



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Westside YMCA

**June 12-29**

Classes meet 2x per week

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		6:30p - 7:00p(1x week, 5 weeks, price adjusted)		6:30p - 7:00p(1x week, 5 weeks, price adjusted)		
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	5:00p - 5:30p (M/W)		5:00p - 5:30p (M/W)			
2PS	WATER MOVEMENT	5:40p - 6:10p (M/W)	5:50p - 6:20p (Tu/Th)	5:40p - 6:10p (M/W)	5:50p - 6:20p (Tu/Th)		
3PS	WATER STAMINA	6:20p - 7:00p (M/W)	5:00p - 5:40p (Tu/Th)	6:20p - 7:00p (M/W)	5:00p - 5:40p (Tu/Th)		
4PS	STROKE INTRODUCTION						

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

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

1SA	WATER ACCLIMATION	9:00a - 9:30a (M/W)		9:00a - 9:30a (M/W)			
2SA	WATER MOVEMENT	9:40a - 10:10a 5:00p - 5:30p (M/W)	5:50p - 6:20p (Tu/Th)	9:40a - 10:10a 5:00p - 5:30p (M/W)	5:50p - 6:20p (Tu/Th)		
3SA	WATER STAMINA	10:20a - 11:00a 5:40p - 6:20p (M/W)		10:20a - 11:00a 5:40p - 6:20p (M/W)			
4SA	STROKE INTRODUCTION	6:20p - 7:00p (M/W)		6:20p - 7:00p (M/W)			
5SA	STROKE DEVELOPMENT		5:00p - 5:40p (Tu/Th)		5:00p - 5:40p (Tu/Th)		
6SA	STROKE MECHANICS						
	Adult Lessons						

Swim Lesson Fee: 6 Lessons meeting 2 x per week

Member	\$65.00
Non-Member	\$85.00

Registration for July classes will begin June 17 for members and June 19 for non members.  
Classes in July will meet 1x per week for 6 weeks Beginning the week of July 8

Questions?

Please Contact : Colin Norton Aquatics Manager Westside YMCA [cnorton@lansingymca.org](mailto:cnorton@lansingymca.org)