



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**January 5-February 14**

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

## Swim Lesson Fee

|                   |                 |  |
|-------------------|-----------------|--|
| <b>Member</b>     | 6 lessons 75.00 |  |
| <b>Non-Member</b> | 6 lessons 95.00 |  |

## Questions?

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