



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**April 6 -May 16**

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	5:30-6:00p	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						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45p			

## 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)