



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE 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	6:00p-6:30p					9:30a-10:00a
B	WATER EXPLORATION			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	WATER ACCLIMATION	11:10a-11:40a 5:00p-5:30p	10:00a-10:30a 5:30p-6:00p	10:40a-11:10a 5:30p-6:00p	10:00a-10:30a 5:00p-5:30p		10:00a-10:30a
2PS	WATER MOVEMENT	5:30p-6:00p	10:30a-11:00a 5:00p-5:30p	11:10a-11:40a 5:00p-5:30p	10:30a-11:00a 6:00p-6:30p		10:30a-11:00a
3PS	WATER STAMINA		11:00a-11:40a 6:00p-6:40p	6:00p-6:40p	11:00a-11:40a		
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION		5:30p-6:00p 6:40-7:10p	5:00p-5:30p	5:30p-6:00p 6:10p-6:40p		
2SA	WATER MOVEMENT	10:40a-11:10a	6:10p-6:40p	5:30p-6:00p 6:20p-6:50p	5:00p-5:30p 5:40p-6:10p		9:30a-10:00a
3SA	WATER STAMINA		5:30p-6:10p	5:00p-5:40p	6:00p-6:40p		10:00a-10:40a
4SA	STROKE INTRODUCTION	5:00p-5:40p	6:00-6:40p	6:00p-6:40p	5:00p-5:40p		10:40a-11:10a
5SA	STROKE DEVELOPMENT	5:40p-6:20p		5:40p-6:20p			
6SA	STROKE MECHANICS	6:20p-7:00p					
	Adult Lessons	10:00a-10:40a		10:00a-10:40a			

Swim Lesson Fee

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

*Saturday lessons meet for 5 weeks starting July 19th

Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt
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