



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

**April 8-May 18 Spring 2024**

**SATURDAY LESSONS APRIL 20-JUNE 1**

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	6:00-6:30					10:00-10:30a
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	6:00-6:30p	5:45-6:15p		5:45-6:15p		10:35-11:05a
2PS	WATER MOVEMENT	6:30-7:00p	6:20-6:50p	6:00-6:30p	5:45-6:15p		11:10-11:40a
3PS	WATER STAMINA	6:00-6:30p	5:45-6:25p		5:45-6:15p		11:10-11:40a
4PS	STROKE INTRODUCTION		5:45-6:20p 6:25-7:00p				

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

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

1SA	WATER ACCLIMATION		5:45-6:15p	6:30-7:00p	6:20-6:50p		
2SA	WATER MOVEMENT		6:20-6:50p	6:30-7:00p	6:20-6:50p		10:00-10:30a
3SA	WATER STAMINA	6:30-7:10p	5:45-6:15p		6:20-7:00p		10:35-11:05a
4SA	STROKE INTRODUCTION	6:30-7:10p	6:25-7:05p		6:20-7:00p		11:10-11:45a
5SA	STROKE DEVELOPMENT			5:45-6:25p			
6SA	Swim Club						
	Adult Lessons		7:10-7:50p				

## Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

## Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
[tsheridan@lansingymca.org](mailto:tsheridan@lansingymca.org)