



# SWIM LESSON SCHEDULE

WINTER 1: Monday 1/2 - Sunday 2/26

WINTER 2: Monday 2/27 - Sunday 4/16

SPRING: Monday 4/17 - Sunday 6/11

| MONDAY            |           |
|-------------------|-----------|
| Class (Ages)      | Time (pm) |
| Preschool 1 (3-5) | 5:00-5:30 |
| Preschool 2 (3-5) | 5:35-6:05 |
| Preschool 3 (3-5) | 6:10-6:40 |
| Youth 1 (6-11)    | 5:00-5:30 |
| Youth 1 (6-11)    | 5:35-6:05 |
| Youth 2 (6-11)    | 6:10-6:40 |
| Youth 3 (6-11)    | 5:35-6:05 |
| Youth 4 (6-11)    | 5:00-5:30 |
| Youth 5 (6-11)    | 6:10-6:40 |

| TUESDAY           |           |
|-------------------|-----------|
| Class (Ages)      | Time (pm) |
| Preschool 1 (3-5) | 5:00-5:30 |
| Preschool 1 (3-5) | 6:10-6:40 |
| Preschool 2 (3-5) | 5:35-6:05 |
| Preschool 3 (3-5) | 6:10-6:40 |
| Youth 2 (6-11)    | 5:00-5:30 |
| Youth 3 (6-11)    | 5:00-5:30 |
| Youth 4 (6-11)    | 5:35-6:05 |
| Youth 5 (6-11)    | 5:35-6:05 |
| Youth 6 (6-11)    | 6:10-6:40 |

| WEDNESDAY              |           |
|------------------------|-----------|
| Class (Ages)           | Time (pm) |
| Parent Child 1 & 2     | 6:10-6:40 |
| PS 1 with Parent (3-5) | 5:35-6:05 |
| Preschool 1 (3-5)      | 5:00-5:30 |
| Preschool 2 (3-5)      | 5:35-6:05 |
| Youth 1 (6-11)         | 5:00-5:30 |
| Youth 2 (6-11)         | 5:00-5:30 |
| Youth 4 (6-11)         | 6:10-6:40 |
| Youth 5 (6-11)         | 5:35-6:05 |
| Youth 6 (6-11)         | 6:10-6:40 |

| THURSDAY                |           |
|-------------------------|-----------|
| Class (Ages)            | Time (pm) |
| Homeschool 3-5 yr olds  | 1:00-1:30 |
| Homeschool 6-11 yr olds | 1:35-2:05 |
| Preschool 1 (3-5)       | 5:35-6:05 |
| Preschool 2 (3-5)       | 6:10-6:40 |
| Preschool 3 (3-5)       | 5:35-6:05 |
| Youth 1 (6-11)          | 6:10-6:40 |
| Youth 2 (6-11)          | 5:35-6:05 |
| Youth 2 (6-11)          | 5:00-5:30 |
| Youth 3 (6-11)          | 5:00-5:30 |
| Youth 3 (6-11)          | 6:10-6:40 |
| Youth 4 (6-11)          | 5:00-5:30 |

| SATURDAY               |             |
|------------------------|-------------|
| Class (Ages)           | Time (am)   |
| Parent Child 1         | 8:25-8:55   |
| Parent Child 2         | 9:00-9:30   |
| PS 1 with Parent (3-5) | 9:35-10:05  |
| Preschool 1 (3-5)      | 10:10-10:40 |
| Preschool 1 (3-5)      | 10:45-11:15 |
| Preschool 2 (3-5)      | 9:35-10:05  |
| Preschool 2 (3-5)      | 10:10-10:40 |
| Preschool 3 (3-5)      | 9:00-9:30   |
| Youth 1 (6-11)         | 9:00-9:30   |
| Youth 1 (6-11)         | 10:45-11:15 |
| Youth 2 (6-11)         | 9:35-10:05  |
| Youth 3 (6-11)         | 10:10-10:40 |
| Youth 4 (6-11)         | 10:10-10:40 |
| Youth 5 (6-11)         | 9:00-9:30   |
| Youth 6 (6-11)         | 9:35-10:05  |

**\*SUNDAY lesson times are listed on reverse side**



# SWIM LESSON SCHEDULE

**WINTER 1: Monday 1/2 - Sunday 2/26**

**WINTER 2: Monday 2/27 - Sunday 4,**

**SPRING: Monday 4/17 - Sunday 6/11**

| SUNDAY PRESCHOOL   |           |
|--------------------|-----------|
| Class (Ages)       | Time (pm) |
| Parent Child 1 & 2 | 4:00-4:30 |
| Preschool 1 (3-5)  | 4:35-5:05 |
| Preschool 2 (3-5)  | 5:10-5:40 |
| Preschool 3 (3-5)  | 5:45-6:15 |

| SUNDAY YOUTH   |           |
|----------------|-----------|
| Class (Ages)   | Time (pm) |
| Youth 1 (6-11) | 4:00-4:30 |
| Youth 2 (6-11) | 4:35-5:05 |
| Youth 3 (6-11) | 5:10-5:40 |
| Youth 4 (6-11) | 5:45-6:15 |
| Youth 5 (6-11) | 5:45-6:15 |

## Parent/Child Classes

**Fees:** \$43 for Y members, \$57 for community participants

**Parent Child 1:** For babies 6-18 months old and a parent; parent and baby get comfortable in the water, learn how to support baby in the water, and baby learns basic water skills.

