



Swim Lessons & Aquatic Schedule

Winter 2 Session Dates: February 24th – April 20th*

Parent and Child Classes**

Registration Fees

- Members \$50
- General Public \$90

Stages A & B (Ages 6 mo – 3 yrs)

Mondays 4:55 pm – 5:25 pm

Thursdays 5:50 pm – 6:20 pm

Thursdays 10:30 am – 11:00 am

Introduction to Preschool Stage 1 (Ages 2-4)

Adult must be in the water with child

Mondays 4:20 pm – 4:50 pm

Aquatics Adapted Swim Program

Child and Coach

Children ages 5 and older bring a coach, who is at least age 16, to support them during lessons.

Fridays 5:15 pm – 5:45 pm

Preschool Classes (Ages 3-5)

Registration Fees

- Members \$50
- General Public \$90

Preschool Stages 1, 2, & 3

Mondays 3:45 pm – 4:15 pm

Tuesdays 5:25 pm – 5:55 pm

Wednesdays 4:50 pm – 5:20 pm

Thursdays 4:25 pm – 4:55 pm

Morning Preschool Stages 1, 2, & 3

Wednesdays 10:50 am – 11:20 am

***No Swim Lessons the week of March 17th–23rd (Rhinelander Spring Break). Other programming may be available depending on staff availability and interest.**

****For Parent and Child Classes, a responsible person aged 16 or older may accompany the child to class instead of a parent.**

School Age Classes (Ages 6 – 12)

Registration Fees

- Members \$59
- General Public \$99

School Age Stages 1 & 2

Register for School Age if they cannot do the all the following:

- Front float with their face in the water for 10 seconds
- Swim from the one side of the slide well to the other without touching the bottom of the pool
- Back floating independently for 10 seconds

Tuesdays 4:35 pm – 5:20 pm

Wednesdays 4:00 pm – 4:45 pm

Thursdays 5:00 pm – 5:45 pm

School Age Stages 3 & 4

Register for Stage 3 & 4 if the student can:

- Front floating with their face in the water for 10 seconds
- Back floating independently for 10 seconds
- Swim from the one side of the slide well to the other without touching the bottom of the pool
- Tread water for at least 30 seconds

Tuesdays 3:45 pm – 4:30 pm

Wednesdays 5:25 pm – 6:10 pm

Home School Morning Classes

Wednesdays 10:00 am – 10:45 am

Skill Progression



New Skill
Benchmarks!

Preschool Stage 1 Skills

- Front Float for 5 sec
- Front Glide 5' with flotation
- Back Glide 5' with flotation
- Jump-Push-Turn-Grab
- Fully submerge

Preschool Stage 2 Skills

- Front and back float for 10 sec
- Front Glide 5'
- Front Crawl 5' (coordinated)
- Back Glide 5'
- Finning and kicking 5'
- Roll
- Swim-Float-Swim 15'
- Submerge and look at object

Preschool Stage 3 Skills

- Front Glide 5 yds
- Rotary breathing 10 yds
- Back Glide 5 yds
- Back Crawl 10 yds
- Tread water 30 sec
- Swim-Float-Swim 15 yds
- Submerge and pick up object

School Age Stage 1 Skills

- Front and Back float for 10 sec
- Front Glide 5' with flotation
- Back Glide 5' with flotation
- Swim-Float-Swim 15'
- Jump-Push-Turn-Grab
- Tread water 10 sec
- Fully submerge

School Age Stage 2 Skills

- Front Glide 15'
- Front Crawl 15' (coordinated)
- Back Glide 15'
- Finning and kicking 15'
- Roll
- Swim-Float-Swim 15'
- Tread water 30 sec
- Submerge and look at object

School Age Stage 3 Skills

- Rotary breathing front crawl arms 25 yds with flotation
- Front Crawl with rhythmic breathing 15 yds
- Back Crawl 15 yds
- Tread water 1 min
- Swim-Float-Swim 25 yds
- Submerge and pick up object

School Age Stage 4 Skills

- Front Crawl with high elbows 25 yds
- Back Crawl 25 yds
- Elementary Backstroke 25 yds
- Breaststroke Kick 15 yds
- Tread water 2 min
- Endurance swim 50 yds

School Age Stage 5 Skills

- Front Crawl 50 yds
- Back Crawl 50 yds
- Breaststroke 25 yds
- Dolphin Kick 15 yds
- Scissor Kick 15 yds
- Tread water 3 min
- Endurance swim 100 yds

School Age Stage 6 Skills

- Front Crawl 100 yds w/open turns
- Back Crawl 100 yds w/open turns
- Breaststroke 50 yds
- Butterfly 15 yds
- Sidestroke 25 yds
- Endurance swim 150 yds
- Individual medley 100 yds

At the end each session, we will recommend what stage to place students in the next session.