



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA

October 20th - December 6th*

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-6:30					9:30a-10:00a
B	WATER EXPLORATION			6:00p-6:30p			11:00a-11:30a

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	5:30p-6:00p	5:00p-5:30p	5:30p-6:00p		10:00a-10:30a
2PS	WATER MOVEMENT	5:30p-6:00p	5:00p-5:30p	5:30p-6:00p	5:00p-5:30p 6:00p-6:30p		10:30a-11:00a
3PS	WATER STAMINA		6:00p-6:30p				
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)
Swim Basics Stage 1-3 Swim Strokes Stage 4-7

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

Swim Lesson Fee

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

*There will be no lessons Nov 24th-29th for Thanksgiving, lessons will resume Dec 1st

Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt
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