



# OAHE FAMILY YMCA SWIMMING LESSONS

February 23rd - April 11th, 2026

TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)	DAY	TIME	MEMBER/ NON-MEMBER
<b>WATER DISCOVERY / EXPLORATION</b> Introduces Infants and toddlers to aquatic environment. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skill.	MON	9:30 - 10:00 AM*	\$24/\$38
	MON	6:30 - 7:00 PM*	\$28/\$44
PRESCHOOL CLASSES (AGES 3-6 YEARS)	DAY	TIME	MEMBER/ NON-MEMBER
<b>PRESCHOOL WATER ACCLIMATION / MOVEMENT</b> Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.	Tue / THu	5:45 - 6:15 PM*	\$28/\$44
	WED	9:00 - 9:30 AM*	
	WED	9:30 - 10:00 AM*	
	SAT	9:00 - 9:30 AM*	
		9:30 - 10:00 am*	
		10:00 -10:30 am*	
<b>PRESCHOOL WATER ACCLIMATION / MOVEMENT / STAMINA / INTRODUCTION</b> We are doing it all in one morning a week! Acclimation: Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance. Movement: Encourages forward movement in water and basic self-rescue skills performed independently. Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages. Introduction: Develop stroke technique and front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	MON	10:00 - 10:30 AM	\$28/\$44
<b>PRESCHOOL WATER STAMINA</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON/WED	5:45 - 6:15 PM*	\$56/\$88
	WED	9:30 - 10:00 AM*	\$28/\$44
<b>PRESCHOOL WATER MOVEMENT</b> Encourages forward movement in water and basic self-rescue skills performed independently.	TUE/THU	5:45 - 6:15 PM*	\$56/\$88
<b>YOUTH WATER MOVEMENT</b> Focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.	TUE/THU	6:15 - 6:45 PM*	\$56/\$88
	WED	9:00- 9:30 AM*	\$28/\$44

\*CHILD WATCH AVAILABLE FOR SIBLINGS: FREE FOR MEMBERS, \$5 A DAY FOR NON-MEMBERS



# OAHE FAMILY YMCA SWIMMING LESSONS

February 23rd - April 11th, 2026

YOUTH CLASSES (AGES 6 YEARS AND UP)		DAY	TIME	MEMBER/ NON-MEMBER
<b>YOUTH WATER MOVEMENT</b> Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.	TUE/THU	6:15 - 6:45 PM*	\$56/\$88	
	WED	9:00 - 9:30 AM*	\$28/\$44	
<b>YOUTH WATER STAMINA</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON/WED	6:15 - 6:45 PM*	\$56/\$88	
	WED	9:30 - 10:00 AM*	\$28/\$44	
<b>YOUTH WATER ACCLIMATION / MOVEMENT</b> Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance. Encourages forward movement in water and basic self-rescue skills performed independently.	TUE/THU	6:15 -6:45 PM*	\$56/\$88	
	SAT	9:00 - 9:30 AM*	\$28/\$44	
	SAT	9:30 - 10:00 am*		
	SAT	10:00 - 10:30 AM*		
<b>YOUTH STROKE INTRODUCTION</b> Develop stroke technique and front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.	WED	9:30 - 10:00 AM*	\$28/\$44	
	SAT	9:00 - 9:30 AM*	\$28/\$44	
<b>YOUTH STROKE DEVELOPMENT / MECHANICS</b> Refine stroke technique and learn all major competitive strokes. Refine stroke technique on all major competitive stroke, learn about competitive swimming, and swimming for a healthy lifestyle.	SAT	9:30 - 10:00 AM*	\$28/\$44	
<b>PADDLE TO STROKE</b> Is an adaptive swim class designed for students with alternative learning styles, including those with ADHD, Down Syndrome, Autism, or chromosomal differences. The program boasts a lower student-to-teacher ratio and focuses on water safety, building confidence, and developing foundational swimming skills in a supportive, inclusive environment.	THU	4:15 - 4:45 PM	\$28/\$44	
	SAT	10:30 - 11:00 AM*	\$28/\$44	
ADULT CLASSES (AGES 15+)		DAY	TIME	MEMBER/ NON-MEMBER
<b>ADULT ANY LEVEL</b> Is for adults of all swimming abilities. Whether you're new to the water, building confidence, or refining strokes and endurance.	MON	7:00 - 7:45 PM	\$28/\$44	

\*CHILD WATCH AVAILABLE FOR SIBLINGS: FREE FOR MEMBERS, \$5 A DAY FOR NON-MEMBERS