



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA

**July 6th - July 24th**

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	<b>WATER DISCOVERY</b>	6:30p-7:00p		6:30p-7:00p			10:00a-10:30a
B	<b>WATER EXPLORATION</b>		10:00a-10:30a		10:00a-10:30a		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	<b>WATER ACCLIMATION</b>	6:00p-6:30p	10:30a-11:00a 6:30p-7:00p	6:00p-6:30p	10:30a-11:00a 6:30p-7:00p		10:30a-11:00a
2PS	<b>WATER MOVEMENT</b>	5:30p-6:00p	11:00a-11:30a 5:30p-6:00p	5:30p-6:00p	11:00a-11:30a 5:30p-6:00p		11:00a-11:30a
3PS	<b>WATER STAMINA</b>		6:00p-6:30p		6:00p-6:30p		
4PS	<b>STROKE INTRODUCTION</b>						

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

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

### Swim Lesson Fee

<b>Member</b>	6 lessons \$75.00	
<b>Non-Member</b>	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  
[cschmidt@lansingymca.org](mailto:cschmidt@lansingymca.org)