



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

July 6-August 15 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		*6:00-6:30p				
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	5:30-6:00p		5:30-6:00p		
2PS	WATER MOVEMENT	6:05-6:35p	5:30-6:00p		6:05-6:35p		
3PS	WATER STAMINA	6:40-7:10p					
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	5:30-6:00p			5:30-6:00p		
2SA	WATER MOVEMENT	6:05-6:35p			6:05-6:35p		
3SA	WATER STAMINA	6:40-7:20p			6:40-7:20p		
4SA	STROKE INTRODUCTION		6:05-6:45p				
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons		*6:30-7:10p				

Swim Lesson Fee

Member	6 lessons \$75.00
Non-Member	6 Lessons \$95.00

Classes meet 1x per week for 6 weeks except for Parent Tot and Adult which meet 1x per week for 4 weeks July 28-August 18

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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