



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood 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.

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|---|-------------------|-----------|--|--|--|--|---------------|
| A | WATER DISCOVERY | 6:15-6:45 | | | | | 10:35-11:05am |
| B | WATER EXPLORATION | | | | | | |
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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.

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| 1PS | WATER ACCLIMATION | 5:45-6:15 | 5:45-6:15 | | 5:45-6:15 | | 10:00-10:30am |
| 2PS | WATER MOVEMENT | | 5:45-6:15 | | 6:30-7:00 | | 11:20-11:50am |
| 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

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|-----|---------------------|--|-----------|-----------|-----------|--|---------------|
| 1SA | WATER ACCLIMATION | | 5:45-6:15 | | | | 10:00-10:30am |
| 2SA | WATER MOVEMENT | | 6:25-6:55 | | 6:30-7:00 | | |
| 3SA | WATER STAMINA | | 5:45-6:25 | 6:00-6:40 | 5:45-6:15 | | |
| 4SA | STROKE INTRODUCTION | | 6:30-7:10 | 6:45-7:20 | 6:30-7:10 | | 10:25-11:15am |
| 5SA | STROKE DEVELOPMENT | | | 5:15-5:55 | 7:10-7:45 | | |
| 6SA | STROKE MECHANICS | | | | | | |
| | Adult Lessons | | 7:10-7:50 | | | | 11:10-12:00 |

Swim Lesson Fee

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|------------|---------|
| Member | \$65.00 |
| Non-Member | \$85.00 |

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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