## Northside Spring Swim lesson Schedule



Beginning Monday April 17th through June 11th, 2017

Prices are \$20. for members and \$27.00 for Community Participants Lesson Guide on back side.

# Parent/Child & Preschool Lessons (0-5 years)

|                               | Monday      | Tuesday     | Wednesday   | Thursday    | Saturday                     |
|-------------------------------|-------------|-------------|-------------|-------------|------------------------------|
| Parent/Child (6 months-3yrs)  |             | 5:40-6:10pm |             |             | 9:30-10am                    |
| Preschool level 1 with Parent |             |             | 5:40-6:10pm |             |                              |
| Preschool level 1 (Pike)      | 6:15-6:45pm | 5:05-5:35pm |             | 5:40-6:10pm | 10:05-10:35a & 11:15-11:45am |
| Preschool level 2 (Eel)       | 5:40-6:10pm | 6:15-6:45pm |             | 5:05-5:35pm | 10:05-10:35am                |
| Preschool level 3 (Ray/Star)  | 5:05-5:35pm |             | 5:05-5:35pm |             | 10:40-11:10a                 |

### Youth Lessons (6-11 years)

|                                 | Monday      | Tuesday     | Wednesday   | Thursday     | Saturday                    |
|---------------------------------|-------------|-------------|-------------|--------------|-----------------------------|
| Youth Level 1 (Pre Polliwog)    | 5:40-6:10pm |             | 6:15-6:45pm | 6:15-6:45pm  | 9:30-10a & 10:40-11:10a     |
| Youth Level 2 (Polliwog)        | 6:15-6:45pm | 5:05-5:35pm |             | 5:05-5:35pm, | 10:05-10:35a & 11:15-11:45a |
| Youth Level 3 (Guppy)           | 5:05-5:35pm |             | 5:40-6:10pm | 5:05-5:35pm  | 9:30-10am & 11:15-11:45a    |
| Youth Level 4 (Minnow)          |             | 5:40-6:10pm |             | 5:40-6:10pm  | 10:40-11:10am               |
| Youth Level 5/6 (Fish/Fly Fish) |             |             | 5:05-5:35pm |              | 10:05-10:35am               |
| Teen Lessons (12-17yrs)         |             |             | 6:50-7:20pm |              | 11:50a-12:20p               |
| Swim Team (8-17 yrs)            |             | 6:15-7:30pm |             | 6:15-7:30pm  |                             |

### **Adult Lessons**

|                   | Monday      | Tuesday | Wednesday   | Thursday | Saturday      |
|-------------------|-------------|---------|-------------|----------|---------------|
| Beginner lessons  | 6:50-7:20pm |         | 6:50-7:20pm |          | 11:50a-12:20p |
| Masters Swim Team |             |         |             |          |               |

### Water Aerobics

Free For members, and \$47. for Community participants for the session.

|                  | Monday      | Tuesday | Wednesday | Thursday | Friday   |
|------------------|-------------|---------|-----------|----------|----------|
| Shallow Water AM | 9a-10a      |         | 9am-10am  |          | 9am-10am |
| Shallow Water PM | 6:30-7:30pm |         | 6p-7pm    |          |          |

This Schedule is for Northside YMCA 1350 W. North Ave. 414-265-9622 Please sign up at the front desk or on-line Any questions please call:
Patricia Frank- Aquatic Director
414-374-9434
pfrank@ymcamke.org