



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL 2: SWIM LESSONS - Parkwood YMCA

October 23 - December 16

*No Classes Week of November 20-25

	Mon	Tue	Wed	Thurs	Sat	Sun
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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		6:45p	11:10a	
3PS	WATER STAMINA	5:30p	6:45p	6:20p	5:30p	11:10a	
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	6:50p	6:55p	5:45p	5:30p		
3SA	WATER STAMINA	6:50p	5:30p		6:10p	10:30a	
4SA	STROKE INTRODUCTION	5:30p	6:10p		6:10p	10:30a	
5SA	STROKE DEVELOPMENT	6:10p	6:10p		6:55p	9:45a	
6SA	STROKE MECHANICS		6:55p	7:00p	6:55p	9:45a	
7SA	SWIM CLUB			7:00-8:00p			4:30-5:30p

SWIM LESSON FEES:

Member	\$35.00
Non-Member	\$55.00

Questions?

Please contact Parkwood Aquatics Director,
Theresa Sheridan, 517-827-9680 or
tsheridan@ymcaoflansing.org

Additional Swim Lesson Information

All Classes meet 1x per week for 7 weeks

Private Lessons are available.

Adult Swim Classes are available on Wed evenings at 7pm

