



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PARKWOOD YMCA

## Swim Lesson Schedule - Session Summer 1 (June 12 - July 24)

Mon	Tues/Thurs	Wed	Sat
June 12 - July 24	June 13-June 27	June 14- July 26	June 17 July 29

### PARENT/CHILD LEVELS (6 months-3 years)

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

<b>A</b> WATER DISCOVERY			6:05-6:35	10:20-10:50
<b>B</b> WATER EXPLORATION			6:05-6:35	10:20-10:50
<b>1T</b> WATER ACCLIMATION				

### PRESCHOOL-AGED LEVELS (3-5 years)

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

<b>1PS</b> WATER ACCLIMATION	11:00-11:30 M/W 5:30-6:00	5:45-6:15	5:30-6:00	11:00-11:30
<b>2PS</b> WATER MOVEMENT	11:00-11:30 M/W 6:05-6:35	11:30-12:00 6:55-7:25	6:35-7:05	9:45-10:15
<b>3PS</b> WATER STAMINA	6:05-6:35	11:30- 12:00 6:20-6:50	6:05-6:35	
<b>4PS</b> STROKE INTRODUCTION	6:40-7:10			

### SCHOOL-AGED LEVELS (6-10 years)

<b>1SA</b> WATER ACCLIMATION	11:30-12:00 M/W 5:30-6:00		5:30-6:00 6:45-7:15	
<b>2SA</b> WATER MOVEMENT	11:30-12:00 M/W 5:30-6:00	5:45-6:15p 7:00-7:40	5:30-6:00	9:45-10:15
<b>3SA</b> WATER STAMINA	5:30-6:10 6:05-6:45	11:00-11:30 5:45-6:25	6:05-6:45	10:20-10:50
<b>4SA</b> STROKE INTRODUCTION	6:05-6:45 6:35-7:15	11:00-11:40 6:30-7:10	6:15-6:55	11:05-11:45
<b>5SA</b> STROKE DEVELOPMENT	6:50-7:30	7:00-7:40	6:50-7:30	
<b>6SA</b> STROKE MECHANICS		6:20-7:00		

\*NO CLASSES July 3rd- July 10

#### Swim Lesson Fees

<b>Member</b>	<b>\$35.00</b>
<b>Non-Member</b>	<b>\$55.00</b>

\*\*M/W/S classes are 6 week sessions 1X/week

\*\*\*T/Th classes are 3 week sessions 2X/week