



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA

**February 16th - March 28th**

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

## Swim Lesson Fee

<b>Member</b>	<b>6 lessons \$75.00</b>	
<b>Non-Member</b>	<b>6 Lessons \$95.00</b>	

## Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt  
[cschmidt@lansingymca.org](mailto:cschmidt@lansingymca.org)