



OAK PARK YMCA

Swim Lesson Schedule - Winter 2, March 5-May 5, 2018

	Monday	Tuesday	Thursday	Saturday
	March 5-April 30 No Class Monday, April 2	March 6-May 1 No Class Tuesday, April 3	March 8-May 3, No Class Thursday, April 5	March 10-May 5 No class Saturday March 30

PARENT/CHILD LEVELS (6 months-3 years)

Parents or other care-providers accompany children in the water for levels A & B. Swim diapers are required.

A	WATER DISCOVERY		5:00-5:30pm with Sarah	11:00-11:30 AM with Sarah
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PRESCHOOL-AGED LEVELS (3-5 years)

Students must be fully potty trained and comfortable without a parent in the water.

1PS	WATER ACCLIMATION	5:30-6:00 PM with Sarah and Tasha		5:45-6:15 PM with Sarah and Aaron	9:00-9:30 AM with Sarah
2PS	WATER MOVEMENT	6:10-6:40 PM with Sarah and Tasha		5:45-6:15 PM with Sarah and Aaron	9:40-10:10 AM with Sarah
3PS	WATER STAMINA	6:50-7:20 PM with Sarah and Tasha		6:25-6:55 PM with Sarah and Aaron	10:20-10:50 AM with Sarah Combined with Stage 4PS
4PS	STROKE INTRODUCTION	6:50-7:20 PM with Sarah and Tasha		6:25-6:55 with Sarah and Aaron	10:20-10:50 AM with Sarah Combined with Stage 3PS

SCHOOL-AGED LEVELS (6-10 years)

1SA	WATER ACCLIMATION	5:30-6:00 PM with Aaron			9:00-9:30 AM with Aaron
2SA	WATER MOVEMENT	6:10-6:40 PM with Aaron	5:45-6:15 PM with Aaron		9:40-10:10 AM with Aaron
3SA	WATER STAMINA	6:50-7:20 PM with Aaron Combined with Stage 4SA	6:25-6:55 PM with Aaron Combined with Stage 4SA		10:20-10:50 AM with Aaron Combined with Stage 4SA
4SA	STROKE INTRODUCTION	6:50-7:20 PM with Aaron Combined with Stage 3SA	6:25-6:55 PM with Aaron Combined with Stage 3SA		10:20-10:50 AM with Aaron Combined with Stage 3SA
5SA	STROKE DEVELOPMENT				11:00 AM-11:45 AM with Aaron Combined with Stage 6SA
6SA	STROKE MECHANICS				11:00 AM-11:45 AM with Aaron Combined with Stage 5SA

Group Swim Lesson Fees

Member \$45.00 Non-member \$65.00

Private Swim Lessons: 30 minute swim lesson designed to meet participant's specific needs.

\$25 member \$40 non-member. Contact Tasha to schedule tmills@ymcaoflansing.org.