



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Parkwood 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	<b>WATER DISCOVERY</b>	6:20-6:50p					10:00-10:30a
B	<b>WATER EXPLORATION</b>						10:40-11:10a

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

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

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

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

### Swim Lesson Fee

<b>Member</b>	<b>\$70.00</b>
<b>Non-Member</b>	<b>\$90.00</b>

### Questions?

Please contact Regional Aquatics Director, Theresa Sheridan  
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