



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

Classes meet 2x a week for 3 wks June 9-June 26

	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						

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	5:45-6:15p	6:20-6:50p	5:45-6:15p	6:20-6:50p		9:30-10:00a
2PS	WATER MOVEMENT	5:45-6:15p	6:20-6:50p	5:45-6:15p	6:20-6:50p		
3PS	WATER STAMINA	5:45-6:15p	6:25-6:55p	5:45=6:15p	6:25-6:55p		10:40-11:10a
4PS	STROKE INTRODUCTION						

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

1SA	WATER ACCLIMATION	5:45-6:15p	5:45-6:15p	5:45-6:15p	5:45-6:15p		
2SA	WATER MOVEMENT	6:20-6:55p	5:45-6:15p	6:20-6:55p	5:45-6:15p		*10:10-10:35p
3SA	WATER STAMINA	6:20-7:00p	5:45-6:25p	6:20-7:00p	6:20-7:00p		10:40-11:10a
4SA	STROKE INTRODUCTION	6:20-7:00p	5:45-6:25p	6:20-7:00p	6:25-7:05p		*9:30-10:10a
5SA	STROKE DEVELOPMENT		6:30-7:10p		6:30-7:10p		
6SA	Pre-team						
	Adults*		6:25-7:10p		6:2507:10p		

Swim Lesson Fee

Member	\$75.00
Non-Member	\$95.00

Weekday classes will meet 2x a week for 3 weeks

Saturday Classes will meet 1x per week for 5 weeks June 6- July 18 | 11 no class July 4

*Parent Tot will meet 1x a week for 5 weeks June 8- July 13 no class June 29

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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