



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

September 14-October 24 Fall 1 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						10:10-10:40a
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	5:45-6:15	5:45-6:15p	5:45-6:15p	5:45-6:15p		10:40-11:10a
2PS	WATER MOVEMENT	6:20-6:50	6:20-6:50p	6:15-6:45p	6:15-6:45p		9:30-10:00a
3PS	WATER STAMINA		6:20-6:50p				11:10-11:40a
4PS	STROKE INTRODUCTION		5:45-6:25p				

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		
2SA	WATER MOVEMENT		6:20-6:50p	6:00-6:30p	5:45-6:15p		9:30-10:00a
3SA	WATER STAMINA	5:45-6:25p	5:45-6:25p	6:30-7:10p	6:20-7:00p		10:35-11:15a
4SA	STROKE INTRODUCTION	6:25-7:05p	6:25-7:05p		6:25-7:05p		11:15-11:55a
5SA	STROKE DEVELOPMENT	6:30-7:10p		6:00-6:40p			
6SA	Pre-Team						
	Adult Lessons		7:05-7:50p		7:05-7:50p		

Swim Lesson Fee

Member	\$75.00
Non-Member	\$95.00

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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