

## Westside YMCA

		Lesson Dates: Monday	April 11-May 21 Tuesday	Wednesday	Thursday	Friday	Saturday
	PA			ionths-3 yea		Thuay	Jacuiday
Parents or other care-providers accompany children in the water for levels A and B.							
Α	WATER DISCOVERY		6:10-6:40				
В	WATER EXPLORATION		6:10-6:40				
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.							
Students	must be fully potty trained a	and comfortable with	out a parent in the wa	ater.			
1PS	WATER ACCLIMATION	5:00-5:30	5:40-6:10				10:00-10:30
2 P S	WATER MOVEMENT	5:40-6:10			5:15-5:45		
ЗPS	WATER STAMINA	6:20-6:55			5:55-6:25		
4PS	STROKE INTRODUCTION						
SCHOOL–AGED LEVELS (6–10 years)							
		Swim Strokes Stage 4–7					
15A	WATER ACCLIMATION		5:00-5;30				
25A	WATER MOVEMENT	5:00-5:30	5:40-6:10		6:40-7:10		10:40-11:10
ЗSA	WATER STAMINA				5:15-5:45		11:10-11:40
45A	STROKE INTRODUCTION	5:40-6:20	6:20-6:50		5:55-6:35		
55A	STROKE DEVELOPMENT		5:00-5:40		6:40-7:20		
65A	STROKE MECHANICS						
	Adult Lessons	6:25-7:10					

Swim Lesson Fee:

Member \$50.00 \$70.00 Non-Member Lesson dates

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