



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE 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						
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	5:00-5:30	5:40-6:10				
2PS	WATER MOVEMENT	5:40-6:10			5:15-5:45		
3PS	WATER STAMINA	6:20-6:55					
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

Swim Basics Stage 1-3 Swim Strokes Stage 4-7

1SA	WATER ACCLIMATION		5:00-5:30				
2SA	WATER MOVEMENT	5:00-5:30	5:40-6:10				
3SA	WATER STAMINA		6:10-6:50				
4SA	STROKE INTRODUCTION	5:40-6:20	6:20-6:50		5:55-6:35		
5SA	STROKE DEVELOPMENT		5:00-5:40		6:40-7:20		
6SA	STROKE MECHANICS						
	Adult Lessons	6:25-7:05					

Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
tsheridan@lansingymca.org