



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA

**September 14th - October 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 | WATER DISCOVERY   | 5:00p-5:30p |  |             |  |  | 10:00a-10:30a |
| B | WATER EXPLORATION |             |  | 5:00p-5:30p |  |  | 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   | 5:30p-6:00p | 5:30p-6:00p | 6:00p-6:30p | 6:30p-7:00p |  | 10:30a-11:00a |
| 2PS | WATER MOVEMENT      | 6:00p-6:30p | 6:00p-6:30p | 5:30p-6:00p | 5:30p-6:00p |  | 11:00a-11:30a |
| 3PS | WATER STAMINA       |             | 6:30p-7:00p |             | 6:00p-6:30p |  |               |
| 4PS | STROKE INTRODUCTION |             |             |             |             |  |               |

## SCHOOL-AGED LEVELS (6-10 years)

### Swim Basics Stage 1-3 Swim Strokes Stage 4-7

|     |                     |                            |             |                            |                            |  |               |
|-----|---------------------|----------------------------|-------------|----------------------------|----------------------------|--|---------------|
| 1SA | WATER ACCLIMATION   | 5:30p-6:00p<br>6:40p-7:10p |             | 6:00p-6:30p<br>6:40p-7:10p | 5:30p-6:00p                |  | 10:00a-10:30a |
| 2SA | WATER MOVEMENT      | 5:30p-6:00p<br>6:00p-6:30p |             | 5:30p-6:00p                | 5:30p-6:00p<br>6:00p-6:30p |  | 10:30a-11:00a |
| 3SA | WATER STAMINA       | 6:00p-6:40p                |             | 5:20p-6:00p                | 6:00p-6:40p                |  | 11:00a-11:40a |
| 4SA | STROKE INTRODUCTION |                            | 5:30p-6:10p | 6:00p-6:40p                | 6:40p-7:20p                |  |               |
| 5SA | STROKE DEVELOPMENT  |                            | 6:10p-6:50p |                            |                            |  |               |
| 6SA | STROKE MECHANICS    |                            | 6:50p-7:30p |                            |                            |  |               |
|     | Adult Lessons       | 6:30p-7:10p                |             | 6:30p-7:10p                | 6:30p-7:10p                |  |               |

## Swim Lesson Fee

|                   |                          |  |
|-------------------|--------------------------|--|
| <b>Member</b>     | <b>6 lessons \$75.00</b> |  |
| <b>Non-Member</b> | <b>6 Lessons \$95.00</b> |  |

Classes meet Monday through Thursday, and Saturday for 6 weeks

## Questions?

Please contact Westside Aquatics Coordinator, Carl Schmidt  
[cschmidt@lansingymca.org](mailto:cschmidt@lansingymca.org)