



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA

**June 9th - June 26th**

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	<b>WATER DISCOVERY</b>	6:00p-6:30p		6:00p-6:30p			10:00a-10:30a
B	<b>WATER EXPLORATION</b>		5:30p-6:00p		5:30p-6:00p		

## **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	<b>WATER ACCLIMATION</b>	5:00p-5:30p	10:00a-10:30a 5:00p-5:30p	5:00p-5:30p	10:00a-10:30a 5:00p-5:30p		9:30a-10:00a
2PS	<b>WATER MOVEMENT</b>	5:30p-6:00p	10:30a-11:00a 6:00p-6:30p	5:30p-6:00p	10:30a-11:00a 6:00p-6:30p		10:30a-11:00a
3PS	<b>WATER STAMINA</b>		11:00a-11:40a		11:00a-11:40a		
4PS	<b>STROKE INTRODUCTION</b>						

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

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

1SA	<b>WATER ACCLIMATION</b>	10:40a-11:10a 5:00p-5:30p 6:00p-6:30p	5:30p-6:00p 6:30p-7:00p	10:40a-11:10a 5:00p-5:30p 6:00p-6:30p	5:30p-6:00p 6:30p-7:00p		
2SA	<b>WATER MOVEMENT</b>	11:10a-11:40a 5:30p-6:00p 6:30p-7:00p	6:00p-6:30p	11:10a-11:40a 5:30p-6:00p 6:30p-7:00p	6:00p-6:30p		9:30a-10:00a
3SA	<b>WATER STAMINA</b>		5:00p-5:40p 6:20p-7:00p		5:00p-5:40p 6:20p-7:00p		10:00a-10:40a
4SA	<b>STROKE INTRODUCTION</b>	5:00p-5:40p	5:40p-6:20p	5:00p-5:40p	5:40p-6:20p		10:40a-11:20a
5SA	<b>STROKE DEVELOPMENT</b>	5:40p-6:20p		5:40p-6:20p			
6SA	<b>STROKE MECHANICS</b>	6:20p-7:00p		6:20p-7:00p			
	<b>Adult Lessons</b>	10:00a-10:40a		10:00a-10:40a			

## **Swim Lesson Fee**

<b>Member</b>	6 lessons \$70.00	
<b>Non-Member</b>	6 Lessons \$90.00	

**Classes meet Monday and Wednesday or Tuesday and Thursday for three weeks. Saturday classes meet once a week for five weeks**

## **Questions?**

Please contact Westside Aquatics Coordinator, Carl Schmidt  
[cschmidt@lansingymca.org](mailto:cschmidt@lansingymca.org)