

Swimming Programs

Spring 1 | February 6 - April 1, 2023

updated 12/12/22

Classes	Days	Times	Classes (continued)	Days	Times
Adult Swim Lessons (Ages 16+) Adult swim lessons for any level, whether you are an beginner swimmer fearful of the water, or a swimmer who just wants to become more efficient in the water. The class will be individualized for each person enrolled in the class.	Tuesday Thursday	8:45-9:30am 8:45-9:30am	Beginner 2 (Ages 5+) Follow up to Beginner 1 and Toddler 1. Children will learn backstroke, elementary backstroke, side breathing, treading water and endurance. Will work on swimming all strokes 25 yards. Beginner 2 is the equivalent of Toddler 2.	Tuesday Wednesday Thursday Saturday	6:15-7:00pm 4:00-4:45pm 5:30-6:15pm 4:00-4:45pm 9:00-9:45am 9:45-10:30am 11:15-12:00pm
Advanced Beginners (Ages 5+) Follow up to Beginner 2 and Toddler 2. Perfect side breathing, backstroke, and the elementary backstroke. Sidestroke and endurance building are introduced. Swimmers need to be comfortable swimming lengths of the pool.	Monday Tuesday Thursday Saturday	4:45-5:30pm 6:15-7:00pm 4:00-4:45pm 4:45-5:30pm 10:30-11:15am	Home School Lessons (Ages 4-12) Swim Lessons offered for home schooled children ages 4-13. Swimmers will be taught at their individual level. Families are invited to stay for open swim following their child's lessons which runs from 2:30-4:00 pm	Monday Tuesday Wednesday Thursday	1:45-2:30pm 1:45-2:30pm 1:45-2:30pm 1:45-2:30pm
Advanced Toddlers (Ages 3-5) Follow up to Toddler 2. Advanced skills include sidestroke, breaststroke, and introduction to butterfly.	Tuesday	1:45-2:30pm	Intermediates & Swimmers (Ages 5+) Must have completed Advanced Beginner or Advanced Toddler. Learn breaststroke and butterfly while perfecting previous strokes, and gaining strength and endurance skills. Swimmers must be comfortable swimming lengths of the pool.	Monday Tuesday Thursday Saturday	4:45-5:30pm 6:15-7:00pm 4:45-5:30pm 10:30-11:15am
Beginner 1 (Ages 5+) For the non-swimmer. Introduction to floating, front crawl, back swimming, side breathing and deep water adjustment, and learning to swim unassisted. This class is equivalent to the Toddler 1 class.	Monday Tuesday Wednesday Saturday	4:00-4:45pm 6:15-7:00pm 4:45-5:30pm 6:15-7:00pm 9:00-9:45am 9:45-10:30am 11:15-12:00pm	Little Tots (18-36 months) For non-swimmers without parents in the water. Half hour class and 15 minute play. Toddlers learn to master simple water skills. Class size is four students per instructor.	Monday Tuesday Wednesday Thursday Saturday	9:30-10:15am 10:15-11:00am 5:30-6:15pm 9:30-10:15am 11:00-11:45am 4:45-5:30pm 10:15-11:00am 11:00-11:45am 6:15-7:00pm 9:30-10:15am 11:00-11:45am 4:00-4:45pm 5:30-6:15pm 9:45-10:30am 10:30-11:15am

swim lessons continued on reverse...

Classes (continued)	Days	Times
Parent Tot <i>(Ages Birth-3)</i> Have fun in a warm water pool with your child or grandchild. Enjoy games and songs as your as your child becomes comfortable and relaxed in the water.	Wednesday	10:15-11:00am 5:30-6:15pm
Pre Swim Team <i>(Ages 5+)</i> Swimmers will focus on the four competitive strokes and maintaining competitive skills such as racing starts, turns, relays, and swimming drills.	Thursday	6:15-7:00pm
Private Swim Lessons <i>(All Ages)</i> Private lessons will be scheduled during Adult or Open Swim hours or during other swim lessons. To request private lessons, call 920-432-5581. These lessons are scheduled with instructors based on availability.		
Toddler 1 <i>(Ages 3-5)</i> Follow up to Water Tots. Children learn to back swim unassisted, treading water, swimming on the front unassisted, and introduction to side breathing.	Monday Tuesday Wednesday Thursday Saturday	9:30-10:15am 11:00-11:45am 1:00-1:45pm 1:45-2:30pm 5:30-6:15pm 9:30-10:15am 10:15-11:00am 4:00-4:45pm 10:15-11:00am 11:00-11:45am 1:00-1:45pm 4:00-4:45pm 9:30-10:15am 10:15-11:00am 1:00-1:45pm 5:30-6:15pm 9:00-9:45am 9:45-10:30am 11:15-12:00pm

Classes (continued)	Days	Times
Toddler 2 <i>(Ages 3-5)</i> Follow-up to Toddler 1. Children learn backstroke, elementary backstroke, side breathing, treading water and endurance. Will work on swimming all strokes 25 yards.	Monday Tuesday Wednesday Thursday	11:00-11:45am 10:15-11:00am 1:00-1:45pm 9:30-10:15am 1:00-1:45pm 1:45-2:30pm
Water Tots <i>(Ages 3-5)</i> For non-swimmers without parents in the water. Children will master putting face in the water, proper floating, arm stroke, basic front crawl, and learning to swim on back with guidance.	Monday Tuesday Wednesday Thursday Saturday	10:15-11:00am 1:00-1:45pm 4:00-4:45pm 11:00-11:45am 1:00-1:45pm 5:30-6:15pm 9:30-10:15am 1:00-1:45pm 4:45-5:30pm 5:30-6:15pm 10:15-11:00am 11:00-11:45am 6:15-7:00pm 9:00-9:45am 11:15-12:00pm

Register Online:



<https://bit.ly/3d6Kv8l>

- All lessons are held once per week. (Except “Every Day Lessons”)
- No make-up classes, credits, or refunds are given if class is canceled due to inclement weather, COVID, or if your child misses a class.
- While the YWCA Greater Green Bay makes every effort to schedule the same instructor each week, we reserve the right to substitute instructors as needed.