



SWIM LESSON SCHEDULE

SUMMER 1 2017: June 19 - July 23 (5 weeks)

SUMMER 2 2017: July 24 - August 26 (5 weeks)

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)	5:35 - 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(6 months-	6:10-6:40
PS 1 w/ Parent (3 yrs)	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)
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 2(6-11)	5:00 - 5:30
Youth 2 (6-11)	5:35 - 6:05
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(6-24 mont	8:25-8:55
Parent Child 2 (24-36 mo	9:00-9:30
PS 1 w/ Parent (3 yrs)	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 lessons and Specialty lessons are listed on reverse side**



SWIM LESSON SCHEDULE

SUMMER 1 2017: June 19 - July 23 (5 weeks)

SUMMER 2 2017: July 24 - August 26 (5 weeks)

SUNDAY	
Class (Ages)	Time (pm)
PC 1 & 2 (6-24 months)	4:00-4:30
Preschool 1 (3-5)	4:35-5:05
Preschool 2(3-5)	5:10- 5:40
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

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 Intermediate	Tuesday	6:45-7:30 pm
Adult Intermediate	Wednesday	8:45-9:30 am
Adult Intermediate	Sunday	4:30-5:15 pm
Teen Beginner	Sunday	4:00-4:45 pm
Teen Intermediate	Sunday	4:50-5:35 pm

Special Summer Lessons

2-Time per week lessons:

These lessons will run on both Wednesday AND Friday for the length of the session you sign up for (either Summer 1 or Summer 2).

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

Fee: \$59 for YMCA members
\$79 for Community Participants

4-Time per week lessons:

Lessons run Monday through Thursday.

Sign-up is done on a week-to-week basis.

The lessons are scheduled to coincide with Rite-Hite Day Camp. After the camp day ends kids have time to come in the building and change into their swim suits.

Class (Ages)	Time (pm)
Youth 1/Youth 2 (6-11)	4:15-4:45

Fee: \$24 for YMCA members



SWIM LESSON INFO & FEES

This page lists the descriptions for the various swim levels we offer at the Rite-Hite YMCA. Prices listed are for the Summer 1 & 2 sessions of 2017.

Parent/Child Classes

Fees: \$31 for Y members, \$41 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: \$31 for Y members; \$41 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: \$31 for Y members; \$41 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.

***Adult & Teen Lesson
Description Listed on the
Back***



SWIM LESSON INFO & FEES

This page lists the descriptions for the various swim levels we offer at the Rite-Hite YMCA. Prices listed are for the Summer 1 & 2 sessions of 2017.

Adult Beginner: Learning the Basics

Fees: \$31 for Y members; \$41 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: \$31 for Y members, 41 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: \$31 for Y members, \$41 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.