



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Westside YMCA

## January 6 -February 15 Winter 2025

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					9:30-10:00a
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	5:30p-6:00p		5:30p-6:00p		10:00-10:30a
2PS	WATER MOVEMENT	5:40- 6:10pm	5:00p-5:30p		6:00p-6:30p		10:30-11:00a
3PS	WATER STAMINA		6:00p-6:30p		6:30p-7:00p		
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		5:00-5:40pm			
2SA	WATER MOVEMENT	5:40 - 6:10pm		5:40-6:10pm			
3SA	WATER STAMINA			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