



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

**See bottom for class dates**

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>			6:15-7:15p			
B	<b>WATER EXPLORATION</b>						

**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>	5:45-6:15p	9:00-9:30a	5:45-6:15p	9:00-9:30a		
2PS	<b>WATER MOVEMENT</b>		9:40-10:10a		9:40-10:10a		
3PS	<b>WATER STAMINA</b>	6:20-6:50p	10:20-10:50a		10:20-10:50a		
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>	6:00-6:30p					
2SA	<b>WATER MOVEMENT</b>	6:40-7:10p		6:40-7:10p			
3SA	<b>WATER STAMINA</b>	7:10-7:40p					
4SA	<b>STROKE INTRODUCTION</b>			6:00-6:40p			
5SA	<b>STROKE DEVELOPMENT</b>						
6SA	<b>STROKE MECHANICS</b>						
	<b>Adult Lessons</b>			7:00-7:45			

## Swim Lesson Fee

<b>Member</b>	6 lessons \$65	
<b>Non-Member</b>	6 Lessons \$85	

**DATES** Tues-Thurs AM classes June 10-June 20 will meet 2x per week for 3 Weeks  
 Evening Classes will meet June 10-July 24 No classes week of July 1st

## Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
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