 are combined

Level 6: Swimming and Skill Proficiency- Fitness Swimmer ~ Competitive Pool Prerequisite, successful demonstration of Level 5 skills assessment. Participants continue refining strokes with greater efficiency and effectiveness. Fitness swimming skills are taught: circle swimming, using a pace clock, use of swim equipment, up to set up an exercise program, training techniques and calculating a target heart rate. LEVEL 4-6 are combined

Wed / Jun 12-Jul 24 / 6:15-7:00p  
\$40res/\$55nr / AQU7671-04

#### PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Grand Haven Community Aquatics offers private and semi-private swim lessons for the fearful child to the adult who would like to learn to swim or fine tune strokes. You will receive 5/30 minute lessons. Lessons are schedule on a first come basis. Lessons are scheduled around the pool schedule and instructor availability. Please call Joanne, 616-850-6292.

#### PRIVATE LESSONS

1 participant  
\$105 res/ \$120 non res  
Semi-private lessons  
2 participants  
\$95 res/\$110 non res (each student)  
Adult Water Exercise Classes  
Family/Therapy Pool

#### AQUA DYNAMICS

An instructor led exercise class that utilizes barbells, kickboards and noodles combined with stretching, toning and cardiovascular workout. Participants control intensity and impact to fit their need. No class Family/Therapy Pool  
No Class: Monday, May 27, July 4 and 5, and Monday, Sept. 2  
Pool Closed July 29-Aug 2 Maintenance and cleaning

M/W/F / May 13-July 3 / 9-10am  
\$77res/\$90nr / AQU7675-01  
T/TH / May 14-July 2 / 9-10am

\$60res/\$75nr / AQU7675-02  
M/W/F / July 8-Sept 6 / 9-10am  
\$85res/\$100nr / AQU7675-03  
T/TH / July 9-Sept 5 / 9-10am  
\$60res/\$75nr / AQU7675-04

#### ARTHRITIS WATER EXERCISE

An instructor led class designed to strengthen and tone muscles as well as increase flexibility, balance and coordination to carry out daily tasks more efficiently. This is a great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.  
Family/Therapy Pool  
No class, July 4  
Pool Closed July 31-Aug 4 Maintenance and cleaning

T/TH / May 14-Jul 2 / 10-11am  
\$60res/\$75nr / AQU7675-05  
T/TH / Jul 9-Sept 5 / 10-11am  
\$60res/\$75nr / AQU7675-06

#### AQUANASTICS

Adult water exercise class designed for both the swimmer & non-swimmer to improve flexibility, strength and fitness. This class is a great cardio workout.  
Family/Therapy Pool  
No Class: Thursday, May 23

T/TH / May 14-Jun 6 / 5:30-6:30p  
\$26res/\$41nr / AQU7675-07

#### DIVING

For students in grades 4 and up (2016-17 School year). Must be able to swim a minimum of 25yds without difficulty. Incorporated within the instruction will be confidence building and learning to conquer fear. Instructor, Jeff Alward, has over 35 yrs of coaching experience at all levels of diving.

#### BEGINNER

M-F / June 17-29 / 9-10am  
\$130res/\$145nr / AQU7674-01  
M-F / July 8-19 / 9-10am  
\$130res/\$145nr / AQU7574-02

#### ADVANCED

M-F / June 17-29 / 10:15-11:30a  
\$140r/\$155nr / AQU7674-03  
M-F / July 8-19 / 10:15-11:30a  
\$140r/\$155nr / AQU7674-04

Summer Swim Season will begin, Monday, May 13th with stroke work and conditioning. Summer Season begins Monday, June 3rd, Swim Club is open to swimmers 5-18 years of age. Swimmers 5-8 years of age must be able to swim 25 yards of freestyle and back stroke. Those swimmer 9 and over must be able to

swim 50 yards of freestyle and backstroke. Practices will be held Monday-Friday, 6:00-8:30pm (swimmers will be placed in swim groups the first week of club). Once school is on summer break practices will be held 7:30-11:00am. Dual meets are held on Thursdays, with additional Invitationals Friday's/Saturday's. Parents Meeting will be held in the LGI room of the High School, Mon., May 8th at 6:30pm.  
Code: AQU7676-01 Cost: \$150.00

#### 2019 COMMUNITY LAP AND OPEN SWIMS

The Grand Haven Community Aquatics Center is open to the community with a variety of aquatic options: swim instruction for all ages, competitive swim teams, water polo, water exercise classes, community lap swim and open swims. The Aquatics Center also offers birthday parties and pool rentals.

#### ADULT / LAP SWIM

The competitive (main) and auxiliary (therapy/family) pools are available for an early morning workout or a noontime swim. This time is for those 16 years or older for lap swim, individual water exercise or water walking. Exercise equipment (noodles, water joggers, pull buoys, kickboards) are available for your use. Lap swim hours are available online [www.ghaps.org/aquatics](http://www.ghaps.org/aquatics)

#### OPEN/LAP SWIM

Open Swim is a great time to enjoy the pools either as a family, group of friends or as an individual. Lifejackets are available for use during your stay at the pool. Parents or guardians of non-swimmers or those using swim aids (lifejackets) are required to be in the water, within an arm's reach and must have constant supervision. An adult must accompany all children under the age of 11 years old.  
Open Swim hours are available online [www.ghaps.org](http://www.ghaps.org)  
Lap/Open Swim Costs  
Daily-Yearly  
Children/Students \$3.00 / \$75  
Senior Citizens \$3.00 / \$75  
Adults \$4.00 / \$150  
Family \$8.00 / \$275

#### EMPLOYMENT OPPORTUNITIES

Grand Haven Community Aquatics is hiring lifeguards and swim instructors. Early morning, noon and evening hours are available. Apply online [www.ghaps.org](http://www.ghaps.org)  
Interested in becoming a lifeguard or swim instructor? Please call Grand Haven Aquatics, Joanne Dilley, 616-850-6292.

Please register early, as the classes do fill.  
Online registration: [nora.ghaps.org](http://nora.ghaps.org)  
Grand Haven Aquatics Website: [ghaps.org/aquatics](http://ghaps.org/aquatics)

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Grand Haven  
Area Public Schools





**3** MONTH

## SUMMER MEMBERSHIPS AVAILABLE NOW!

### FAMILY BUNDLE

- ❁ Race entries for Kick-Off to Summer or Coast Guard races (up to 4 entries)
- ❁ Free child care while you workout.
- ❁ \$25 Program Dollars

COST: \$349 SAVINGS: Over \$150

### ADULT BUNDLE

- ❁ Free Fitness Classes
- ❁ Indoor Pool
- ❁ New Cardio Theater
- ❁ Race entry (1) for Kick-Off to Summer Run or Coast Guard Race

COST: \$199 SAVINGS: Over \$100

Visit the Welcome Center to register.

Offer ends June 30, 2019.



TRI-CITIES FAMILY YMCA  
1 Y DRIVE, GRAND HAVEN  
616.842.7051 WWW.TCFYMCA.ORG



Be sure to check our Program Guide for a listing of Half Day and Full Day Summer Camps!

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