



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

Winter 1 January 9-February 18

	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	6:15-6:45	6:25-6:55			
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	5:45-6:15		5:45-6:15	
2PS	WATER MOVEMENT		5:45-6:15		6:30-7:00	
3PS	WATER STAMINA		6:25-6:55		5:45-6:15	
4PS	STROKE INTRODUCTION			5:30-6:00		

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		6:25-6:55		6:30-7:00	
3SA	WATER STAMINA		5:45-6:25	6:30-7:10	5:45-6:15	
4SA	STROKE INTRODUCTION		6:30-7:10	5:45-6:25	6:30-7:10	
5SA	STROKE DEVELOPMENT				7:10-7:45	
6SA	Swim Club			6:00-7:00		
	Adult Lessons		7:10-7:50			

Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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