



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood YMCA

## July 6-August 16 Summer 2026

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	*6:30-7:00p					10:05-10:35a
B	WATER EXPLORATION						

### PRE-SCHOOL-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	5:45-6:15	5:45-6:15	6:20-7:50		9:30-10:00a
2PS	WATER MOVEMENT	5:45-6:15	5:45-6:15	5:45-6:15	6:20-7:50		
3PS	WATER STAMINA	5:45-6:15		5:45-6:15	6:20-7:50		10:05-10:35a
4PS	STROKE INTRODUCTION						

### SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	6:20-6:50	5:45-6:15	6:20-6:50			10:35-11:10
2SA	WATER MOVEMENT		6:20-6:50	6:20-6:50	5:45-6:15		10:35-11:10
3SA	WATER STAMINA	6:20-7:00	6:20-7:00		5:45-6:15		
4SA	STROKE INTRODUCTION	6:20-7:00	6:20-7:00	6:20-7:00	5:45-6:25		9:30-10:10a
5SA	STROKE DEVELOPMENT			6:20-7:00			
	<b>Adult Lessons</b>		7:00-7:45p		7:00-7:45p		

**Swim Lesson Fee:**

Member      \$75.00

Non-Member      \$95.00

**Lesson Dates:**      July 6-August 15

Classes meet one time a week for 6 weeks

\*Parent tot meets 1x per week for 5 weeks July 20-August 17

\*Saturday meets 1 x per week for 5 weeks July 18-August 15

Questions?

Please Contact : Theresa Sheridan Regional Aquatics Director tsheridan@lansingymca.org