



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

Summer June 10-July 26

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			6:20-6:50			
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		10:00-10:30a	5:45-6:15			
2PS	WATER MOVEMENT		10:30-11:00a				
3PS	WATER STAMINA		11:00-11:30a				
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

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

Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

Classes meet 1x per week 6 weeks no classes week of July 3rd.

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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