



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

FEBRUARY 16-MARCH 28

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

Swim Lesson Fee

Member	6 lessons 75.00	
Non-Member	6 lessons 95.00	

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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