



# SWIM LESSON SCHEDULE

SUMMER 1 2016: June 13 - July 17 (5 weeks)

SUMMER 2 2016: July 25 - August 28 (5 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 lessons and Specialty lessons are listed on reverse side**



# SWIM LESSON SCHEDULE

**SUMMER 1 2016: June 13 - July 17 (5 weeks)**

**SUMMER 2 2016: July 25 - August 28 (5 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

## 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)	Fee:
Pike (3-5)	1:00-1:30	\$59 for YMCA members
Eel (3-5)	1:35-2:05	\$79 for Community Participants
Polliwog (6-11)	2:10-2:40	
Guppy (6-11)	2:45-3:15	

### 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)	Fee:
Polliwog/Guppy (6-11)	4:15-4:45	\$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 2016.

### Parent/Child Classes

**Fees:** \$31 for Y members, \$41 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:** \$31 for Y members; \$41 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:** \$31 for Y members; \$41 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:** \$31 for Y members; \$41 for community participants

**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