



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

Oct. 23 - Dec. 16

Classes meet 1x 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			5:00pm - 5:30pm			
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	5:00pm - 5:30pm	5:40pm - 6:10pm		5:00pm - 5:30pm		
2PS	WATER MOVEMENT	5:40pm - 6:10pm			5:40pm - 6:10pm		
3PS	WATER STAMINA	6:20pm - 7:00pm		5:30 - 6:10pm	5:00pm - 5:40pm		
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

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

6 Lessons Meet 1x per week

Member	\$65.00
Non-Member	\$85.00

Questions?

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