**Parent Child 2:** For kids 18 months-3 years old; continues to encourage confidence and independence, kids will learn new basic skills including kicks and basic arm movements.

## Preschool Classes (ages 3-5) Fees: \$43 for Y members; \$57 for community participants

**Preschool 1 with Parent:** For 3-5 year olds who still need a parent with them, the lessons use parent participation to teach breath control, bubbles, bobs, floating, and rudimentary swimming.

**Preschool 1:** 3-5 year olds learn basic foundations of swimming that will be built upon in later levels; they will learn breath control, bubbles, bobs, floating, and rudimentary swimming.

**Preschool 2:** 3-5 year old swimmers work towards independence doing floats and glides on their front and back. They begin pairing kicks with arm motions.

**Preschool 3:** 3-5 year olds reinforce previous lesson skills through repetition and swimming further distances, eventually independently. They'll be introduced to new floats and treading water.

## Youth Classes (ages 6-11)

**Fees:** \$43 for Y members; \$57 for community participants

**Level 1-Introduction to Water Skills:** brand new swimmers get comfortable entering/exiting the water, floating and gliding on front and back, and kicks. They also learn other introductory kicks and arm motions.

**Level 2-Fundamental Aquatic Skills:** learn to perform Level 1 skills independently, begin combining arm and leg motions.

**Level 3-Stroke Development:** swimmers will put together front crawl and elementary backstroke. They will learn treading water, additional kicks and floats, and start learning jumps and dives.

**Level 4-Stroke Improvement:** students continue learning Level 3 strokes and add breaststroke, sidestroke, and backstroke. They will be introduced to butterfly and open turns.

**Level 5-Stroke Refinement:** swimmers will refine the six main strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. They'll begin learning flip turns.

**Level 6-Swimming and Skill Proficiency:** swimmers will perfect the Level 5 strokes and learn additional skills tailored to their goals.

TO REGISTER: call the Rite-Hite YMCA front desk at (414)354-9622

If you have swim lesson questions, please contact the Aquatics Department at (414)357-2848



# SWIM LESSON SCHEDULE

WINTER 1: Monday 1/2 - Sunday 2/26

WINTER 2: Monday 2/27 - Sunday 4/16

SPRING: Monday 4/17 - Sunday 6/11

## ADULT AND TEEN LESSON INFORMATION

| ADULT/TEEN LESSONS  |           |                |
|---------------------|-----------|----------------|
| Class               | Day       | Time           |
| Adult Beginner      | Wednesday | 8:00-8:45 am   |
| Adult Beginner      | Saturday  | 10:45-11:30 am |
| Adult Beginner      | Sunday    | 5:20-6:05 pm   |
| Adult Advanced Beg. | Wednesday | 6:45-7:30 pm   |
| Adult Advanced Beg. | Wednesday | 8:45-9:30 am   |
| Adult Intermediate  | Tuesday   | 6:45-7:30 pm   |
| Adult Intermediate  | Sunday    | 4:30-5:15 pm   |
| Teen Beginner       | Sunday    | 4:00-4:45 pm   |
| Teen Intermediate   | Sunday    | 4:50-5:35 pm   |

### Adult Beginner: Learning the Basics

**Fees:** \$33 for Y members; \$47 for community participants

Participants in this class have very little to no swimming skills and may have a fear of water, but they're ready to take the first step to learn how to swim. You'll work towards your own goals while learning water adjustment, floating, basic swimming skills, and personal safety, all while gaining confidence.

### Adult Advanced Beginner: Improving Skills and Swimming Strokes

**Fees:** \$43 for Y members, \$57 for community participants

Swimmers have basic swimming skills and no longer have a fear of the water (even the deep end). They can swim about 25 yards. Swimmers will improve overall swimming skills and strokes, and improve confidence while working towards your personal swimming goals.

### Adult Intermediate: Swimming for Fitness

**Fees:** \$43 for Y members, \$57 for community participants

Swimmers in this class can swim 50 yards (down and back in the YMCA pool) and are looking to work on stroke technique improvement/refinement. You will work with the instructor to develop your own goals for improvement.

### Teen Beginner

**Fees:** \$43 for Y members, \$57 for community participants

These swimmers have little to no swim experience, and may be fearful of the water. They'll learn the basics of water safety and introductory skills with classmates their own age.

### Teen Intermediate

**Fees:** \$43 for Y members, \$57 for community participants

Participants already have introductory skills, but are looking to further improve their swimming abilities, whether for fitness or recreation.

TO REGISTER: call the Rite-Hite YMCA front desk at (414)354-9622

If you have swim lesson questions, please contact the Aquatics Department at (414)357-2848