



Westside YMCA Summer Swim Lessons

		See Below for Lesson Dates					
		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		6:10-6:40				
B	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.							
1PS	WATER ACCLIMATION	5:00-5:30	10:00-10:30a 5:40-6:10p				
2PS	WATER MOVEMENT	5:40-6:10			5:15-5:45		
3PS	WATER STAMINA	6:20-6:55			5:55-6:25		
4PS	STROKE INTRODUCTION						
SCHOOL-AGED LEVELS (6-10 years)							
Swim Basics Stage 1-3 Swim Strokes Stage 4-7							
1SA	WATER ACCLIMATION		10:40-11:10a 5:00-5:30p				
2SA	WATER MOVEMENT	9:30-10:00a	5:40-6:10		6:40-7:10		
3SA	WATER STAMINA				5:15-5:45		
4SA	STROKE INTRODUCTION	10:10-10:50a	6:20-6:50		5:55-6:35		
5SA	STROKE DEVELOPMENT		5:00-5:40		6:40-7:20		
6SA	STROKE MECHANICS						
Adult Lessons							

Swim Lesson Fee:

Member	\$55.00
Non-Member	\$71.00
Lesson dates	PM Lessons June 6-July 14 PM Lessons July 18-August 25 AM Lessons June 13-July 25

Questions?

Please Contact : Colin Norton Aquatics Manager Westside YMCA cnorton@lansingymca.org