



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

**Sept 11-Oct. 21**

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 | <b>WATER DISCOVERY</b>   | <b>6:00-6:30</b> |  |  |  |  | <b>10:00-10:30a</b> |
| B | <b>WATER EXPLORATION</b> |                  |  |  |  |  |                     |
|   |                          |                  |  |  |  |  |                     |

## 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 | <b>WATER ACCLIMATION</b>   | <b>6:00-6:30p</b> | <b>5:45-6:15</b>  |                   | <b>5:45-6:15p</b> |  | <b>10:35-11:05a</b> |
| 2PS | <b>WATER MOVEMENT</b>      | <b>6:30-7:00p</b> |                   | <b>6:00-6:30p</b> | <b>5:45-6:15p</b> |  | <b>11:10-11:40a</b> |
| 3PS | <b>WATER STAMINA</b>       | <b>6:00-6:30p</b> | <b>5:45-6:15</b>  |                   |                   |  |                     |
| 4PS | <b>STROKE INTRODUCTION</b> |                   | <b>6:20-6:55p</b> |                   |                   |  |                     |

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

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

|     |                            |                   |                   |                   |                   |  |  |
|-----|----------------------------|-------------------|-------------------|-------------------|-------------------|--|--|
| 1SA | <b>WATER ACCLIMATION</b>   |                   | <b>5:45-6:15p</b> |                   |                   |  |  |
| 2SA | <b>WATER MOVEMENT</b>      |                   | <b>6:20-6:50p</b> | <b>6:30-7:00p</b> |                   |  |  |
| 3SA | <b>WATER STAMINA</b>       | <b>6:30-7:00p</b> | <b>5:45-6:15p</b> |                   | <b>6:20-7:00p</b> |  |  |
| 4SA | <b>STROKE INTRODUCTION</b> | <b>6:30-7:10p</b> | <b>6:20-7:00p</b> |                   | <b>6:20-7:00p</b> |  |  |
| 5SA | <b>STROKE DEVELOPMENT</b>  |                   |                   | <b>5:45-6:25p</b> |                   |  |  |
| 6SA | <b>Swim Club</b>           |                   |                   |                   |                   |  |  |
|     | <b>Adult Lessons</b>       |                   | <b>7:00-7:40p</b> |                   |                   |  |  |

## Swim Lesson Fee

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

## Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
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