



# RITE-HITE FAMILY YMCA SWIM LESSON SCHEDULE

SPRING 2016: May 2 - June 12 (6 weeks)

MONDAY	
Class (Ages)	Time (pm)
Pike (3-5)	5:00-5:30
Pike (3-5)	5:35-6:05
Eel (3-5)	5:00-5:30
Eel (3-5)	6:10-6:40
Ray/Starfish (3-5)	6:10-6:40
Polliwog (6-11)	5:35-6:05
Guppy (6-11)	5:35-6:05
Minnow (6-11)	5:00-5:30
Fish (6-11)	6:10-6:40

TUESDAY	
Class (Ages)	Time (pm)
Pike (3-5)	5:00-5:30
Pike (3-5)	6:10-6:40
Eel (3-5)	5:35-6:05
Ray/Starfish (3-5)	6:10-6:40
Polliwog (6-11)	5:00-5:30
Guppy (6-11)	5:00-5:30
Minnow (6-11)	5:35-6:05
Fish (6-11)	5:35-6:05
Flying Fish/Shark (6-11)	6:10-6:40

WEDNESDAY	
Class (Ages)	Time (pm)
SKIP (6 months-2 years)	6:10-6:40
Pike with Parent (3 yrs)	5:35-6:05
Pike (3-5)	5:00-5:30
Eel (3-5)	5:35-6:05
Polliwog (6-11)	5:00-5:30
Guppy (6-11)	5:00-5:30
Minnow (6-11)	6:10-6:40
Fish (6-11)	5:35-6:05
Flying Fish/Shark (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
Pike (3-5)	5:00-5:30
Pike (3-5)	5:35-6:05
Eel (3-5)	5:35-6:05
Eel (3-5)	6:10-6:40
Ray/Starfish (3-5)	5:35-6:05
Polliwog (6-11)	5:00-5:30
Guppy (6-11)	6:10-6:40
Minnow (6-11)	5:00-5:30
Minnow (6-11)	6:10-6:40

SATURDAY	
Class (Ages)	Time (am)
SKI (6-24 months)	8:25-8:55
Perch (24-36 months)	9:00-9:30
Pike with Parent (3 yrs)	9:35-10:05
Pike (3-5)	10:10-10:40
Pike (3-5)	10:45-11:15
Eel (3-5)	9:35-10:05
Eel (3-5)	10:10-10:40
Ray/Starfish (3-5)	9:00-9:30
Polliwog (6-11)	9:00-9:30
Polliwog (6-11)	10:10-10:40
Guppy (6-11)	9:35-10:05
Guppy (6-11)	10:45-11:15
Minnow (6-11)	10:10-10:40
Fish (6-11)	9:00-9:30
Flying Fish/Shark (6-11)	9:35-10:05

**\*SUNDAY and Adult/Teen  
lesson times are listed on  
reverse side**

If you have any question, please contact the Aquatics Department at (414)357-2848



# RITE-HITE FAMILY YMCA SWIM LESSON SCHEDULE

SPRING 2016: May 2 - June 12 (6 weeks)

SUNDAY	
Class (Ages)	Time (pm)
SKIP (6-24 months)	4:00-4:30
Pike (3-5)	4:35-5:05
Pike (3-5)	5:45-6:15
Eel (3-5)	5:10-5:40
Ray/Starfish (3-5)	5:45-6:15
Polliwog (6-11)	4:00-4:30
Guppy (6-11)	4:35-5:05
Minnow (6-11)	5:10-5:40
Fish (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 Advanced Beg.	Wednesday	6:45-7:30 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

## Parent/Child Classes

**Fees:** \$37 for Y members, \$49 for community participants

**SKI/SKIP:** Babies 6 months to 2 years old swim with a parent/guardian, and gain comfort in the water through guided playtime which includes songs and introductory skills.

**Perch:** Toddlers 2-3 years old stay with a parent/guardian in the water, and further develop their water skills; class still incorporates songs and play.

## Preschool Classes

**Fees:** \$37 for Y members; \$49 for community participants

**PIKE WITH PARENT:** 3 year olds are introduced to the water and begin learning swimming and safety skills with the comfort of a parent, but gradually transition to working solely with the instructor

**Pike:** Beginner level, children 3-5 years old learn the basic building blocks of swim skills and water safety. Swimmers have flotation devices.

**Eel:** Advanced beginner level, children 3-5 expand on basic skills, begin to improve technique, and lessen the amount of help they get from a flotation device.

**Ray/Starfish:** Intermediate level for 3-5 year olds, children will be swimming with no flotation device and work to refine technique.

## Youth Classes

**Fees:** \$37 for Y members; \$49 for community participants

**Polliwog:** Beginners 6-11 learn swimming a water safety basics, using flotation devices as needed.

**Guppy:** 6-11 year old beginners advance, stop using a flotation aid, and start refining technique and learning more strokes and safety skills.

**Minnow:** Intermediate 6-11 year olds are perfecting their swimming technique and starting to build up endurance.

**Fish:** Advanced 6-11 year old have excellent technique and start increasing swim distances.

**Flying Fish/Shark:** This level most resembles a swim team.

## Teen and Adult Classes

**Fees:** Adult Beg. Is \$31/\$41, other fees reflect Youth pricing

**Beginner:** These swimmers have no/little experience. Strokes are taught but safety is emphasized.

**Intermediate:** Participant can swim a reasonable distance on front and back, learn stroke technique