



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

Classes meet 2x a week for 3 wks June 10-June 27

	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		*6:00-6:30p				*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	10:15-10:45a 5:45-6:15p 6:20-6:50p	6:20-6:50p	10:15-10:45a 5:45-6:15p 6:20-6:50p	6:20-6:50p		*9:30-10:00a
2PS	WATER MOVEMENT	10:50-11:20a 5:45-6:15p	6:20-6:50p	10:50-11:20a 5:45-6:15p	6:20-6:50p		*9:30-10:00a
3PS	WATER STAMINA	5:45-6:15p	6:30-7:00p	5:45-6:15p	6:30-7:00p		*10:10-10:40a
4PS	STROKE INTRODUCTION						

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

1SA	WATER ACCLIMATION	6:20-6:50p	5:45-6:15p	6:20-6:50p	5:45-6:15p		*10:45-11:15a
2SA	WATER MOVEMENT	6:20-6:50p	5:45-6:15p	6:20-6:50p	5:45-6:15p		*10:45-11:15a
3SA	WATER STAMINA	6:20-7:00p	5:45-6:25p	6:20-6:50p	6:20-7:00p		
4SA	STROKE INTRODUCTION		6:25-7:05p		6:25-7:05p		
5SA	STROKE DEVELOPMENT						
6SA	Swim Club						
	Adult Lessons		*7:00-7:40				

Swim Lesson Fee

Member	\$65.00
Non-Member	\$85.00

Weekday classes will meet 2x a week for 3 weeks

*Saturday classes meet June 8- July 20 * Water Discovery/Parent/Tot will also meet 1x a week for 6 weeks.

July lessons registration begins June 17 for members and June 19 for non-members

Classes will be meet 1x per week for 6 weeks beginning July 8

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
tsheridan@lansingymca.org