



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood 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>10:10-10:40</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>5:45-6:15</b>		<b>5:45-6:15</b>		<b>9:30-10:00</b>
<b>2PS</b>	<b>WATER MOVEMENT</b>		<b>5:45-6:15</b>		<b>6:30-7:00</b>		
<b>3PS</b>	<b>WATER STAMINA</b>		<b>6:25-6:55</b>		<b>5:45-6:15</b>		<b>10:50-11:20</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>6:25-6:55</b>				
<b>3SA</b>	<b>WATER STAMINA</b>		<b>5:45-6:25</b>		<b>5:45-6:15</b>		
<b>4SA</b>	<b>STROKE INTRODUCTION</b>		<b>6:30-7:10</b>		<b>6:30-7:10</b>		
<b>5SA</b>	<b>STROKE DEVELOPMENT</b>				<b>7:10-7:45</b>		
<b>6SA</b>	<b>STROKE MECHANICS</b>						
	<b>Adult Lessons</b>		<b>7:10-7:50</b>				

Swim Lesson Fee:

**Member** \$50.00  
**Non-Member** \$70.00  
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**Questions?**

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

