

# Swimming Programs

Fall | September 6 - November 12, 2022

updated 8/8/22

Classes	Days	Times	Classes (continued)	Days	Times
<b>Adult Sim Lessons</b> (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	<b>Beginner 2</b> (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
<b>Advanced Beginners</b> (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	<b>Home School Lessons</b> (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
<b>Advanced Toddlers</b> (Ages 3-5) Follow up to Toddler 2. Advanced skills include sidestroke, breaststroke, and introduction to butterfly.	Tuesday	1:45-2:30pm	<b>Intermediates &amp; Swimmers</b> (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
<b>Beginner 1</b> (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 5:30-6:15pm 4:45-5:30pm 6:15-7:00pm 9:00-9:45pm 9:45-10:30pm 11:15-12:00pm	<b>Little Tots</b> (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

swim lessons continued on reverse...

<b>Classes (continued)</b>	<b>Days</b>	<b>Times</b>
<b>Parent Tot</b> <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 6:15-7:00pm
<b>Pre Swim Team</b> <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
<b>Private Swim Lessons</b> <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.		
<b>Toddler 1</b> <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

<b>Classes (continued)</b>	<b>Days</b>	<b>Times</b>
<b>Toddler 2</b> <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 1:45-2:30pm  9:30-10:15am  1:00-1:45pm
<b>Water Tots</b> <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”)
- YWCA will be closed September 3-5 in honor of Labor Day. Saturday/Monday classes will not meet on September 3<sup>rd</sup>/5<sup>th</sup> and lesson prices have been adjusted accordingly for affected classes.
- 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.
- Face coverings are highly recommended for ages 5+ in all public areas except while swimming.