



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

Classes meet 2x a week for 3 wks June 9-June 26

PARENT/CHILD LEVELS (6 months-3 years)

Parents or other care-providers accompany children in the water for levels A and B.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A WATER DISCOVERY	*6:30-7:00p					10:05-10:35a
B WATER EXPLORATION	*6:30-7:00p					

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	10:15-10:45a 5:45-6:15p	6:20-6:50p	10:15-10:45a 5:45-6:15p	6:20-6:50p		*9:30-10:00a
2PS WATER MOVEMENT	10:50-11:20a 5:45-6:15p	6:20-6:50p	10:50-11:20a 5:45-6:15p	6:20-6:50p		*9:30-10:00a
3PS WATER STAMINA		6:25-6:55p		6:25-6:55p		*10:05-10:35a
4PS STROKE INTRODUCTION	5:45-6:20p		5:45-6:20p			

SCHOOL-AGED LEVELS (6-10 years)

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

1SA WATER ACCLIMATION	5:45-6:15p	5:45-6:15p	5:45-6:15p	5:45-6:15p		
2SA WATER MOVEMENT	6:20-7:00p	5:45-6:15p	5:45-6:15p	5:45-6:15p		*10:10-10:35p
3SA WATER STAMINA	6:20-7:00p	5:45-6:25p	6:20-7:00p	6:20-7:00p		
4SA STROKE INTRODUCTION	6:20-7:00p	5:45-6:25p	6:20-7:00p	6:25-7:05p		*9:30-10:10a
5SA STROKE DEVELOPMENT		6:30-7:10p		6:30-7:10p		
6SA Pre-team	6:20-7:00p		6:20-7:00p			
Adults*		*5:45-6:25p *6:25-7:10p		*5:45-6:25p *6:25-7:10p		

Swim Lesson Fee

Member	\$70.00
Non-Member	\$90.00

Weekday classes will meet 2x a week for 3 weeks

*Saturday Classes will meet 1x a week for 5 weeks June 7-July 12 no class July 5

* See online for class descriptions for Adults 5:45=beginning 6:30=intermediate

*Parent Tot will meet 1x a week for 5 weeks June 9- July 14 no class June 30

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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