



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**Winter II February 20-April 8 No classes March 27-April 1**

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	<b>WATER DISCOVERY</b>	<b>6:20-6:50</b>					
B	<b>WATER EXPLORATION</b>						

## 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	<b>WATER ACCLIMATION</b>	<b>5:45-6:15</b>					
2PS	<b>WATER MOVEMENT</b>						
3PS	<b>WATER STAMINA</b>						
4PS	<b>STROKE INTRODUCTION</b>						

## SCHOOL-AGED LEVELS (6-10 years)

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

1SA	<b>WATER ACCLIMATION</b>						
2SA	<b>WATER MOVEMENT</b>						
3SA	<b>WATER STAMINA</b>						
4SA	<b>STROKE INTRODUCTION</b>						
5SA	<b>STROKE DEVELOPMENT</b>						
6SA	<b>STROKE MECHANICS</b>						
	<b>Adult Lessons</b>	<b>7:00-7:45</b>					

### Swim Lesson Fee

<b>Member</b>	<b>\$65.00</b>
<b>Non-Member</b>	<b>\$85.00</b>

### Questions?

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