



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

Feb. 19-April 5 Winter II 2024 No classes March 25-March 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		6:00-6:30pm				
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	5:30-6:00pm	5:00 - 5:30pm			
2PS	WATER MOVEMENT	5:40pm - 6:10pm		5:40 - 6:10pm			9:00-9:30am
3PS	WATER STAMINA	6:20pm - 7:00pm		6:20 - 7:00pm			9:30-10:00am
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		5:00-5:30pm		
2SA	WATER MOVEMENT	5:40 - 6:10pm	5:00 - 5:30pm	5:00-5:30pm			10:00-10:30a
3SA	WATER STAMINA		5:40 - 6:10pm	5:40-6:10pm	5:40-6:10pm		
4SA	STROKE INTRODUCTION			6:20 - 7:00pm	6:20 - 7:00pm		
5SA	STROKE DEVELOPMENT		6:15-6:55pm				
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