



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

June 12-29

Classes meet 2x per week

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

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	10:30-11:00a	10:30-11:00a				
2SA	WATER MOVEMENT		5:45-6:15p		5:45-6:15p		
3SA	WATER STAMINA	11:00-11:40a	11:00-11:40a 5:00-5:40p		5:00-5:40p		
4SA	STROKE INTRODUCTION	6:15-6:55p	5:00-5:40p	6:15-6:55p	5:00-5:40p		
5SA	STROKE DEVELOPMENT		6:20-7:00p		6:20-7:00p		
6SA	STROKE MECHANICS						
	Adult Lessons						

Swim Lesson Fee: 6 Lessons meeting 2 x per week

Member	\$65.00
Non-Member	\$85.00

Registration for July classes Begins June 19 members June 21 non-members
Classes in July will meet 1x per week for 6 weeks Beginning the week of July 10

Questions?

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