



Oak Park 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			6:20-6:50			
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			10:00-10:30
2PS	WATER MOVEMENT						
3PS	WATER STAMINA						
4PS	STROKE INTRODUCTION						
SCHOOL-AGED LEVELS (6-10 years)							
Swim Basics Stage 1-3 Swim Strokes Stage 4-7							
1SA	WATER ACCLIMATION		5:45-6:15				
2SA	WATER MOVEMENT						10:35-11:05
3SA	WATER STAMINA						11:10-11:40
4SA	STROKE INTRODUCTION		6:20-7:00				
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
Adult Lessons				7:00-7:45			

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