



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

**October 20-December 6 (no classes week of Nov. 24)**

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						10:00-10:30a
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	5:45-6:15	5:45-6:15p	5:30-6:00p	5:45-6:15p		9:30-10:00a
2PS	WATER MOVEMENT	6:20-6:50	6:20-6:50p	6:00-6:30p	6:20-6:50p		10:00-10:30a
3PS	WATER STAMINA		6:20-6:50p	6:30-7:00p	5:45-6:15p		9:30-10:00a
4PS	STROKE INTRODUCTION		5:45-6:25p				

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

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

1SA	WATER ACCLIMATION		5:45-6:15p		5:45-6:15p		10:30-11:00a
2SA	WATER MOVEMENT	6:25-6:55p	6:20-6:50p	5:00-5:30p	5:45-6:15p		9:30-10:00a
3SA	WATER STAMINA	5:45-6:25p	5:45-6:25p 6:25-7:05p	5:30-6:10p	6:20-7:00p		10:00-10:40a
4SA	STROKE INTRODUCTION	5:45-6:25p	6:25-7:05p		6:25-7:05p		10:45-11:25a
5SA	STROKE DEVELOPMENT			6:00-6:40p	5:45-6:25p		
6SA	Pre-Team						
	Adult Lessons		7:05-7:50p		7:05-7:50p		10:30-11:10a

## Swim Lesson Fee

Member	\$70.00
Non-Member	\$90.00

## Questions?

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