



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**June 9-June 26**

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

## Swim Lesson Fee

<b>Member</b>	<b>6 lessons \$70</b>	
<b>Non-Member</b>	<b>6 Lessons \$90</b>	

### DATES

classes meet 2x per week for 3 weeks.

Parent/tot will meet 1x a week for 5 weeks June 7-July 14 no class June 30

## Questions?

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