



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Westside YMCA

## July 8th - August 16th

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				
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	5:00pm - 5:30pm	10am - 10:30am 5:00pm - 5:30pm	5:00pm - 5:30pm	5:00pm - 5:30pm		
2PS	WATER MOVEMENT	5:40pm - 6:10pm	10:30am - 11:00am 5:50pm - 6:20pm		10am - 10:30am		
3PS	WATER STAMINA	6:20pm - 7:00pm		6:20pm - 7:00pm	10:30am - 11:00am		
4PS	STROKE INTRODUCTION						

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

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

1SA	WATER ACCLIMATION	9:00am - 9:30am 5:00pm - 5:30pm	5:40p - 6:10p	5:00pm - 5:30pm	5:40pm - 6:10pm		
2SA	WATER MOVEMENT	9:40am - 10:10am 5:40pm - 6:10pm		9:00am - 9:30am 5:40pm - 6:10pm	5:00pm - 5:30pm		
3SA	WATER STAMINA	10:20am - 11:00am 6:20pm - 7:00pm		9:40am - 10:10am 5:40pm - 6:20pm	5:40pm - 6:20pm		
4SA	STROKE INTRODUCTION		6:20pm - 7:00pm	10:20am - 11:00am 6:20pm - 7:00pm	6:20pm - 7:00pm		
5SA	STROKE DEVELOPMENT		5:00pm - 5:40pm		6:20pm - 7:00pm		
6SA	STROKE MECHANICS						
	Adult Lessons						

Swim Lesson Fee:    6 Lessons meeting 1 x per week

Member	\$65.00
Non-Member	\$85.00

Registration for Fall Session 1 classes will begin August 19 for members and August 21 for non-members  
Classes in the Fall Session 1 will meet 1x per week for 6 weeks, beginning the week of September 9

Questions?

Please Contact : Colin Norton Aquatics Manager Westside YMCA    cnorton@lansingymca.org