



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

## Fall I: September 12 - October 22 (6 week session)

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						
2SA	WATER MOVEMENT						10:35-11:05
3SA	WATER STAMINA						11:10-11:40
4SA	STROKE INTRODUCTION						11:45-12:25
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45			

### Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

### Questions?

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