



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parkwood YMCA

January 6-February 15 Winter 2025

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	6:20-6:50p					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	6:20-6:50p	5:45-6:15p	5:00-5:30p	5:45-6:15p		9:30-10:00a
2PS	WATER MOVEMENT		6:20-6:50p	5:35-6:05p	5:45-6:15p		10:00-10:30a
3PS	WATER STAMINA	6:25-6:55p	5:45-6:25p		5:45-6:15p		
4PS	STROKE INTRODUCTION	5:45-6:25p					

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION		5:45-6:15p	6:10-6:40p			10:30-11:00a
2SA	WATER MOVEMENT		6:20-6:50p	5:00-5:30p	6:20-6:50p		9:30-10:00a
3SA	WATER STAMINA	5:45-6:25p	5:45-6:15p		6:20-7:00p		10:00-10:40a
4SA	STROKE INTRODUCTION	5:45-6:25p	6:25-7:05p	5:35-6:15p	6:20-7:00p		10:45-11:25a
5SA	STROKE DEVELOPMENT		6:25-7:10p	6:20-7:00p			
6SA	Pre-Team	6:25-7:05p					
	Adult Lessons		7:10-7:50p				

Swim Lesson Fee

Member	\$68.00
Non-Member	\$88.00

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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