



Swim Lessons

Winter 2, 2026 : February 23 – April 12

Registration Opens
Members:
February 9th
Non-Members:
February 12th



Parent & Child Classes Ages 6 mo-3 years

Members: \$50 Non-Members: \$90

Parents & Child Aquatics Level 1

Ages 6 mo - 2 years

Wednesdays 4:25 pm - 4:55 pm

Parents & Child Aquatics Level 2

Ages 2 - 3 years

Wednesdays 5:05 pm - 5:35 pm

Preschool Classes Ages 3-5 years

Members: \$50 Non-Members: \$90

Preschool Level 1

Mondays 5:05 pm - 5:35 pm

Mondays 5:45 pm - 6:15 pm

Tuesdays 5:05 pm - 5:35 pm

Thursdays 10:15 am - 10:45 am

Thursdays 4:10 pm - 4:40 pm

Preschool Level 2

Mondays 5:05 pm - 5:35 pm

Tuesdays 4:10 pm - 4:40 pm

Thursdays 10:15 am - 10:45 am

Register Here



SCAN ME



Learn-to-Swim Ages 6 and Up

Members: \$59 Non-Members: \$99

Learn to Swim Level 1

Mondays 4:10 pm - 4:55 pm

Tuesdays 5:45 pm - 6:30 pm

Thursdays 5:05 pm - 5:50 pm

Learn to Swim Level 3

Mondays 5:45 pm - 6:30 pm

Tuesday 4:10 pm - 4:55 pm

Tuesdays 5:45 pm - 6:30 pm

Learn to Swim Level 2

Mondays 4:10 pm - 4:55 pm

Tuesdays 4:50 pm - 5:35 pm

Thursdays 5:45 pm - 6:30 pm

Learn to Swim Level 4

Tuesdays 4:10 pm - 4:55 pm

Thursdays 5:45 pm - 6:30 pm



Specialty & Advanced Classes

Members: \$59 Non-Members: \$99

See online description for prerequisites.

Endurance, Sports, & Games

Build endurance, refine technique, and explore water sports and games with our swim team alumni.

Thursdays 4:55 pm - 5:40 pm

Introduction to Lifeguarding

For ages 10 and up. Learn and practice lifeguarding skills with an experienced lifeguard.

Thursdays 4:10 pm - 4:55 pm



All Registration after February 20th will have a \$5 late fee



ADVANCED AND SPECIALTY COURSES

Winter 2, 2026 : February 23 – April 12



Sports, Games, and Endurance

Join our professional swim team coach and Rhinelander Swim Team alum for a great session!

Ready, Set, Swim—and Play! 🏊🎮⚡🎯

Take your swimming to the next level with a program that blends competitive endurance training, stroke development, and exciting water games!

- 🏊 **Endurance Boost:** Build stamina and master competitive strokes.
- 🎮 **Game Time:** Jump into water-based sports like water polo, synchronized swimming, and more!
- 🔥 **Challenge & Fun:** Train hard, play harder, and grow stronger.

Gear up for an action-packed pool experience—this is your chance to train like a champion while keeping the fun alive!

Thursdays 4:55 pm - 5:40 pm

Prerequisites:

- Tread water for a minimum of 1 minute (no safety treading)
- Swim 1 lap of front crawl/free style with rhythmic breathing
- Swim 1 lap of back crawl

INTRODUCTION TO LIFEGAURDING

For youth to practice recuse skills and learn the basics to being a lifeguard.

Ages 10 to 18 Low Pressure Environment Build Confidence in the Water

Lifeguard Certification Course

Lifeguarding (with Deep Water) Course

Weekend Course:
 Friday, March 13th : 4pm - 8pm (at YMCA)
 Saturday, March 14th : 8am - 6pm (at YMCA)
 Sunday, March 15th : 8am - 6pm (at RHS)

Must attend all classes