



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

February 17- March 29 Winter II 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			
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		6:00-6:30p	5:45-6:15p			
2PS	WATER MOVEMENT		5:15-5:45p		6:00-6:30p		
3PS	WATER STAMINA			5:45-6:15p			
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		6:30-7:00p		
2SA	WATER MOVEMENT		6:20-6:55p	6:15-6:45p			
3SA	WATER STAMINA		6:30-6:10p				
4SA	STROKE INTRODUCTION						
5SA	STROKE DEVELOPMENT						
6SA	STROKE MECHANICS						
	Adult Lessons			7:00-7:45p			

Swim Lesson Fee

Member	6 lessons \$70.00	
Non-Member	6 Lessons \$90.00	

Questions?

Please contact Regional Aquatics Director, Theresa Sheridan
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