



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

July 7-August 16 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	*6:30-7:00p					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	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		9:30-10:00a
2PS	WATER MOVEMENT	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		9:30-10:00a
3PS	WATER STAMINA	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		10:05-10:35a
4PS	STROKE INTRODUCTION		5:45-6:15				

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

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

1SA	WATER ACCLIMATION	6:20-6:50	5:45-6:15	6:20-6:50	5:45-6:15		10:10-10:35a
2SA	WATER MOVEMENT	6:20-6:50	6:20-6:50	6:20-6:50	5:45-6:15		
3SA	WATER STAMINA		6:20-7:00		5:45-6:15		
4SA	STROKE INTRODUCTION	6:20-7:00	6:20-7:00	6:20-7:00	5:45-6:25		9:30-10:10a
5SA	STROKE DEVELOPMENT	6:20-7:00			6:20-7:00		
	Pre-Swim Team		6:20-7:00p				
	Adult Lessons		7:00-7:45p		7:00-7:45p		

#### Swim Lesson Fee:

Member \$70.00

Non-Member \$90.00

Lesson Dates: July 7-August 16

Classes meet one time a week for 6 weeks

\* Parent tot meets 1x July 21-August 18 for 5 weeks

\* Saturday meets 1x July 20-August 16 for 5 weeks

Questions?

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