



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# OAK PARK YMCA

## September 9-October 19th Fall 2024

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			6:20-6:50			10:00-10:30a
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			5:45-6:15			
2PS	WATER MOVEMENT						10:35-11:05p
3PS	WATER STAMINA						
4PS	STROKE INTRODUCTION						

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

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

1SA	WATER ACCLIMATION		5:45-6:15p				11:10-11:40a
2SA	WATER MOVEMENT		6:20-6:55p				
3SA	WATER STAMINA						
4SA	STROKE INTRODUCTION						
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45		9:00-9:45p	

### Swim Lesson Fee

<b>Member</b>	6 lessons \$68.00
<b>Non-Member</b>	6 Lessons \$88.00

### Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
[tsheridan@lansingymca.org](mailto:tsheridan@lansingymca.org)