



FOR YOUTH DEVELOPMENT FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY FOR SOCIAL RESPONSIBILITY

FALL 1-SWIM LESSONS Parkwood YMCA

September 11 – October 21

Mon Tue Wed Thurs Sat Sun

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			6:20p		10:20a	
B	WATER EXPLORATION			6:20p		10:20a	
1T	WATER ACCLIMATION						

PRESCHOOL-AGED LEVELS (3–5 years)

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

1PS	WATER ACCLIMATION	11:00a 6:10p	5:30p	5:45p	5:30p	9:45a	
2PS	WATER MOVEMENT	11:30a 5:30p 6:45p			6:45p	11:00a	
3PS	WATER STAMINA	5:30p	6:45p	6:20p	5:30p	11:00a	
4PS	STROKE INTRODUCTION		6:10p				

SCHOOL-AGED LEVELS (6–10 years)

1SA	WATER ACCLIMATION	6:10p	5:30p		6:10p	11:00a	
2SA	WATER MOVEMENT	6:45p	6:45p	5:45p	5:30p		
3SA	WATER STAMINA	6:45p	5:30p		6:10p	10:20a	
4SA	STROKE INTRODUCTION	5:30p	6:10p		6:10p	10:20a	
5SA	STROKE DEVELOPMENT	6:10p	6:10p		6:45p	9:45a	
6SA	STROKE MECHANICS		6:45p	7:00p	6:45p	9:45a	
7SA	SWIM CLUB			7:00–8:00p			5:00–6:00p

SWIM LESSON FEES:

Member	\$35.00
Non-Member	\$55.00

All Classes meet 1x per week for 6 weeks

Private Lessons are available: Call Aquatics Director, Theresa Sheridan, 517-827-9680

