



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK 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			6:20-6:50			
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	6:00-6:30		5:45-6:15			
2PS	WATER MOVEMENT	6:30-7:00					
3PS	WATER STAMINA						
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION			6:00-6:30			
2SA	WATER MOVEMENT			6:30-7:00			
3SA	WATER STAMINA						
4SA	STROKE INTRODUCTION						
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45			

Swim Lesson Fee

Member	6 lessons \$65	
Non-Member	6 Lessons \$85	

NO CLASSES WEEK OF MARCH 25-MARCH 30

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
tsheridan@lansingymca.org