



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**June 8-June 25**

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	6:05-6:35p	5:30-6:00p	6:05-6:35p		
2PS	WATER MOVEMENT	6:05-6:35p	5:30-6:00p	6:05-6:35p	5:30-6:00p		
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	5:30-6:00p	6:10-6:40p	5:30-6:00p	6:10-6:40p		
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		5:30-6:10p		5:30-6:10p		
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons		6:30-7:10p				

## Swim Lesson Fee

<b>Member</b>	6 lessons \$75
<b>Non-Member</b>	6 Lessons \$95

DATES

Claases meet 2x per week for 3 weeks June 8-June 25

Parent Tot and adults meet 1x per for 6 weeks June 9-July 21 No classes June 30

## Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
[tsheridan@lansingymca.org](mailto:tsheridan@lansingymca.org)