



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

Sept. 9th-October 19 Fall 2024

Classes meet 1x 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	6:15-6:45p					
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	5:00- 5:30pm	5:40-6:10pm		5:00 - 5:30pm		
2PS	WATER MOVEMENT	5:40- 6:10pm			5:40- 6:10pm		
3PS	WATER STAMINA				6:15-6:45pm		
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	5:00-5:30pm	6:10-6:40pm	5:00-5:40pm			
2SA	WATER MOVEMENT	5:40 - 6:10pm		5:40-6:10pm			
3SA	WATER STAMINA		5:00-5:30pm	6:20-6:50pm			
4SA	STROKE INTRODUCTION		6:10-6:50pm		5:30-6:10pm		
5SA	STROKE DEVELOPMENT		5:30-6:10pm		6:10-6:50pm		
6SA	STROKE MECHANICS						
	Adult Lessons	6:15-6:55pm					

6 Lessons Meet 1x per week

Member	\$68.00
Non-Member	\$88.00

Questions?

Please Contact : Theresa Sheridan Regional Aquatic Director@ tsheridan@lansingymca.org