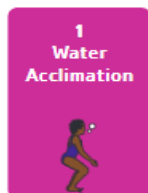


# West End Swim Lessons

## 6/9/2025 through 8/2/2025

<p>Schedule runs June 9 to August 2 and is subject to change.</p> <p><u><a href="#">Registration for all classes starts- May 20<sup>th</sup></a></u></p> <p>Contact Shanti Blatnik or Michelle Wittreich for any questions at: <a href="mailto:sblatnik@lakecountyyymca.org">sblatnik@lakecountyyymca.org</a> <a href="mailto:mwittreich@lakecountyyymca.org">mwittreich@lakecountyyymca.org</a></p>	Monday	Tuesday	Wednesday	Thursday	Saturday
	Adult Lessons 11:05-11:35am		Water Polo 6:30-7:15 ages 8-13 7:15-8 ages 14-18	Adult Lessons 5:15-5:45pm 5:50-6:20pm	
			Parent /Child 5:20-5:50pm 5:55-6:25pm	Parent /Child 10:40-11:10am 5:40-6:10pm 6:20-6:50pm	Parent /Child 9-9:30am 9:40-10:10am 11:30-12pm
	Preschool Stage 1 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	Preschool Stage 1 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	Preschool Stage 1 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm		Preschool Stage 1 9-9:30am 9:40-10:10am 10:15-10:45am 10:50-11:20am
	Preschool Stage 2 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	Preschool Stage 2 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm	Preschool Stage 2 4:40-5:10pm 5:20-5:50pm 5:55-6:25pm 6:30-7pm		Preschool Stage 2 9-9:30am 9:40-10:10am 10:15-10:45am 10:50-11:20am
	Preschool Stage 3 5:20-5:50pm 6:30-7pm	Preschool Stage 3 5:55-6:25pm	Preschool Stage 3 5:20-5:50pm 6:30-7pm		Preschool Stage 3 10:15-10:45am
	Preschool Stage 4 6:30-7pm				
	Youth Stage 1 4:40-5:10pm 6:25-6:55pm	Youth Stage 1 5:15-5:45pm	Youth Stage 1 5:50-6:20pm		Youth Stage 1 9:10-9:40am 10:55-11:25am
	Youth Stage 2 5:15-5:45pm 5:50-6:20pm	Youth Stage 2 4:40-5:10pm 5:50-6:20pm 6:25-6:55pm	Youth Stage 2 4:40-5:10pm 5:15-5:45pm		Youth Stage 2 9:45-10:15am 10:20-10:50am
	Youth Stage 3 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm	Youth Stage 3 5:15-5:45pm 5:50-6:20pm	Youth Stage 3 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm		Youth Stage 3 9:10-9:40am 9:45-10:15am 10:20-10:50am
	Youth Stage 4 4:40-5:10pm 5:15-5:45pm 5:50-6:20pm 6:25-6:55pm	Youth Stage 4 4:40-5:10pm 5:50-6:20pm 6:25-6:55pm	Youth Stage 4 4:40-5:10pm 6:25-6:55pm		Youth Stage 4 10:20-10:50am 10:55-11:25am
	Youth Stage 5 5:50-6:20pm 6:25-6:55pm	Youth Stage 5 5:15-5:45pm 6:25-6:55pm	Youth Stage 5 4:40-5:10pm		Youth Stage 5 9:45-10:15 10:55-11:25am
	Youth Stage 6 6:25-6:55pm			Teen Lessons 4:30-5pm	Youth Stage 6 10:20-10:50am



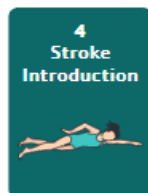
Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance



Encourages forward movement in water and basic self-rescue skills performed independently



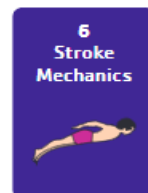
Develops intermediate self-rescue skills performed at longer distances than in previous stages



Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke



Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke



Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle