



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

Winter 1 Jan. 5-Feb. 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	6:15-6:45p			6:00-6:30p		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			10:30-11:00a
2PS	WATER MOVEMENT	6:20-6:50	6:20-6:50p	6:00-6:30p	6:20-6:50p		11:00-11:30a
3PS	WATER STAMINA		6:20-6:50p	6:30-7:00p	5:45-6:15p		
4PS	STROKE INTRODUCTION						

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		
2SA	WATER MOVEMENT	6:25-6:55p	6:20-6:50p	5:00-5:30p	5:45-6:15p		11:30-12:00p
3SA	WATER STAMINA	5:45-6:25p	5:45-6:25p 6:25-7:05p	5:30-6:10p	6:30-7:10p		
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		10:00-10:40a
6SA	STROKE MECHANICS		5:45-6:25p				
	Adult Lessons		7:05-7:50p		7:05-7:50p		

Swim Lesson Fee

Member	\$75.00
Non-Member	\$95.00

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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