



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

September 8th-October 18

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		6:20-6:50			8:45-9:15a
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		5:45-6:15p	5:30-6:00p		9:15-9:45a
2PS	WATER MOVEMENT	6:00-6:30p	6:25-6:55p				10:00-10:30a
3PS	WATER STAMINA						
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	5:45-6:15p		6:00-6:30p		
2SA	WATER MOVEMENT	6:00-6:30p	6:20-6:55p				10:30-11:00a
3SA	WATER STAMINA		5:45-6:25p				
4SA	STROKE INTRODUCTION	6:30-7:10p					
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45p			

Swim Lesson Fee

Member	6 lessons 70.00	
Non-Member	6 lessons 90.00	

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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