



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Oak Park YMCA

Lesson Dates: April 11-May 21							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>PARENT/CHILD LEVELS (6 months-3 years)</b>							

Parents or other care-providers accompany children in the water for levels A and B.

<b>A</b>	<b>WATER DISCOVERY</b>	<b>6:20-6:50</b>					
<b>B</b>	<b>WATER EXPLORATION</b>						

## **PRESCHOOL-AGED LEVELS (3-5 years)** **Swim Basics Stage 1-3**

Students must be fully potty trained and comfortable without a parent in the water.

<b>1PS</b>	<b>WATER ACCLIMATION</b>	<b>5:45-6:15</b>					<b>10:00-10:30</b>
<b>2PS</b>	<b>WATER MOVEMENT</b>						
<b>3PS</b>	<b>WATER STAMINA</b>						
<b>4PS</b>	<b>STROKE INTRODUCTION</b>						

## **SCHOOL-AGED LEVELS (6-10 years)** **Swim Basics Stage 1-3 Swim Strokes Stage 4-7**

<b>1SA</b>	<b>WATER ACCLIMATION</b>						
<b>2SA</b>	<b>WATER MOVEMENT</b>						<b>10:35-11:05</b>
<b>3SA</b>	<b>WATER STAMINA</b>						<b>11:10-11:40</b>
<b>4SA</b>	<b>STROKE INTRODUCTION</b>						
<b>5SA</b>	<b>STROKE DEVELOPMENT</b>						
<b>6SA</b>	<b>STROKE MECHANICS</b>						
<b>Adult Lessons</b>		<b>7:00-7:45p</b>					

Swim Lesson Fee:  
**Member** \$50.00  
**Non-Member** \$70.00  
 Lesson dates April 11-May 21

**Questions?**  
**Please Contact : Theresa Sheridan Regional Aquatics Director [tsheridan@lansingymca.org](mailto:tsheridan@lansingymca.org)**

