



OAHE FAMILY YMCA SWIMMING LESSONS

February 23rd - April 11th, 2026

TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)	DAY	TIME	MEMBER/ NON-MEMBER
WATER DISCOVERY / EXPLORATION 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
PRESCHOOL WATER ACCLIMATION / MOVEMENT 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*	
PRESCHOOL WATER ACCLIMATION / MOVEMENT / STAMINA / INTRODUCTION	MON	10:00 - 10:30 AM	\$28/\$44
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.			
PRESCHOOL WATER STAMINA	MON/WED	5:45 - 6:15 PM*	\$56/\$88
Develops intermediate self-rescue skills performed at longer distances than in previous stages.	WED	9:30 - 10:00 AM*	\$28/\$44
PRESCHOOL WATER MOVEMENT	TUE/THU	5:45 - 6:15 PM*	\$56/\$88
Encourages forward movement in water and basic self-rescue skills performed independently.			
YOUTH WATER MOVEMENT	TUE/THU	6:15 - 6:45 PM*	\$56/\$88
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.	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
YOUTH WATER MOVEMENT 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
YOUTH WATER STAMINA 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
YOUTH WATER ACCLIMATION / MOVEMENT 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*	
YOUTH STROKE 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.	WED	9:30 - 10:00 AM*	\$28/\$44
	SAT	9:00 - 9:30 AM*	\$28/\$44
YOUTH STROKE DEVELOPMENT / MECHANICS 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
PADDLE TO STROKE 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
ADULT ANY LEVEL 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

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