



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA

June 8th - June 25th

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	6:30p-7:00p		6:30p-7:00p			10:00a-10:30a
B	WATER EXPLORATION		10:00a-10:30a		5:30p-6:00p		11:30a-12:00p

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	6:00p-6:30p	10:30a-11:00a 5:30p-6:00p	6:00p-6:30p	10:00a-10:30a 5:00p-5:30p		10:30a-11:00a
2PS	WATER MOVEMENT	5:30p-6:00p	11:00a-11:30a 6:00p-6:30p	5:30p-6:00p	10:30a-11:00a 6:00p-6:30p		11:00a-11:30a
3PS	WATER STAMINA		6:30p-7:00p		11:00a-11:40a		
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years) Swim Basics Stage 1-3 Swim Strokes Stage 4-7

1SA	WATER ACCLIMATION	10:40a-11:10a 6:00p-6:30p	5:30p-6:00p	10:40a-11:10a 6:00p-6:30p	5:30p-6:00p 6:30p-7:00p		
2SA	WATER MOVEMENT	11:10a-11:40a 5:30p-6:00p	6:00p-6:30p	11:10a-11:40a 5:30p-6:00p	6:00p-6:30p		
3SA	WATER STAMINA	5:20p-6:00p 6:30p-7:10p	6:30p-7:10p	5:20p-6:00p 6:30p-7:10p	5:00p-5:40p 6:20p-7:00p		
4SA	STROKE INTRODUCTION	6:00p-6:40p	5:20p-6:00p	6:00p-6:40p	5:40p-6:20p		
5SA	STROKE DEVELOPMENT		6:00p-6:40p				
6SA	STROKE MECHANICS		6:40p-7:20p				
	Adult Lessons	10:00a-10:40a 6:40p-7:20p		10:00a-10:40a 6:40p-7:20p			

Swim Lesson Fee

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

Classes meet Monday and Wednesday or Tuesday and Thursday for three weeks. Saturday classes meet once a week for five weeks

Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt
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