



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

October 26-December 12

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			6:20-6:50p			10:35-11:05am
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		6:00-6:30p	5:45-6:15p			10:35-11:10am
2PS	WATER MOVEMENT		6:00-6:30p				10:00-10:30am
3PS	WATER STAMINA						
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION		5:30-6:00p				10:00-10:30am
2SA	WATER MOVEMENT		6:00-6:30p		5:45-6:15p		10:00-10:30am
3SA	WATER STAMINA				6:15-6:55p		11:10-11:50am
4SA	STROKE INTRODUCTION				6:15-6:55p		11:10-11:50am
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45p			

Swim Lesson Fee

Member	6 lessons 75.00	
Non-Member	6 lessons 95.00	

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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