



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

July 7-August 14 Summer 2025

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

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	5:30-6:00p			5:30-6:00p		
2SA	WATER MOVEMENT	6:05-6:35p	5:30-6:00p		6:05-6:35p		
3SA	WATER STAMINA	6:40-7:20p			6:40-7:20p		
4SA	STROKE INTRODUCTION		6:05-6:45p				
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			6:45-7:00p			

Swim Lesson Fee

Member	6 lessons \$70.00	
Non-Member	6 Lessons \$90.00	

Questions?

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