



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Westside YMCA

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April 7th - May 17th Spring I 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						9:30a-10:00a
B	WATER EXPLORATION	6:00p-6:30p			5:30p-6:00p		

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	5:00p-5:30p	5:30p-6:00p	5:00p-5:30p	5:00p-5:30p		10:00a-10:30a
2PS	WATER MOVEMENT	5:30p-6:00p	5:00p-5:30p	5:30p-6:00p			10:30a-11:00a
3PS	WATER STAMINA		6:00p-6:40p	6:00p-6:40p	6:00p-6:40p		
4PS	STROKE INTRODUCTION						

SCHOOL-AGED LEVELS (6-10 years)

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

1SA	WATER ACCLIMATION	5:00p-5:30p	5:30p-6:00p 6:40p-7:10p	5:00p-5:30p	5:30p-6:00p 6:20p-6:50p		
2SA	WATER MOVEMENT	5:30p-6:00p	6:10p-6:40p	5:00p-5:30p 5:30p-6:00p	5:00p-5:30p 5:40p-6:10p		9:30a-10:00a
3SA	WATER STAMINA		5:30p-6:10p	6:00p-6:40p	6:00p-6:40p		10:00a-10:40a
4SA	STROKE INTRODUCTION	5:00p-5:40p	6:00p-6:40p		5:00p-5:40p		10:40a-11:20a
5SA	STROKE DEVELOPMENT	5:40p-6:20p		5:40p-6:20p			
6SA	STROKE MECHANICS	6:20p-7:00p					
	Adult Lessons	6:00p-6:40p		6:20p-7:00p			

6 Lessons Meet 1x per week

Member	\$70.00
Non-Member	\$90.00

Questions?

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