



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood 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	WATER DISCOVERY						10:35-11:05
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	6:00-6:30	5:45-6:15		5:45-6:15		11:10-11:40
2PS	WATER MOVEMENT		5:45-6:15		6:30-7:00		
3PS	WATER STAMINA		6:25-6:55		6:00-6:30		
4PS	STROKE INTRODUCTION			6:00-6:30			

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

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

1SA	WATER ACCLIMATION		6:00-6:30				10:00-10:30
2SA	WATER MOVEMENT	6:35-7:05	6:25-6:55		6:30-7:00		
3SA	WATER STAMINA		5:45-6:25	6:45-7:25	5:45-6:15		
4SA	STROKE INTRODUCTION		6:30-7:10	6:00-6:40	6:30-7:10		
5SA	STROKE DEVELOPMENT		7:15-7:55		7:10-7:45		
6SA	Swim Club			6:30-7:30			
	Adult Lessons		7:10-7:50				

### 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)