



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

February 17- Winter II 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				6:00-6:30p		

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	5:30 - 6:00p	5:30p-6:00p		10:00-10:30a
2PS	WATER MOVEMENT	5:40- 6:10pm	5:00p-5:30p	6:00-6:30p			10:30-11:00a
3PS	WATER STAMINA		6:00p-6:30p	6:30 - 7:00p	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	5:30 - 6:00pm	5:00-5:40pm	5:30 - 6:00pm		
2SA	WATER MOVEMENT	5:40 - 6:10pm	6:00 - 6:30pm	5:40-6:10pm	5:00 - 5:30pm 6:00 - 6:30pm		9:30 - 10:00am
3SA	WATER STAMINA		5:30-6:10pm	6:20-6:50pm	5:00 - 5:30pm		10:00 - 10:30am
4SA	STROKE INTRODUCTION	5:00 - 5:40pm	6:10-6:50pm	5:00 - 5:40pm	5:30-6:10pm		10:30 - 11:10am
5SA	STROKE DEVELOPMENT	5:40 - 6:10pm	6:30 - 7:10pm	5:40 - 6:20pm	6:10-6:50pm		
6SA	STROKE MECHANICS	6:10 - 6:50pm					
	Adult Lessons	6:15-6:55pm		6:20-7:00pm			

6 Lessons Meet 1x per week

Member	\$70.00
Non-Member	\$90.00

Questions?

Please Contact : Carl Schmidt - Westside Aquatics Coordinator cschmidt@lansingymca.org