



Parkwood YMCA Summer Swim Lessons

		Lesson Dates: See Below					
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PARENT/CHILD LEVELS (6 months-3 years)							
Parents or other care-providers accompany children in the water for levels A and B.							
A	WATER DISCOVERY	6:15-6:45					
B	WATER EXPLORATION						
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.							
1PS	WATER ACCLIMATION	5:45-6:15	5:45-6:15		5:45-6:15		
2PS	WATER MOVEMENT		5:45-6:15		6:30-7:00		
3PS	WATER STAMINA		6:25-6:55		5:45-6:15		
4PS	STROKE INTRODUCTION						
SCHOOL-AGED LEVELS (6-10 years)							
Swim Basics Stage 1-3 Swim Strokes Stage 4-7							
1SA	WATER ACCLIMATION						
2SA	WATER MOVEMENT		6:25-6:55				
3SA	WATER STAMINA		5:45-6:25		5:45-6:15		
4SA	STROKE INTRODUCTION		6:30-7:10		6:30-7:10		
5SA	STROKE DEVELOPMENT				7:10-7:45		
6SA	STROKE MECHANICS						
Adult Lessons			7:10-7:50				

Swim Lesson Fee:

Member \$55.00

Non-Member \$71.00

Lesson Dates: PM Lessons June 6-July 14

PM Lessons July 18-August 25

Questions?

Please Contact : Theresa Sheridan Regional Aquatics Director tsheridan@lansingymca.org