



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

Mini Session May 22-May 30

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						
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	5:00-5:30	5:00-5:30	5:00-5:30			
2PS	WATER MOVEMENT	5:40-6:10	5:40-6:10	5:40-6:10			
3PS	WATER STAMINA	6:20-6:55	6:20-6:55	6:20-6:55			
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	5:40-6:10	5:40-6:10	5:40-6:10			
2SA	WATER MOVEMENT	5:00-5:30	5:00-5:30	5:00-5:30			
3SA	WATER STAMINA	6:20-7:00	6:20-7:00	6:20-7:00			
4SA	STROKE INTRODUCTION						
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
Adult Lessons							

Swim Lesson Fee: (5 Lessons)

Member	\$55.00
Non-Member	\$70.00

Summer Registration for classes begin June 12

Members May 20th non-members May 22 12pm

Questions?

Please Contact : Colin Norton Aquatics Manager Westside YMCA cnorton@lansingymca.org