



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA

January 5th - February 14th

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	6:30p-7:00p					10:00a-10:30a
B	WATER EXPLORATION			6:30p-7:00p			11:30a-12:00p

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	5:30p-6:00p	6:00p-6:30p	6:00p-6:30p	6:00p-6:30p		
2PS	WATER MOVEMENT	6:00p-6:30p	5:30p-6:00p	5:30p-6:00p	5:30p-6:00p 6:30p-7:00p		
3PS	WATER STAMINA		6:30p-7:00p				
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

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

Swim Lesson Fee

Member	6 lessons \$75.00	
Non-Member	6 Lessons \$95.00	

Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt
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