



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA

September 8th - October 18th

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					
B WATER EXPLORATION				6:00p-6:30p		10:30a-11:00a

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	5:00p-5:30p	5:00p-5:30p	5:00p-5:30p 6:00p-6:30p	5:00p-5:30p		9:30a-10:00a
2PS WATER MOVEMENT	5:30p-6:00p	5:30p-6:00p	5:30p-6:00p	5:30p-6:00p		10:00a-10:30a
3PS WATER STAMINA		6:00p-6:30p				
4PS STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

Swim Basics Stage 1-3 Swim Strokes Stage 4-6

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

Swim Lesson Fee

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

Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt
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