



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WESTSIDE YMCA

## Swim Lesson Schedule March 5- May 5

|  | Mon Mar. 5-Apr. 30 | Tue Mar. 6-May 1 | Wed Mar. 7-May 2 | Thur Mar. 8-May 3 | Sat Mar.10-May 5 |
|--|--------------------|------------------|------------------|-------------------|------------------|
|--|--------------------|------------------|------------------|-------------------|------------------|

### 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>  | <b>WATER DISCOVERY</b>   | 6:40P | 6:05P |  | 6:15P | 10:20A |
| <b>B</b>  | <b>WATER EXPLORATION</b> | 6:40P | 6:05P |  | 6:15P | 10:20A |
| <b>1T</b> | <b>WATER ACCLIMATION</b> |       |       |  |       |        |

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

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

|            |                            |        |                 |        |        |        |
|------------|----------------------------|--------|-----------------|--------|--------|--------|
| <b>1PS</b> | <b>WATER ACCLIMATION</b>   | 5:30PM | 4:45PM & 6:35PM | 6:00PM | 5:45PM | 9:45A  |
| <b>2PS</b> | <b>WATER MOVEMENT</b>      | 6:05PM | 4:45PM & 5:30PM | 6:35PM | 6:45PM | 11:10A |
| <b>3PS</b> | <b>WATER STAMINA</b>       | 6:15PM | 5:45PM          |        | 5:45PM | 10:30A |
| <b>4PS</b> | <b>STROKE INTRODUCTION</b> |        |                 |        |        |        |

### SCHOOL-AGED LEVELS (6-12 years)

|            |                            |        |        |        |        |                |
|------------|----------------------------|--------|--------|--------|--------|----------------|
| <b>1SA</b> | <b>WATER ACCLIMATION</b>   |        | 5:45PM | 5:30PM | 5:30PM | 11:15A         |
| <b>2SA</b> | <b>WATER MOVEMENT</b>      | 5:45PM | 5:45PM | 6:15PM | 5:30PM | 10:30A         |
| <b>3SA</b> | <b>WATER STAMINA</b>       | 5:45PM | 6:15PM | 6:15PM | 6:40PM | 10:30A         |
| <b>4SA</b> | <b>STROKE INTRODUCTION</b> | 6:15PM | 6:15PM | 5:30PM | 6:00PM | 9:45A & 11:15A |
| <b>5SA</b> | <b>STROKE DEVELOPMENT</b>  | 6:15PM | 6:15PM |        |        | 9:45A          |
| <b>6SA</b> | <b>STROKE MECHANICS</b>    | 6:15PM |        |        |        |                |

#### Swim Lesson Fees

|                   |                |
|-------------------|----------------|
| <b>Member</b>     | <b>\$45.00</b> |
| <b>Non-Member</b> | <b>\$65.00</b> |

#### Instructors:

Shoshie: Instructor of Preschool-Aged and Parent Child Lessons  
David: Instructor of School-Aged Lessons  
John: Instructor of Stroke Intro/Development/Mechanics  
Mindy: Instructor of Preschool-Aged Lessons  
Joe: Instructor of School-Ages Lessons

All Classes meet one time per week for 8 weeks.

Classes will not be held the week of March 31st through April 6th.