



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

OAK PARK YMCA

April 7-May 17 SPRING 2025

PARENT/CHILD LEVELS (6 months-3 years)

Parents or other care-providers accompany children in the water for levels A and B.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A WATER DISCOVERY						
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	5:30-6:00p	6:00-6:30p	5:30-6:00p			
2PS WATER MOVEMENT		5:15-5:45p		6:00-6:30p		
3PS WATER STAMINA			6:00-6:30p			
4PS STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years) Swim Basics Stage 1-3 Swim Strokes Stage 4-7

1SA WATER ACCLIMATION	6:00-6:30p	5:45-6:15p		6:30-7:00p		
2SA WATER MOVEMENT	6:30-7:00p	6:20-6:55p				
3SA WATER STAMINA		6:30-6:10p				
4SA STROKE INTRODUCTION	6:00-6:40p					
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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