



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

April 8-May 18 Spring 2024			Saturday 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		6:00-6:30pm			
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