



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

**June 12-June 29**

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						10:10-10:40a
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	6:20-6:50p	5:45-6:15	6:20-6:50p		9:30-10:00a
2PS	WATER MOVEMENT	5:45-6:15		5:45-6:15			
3PS	WATER STAMINA		5:45-6:15		5:45-6:15		
4PS	STROKE INTRODUCTION						

## SCHOOL-AGED LEVELS (6-10 years) Swim Basics Stage 1-3 Swim Strokes Stage 4-7

1SA	WATER ACCLIMATION		5:45-6:15		5:45-6:15		
2SA	WATER MOVEMENT	6:20-6:50p		6:20-6:50p			10:45-11:15a
3SA	WATER STAMINA		6:20-6:50p		6:20-6:50p		
4SA	STROKE INTRODUCTION		6:55-7:35p		6:55-7:35p		
5SA	STROKE DEVELOPMENT	6:55-7:35p		6:55-7:35p			
6SA	Swim Club						
	Adult Lessons				7:00-7:40p		

## Swim Lesson Fee

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

Weekday classes will meet 2x a week for 3 weeks

Saturday classes meet June 10-July 22 no class July 1

July lessons registration begins June 19 for members and June 21 for non-members

Classes will be meet 1x per week for 6 weeks beginning July 10

## Questions?

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