



OAHE FAMILY YMCA SWIMMING LESSONS

January 3 - February 21st, 2026

NO SWIMMING LESSONS
SATURDAY, JANUARY 31, 2026

SWIM MEET JANUARY 30 - FEBRUARY 1, 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*	\$28/\$44
	MON	6:30 - 7:00 PM*	
	TUES	7:00 - 7:30 PM	
	WED	10:00 - 10:30* AM	
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.	WED	9:30 - 10:00 AM*	\$28/\$44
	SAT	9:00 -9:30 AM*	
		9:30 - 10:00 AM*	
		10:00 - 10:30 AM*	
PRESCHOOL WATER ACCLIMATION / MOVEMENT / STAMINA / INTRODUCTION 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
PRESCHOOL WATER STAMINA 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
PRESCHOOL WATER MOVEMENT Encourages forward movement in water and basic self-rescue skills performed independently.	TUE/THU	5:45 - 6:15 PM*	\$56/\$88
YOUTH WATER MOVEMENT 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



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SATURDAY, JANUARY 31, 2026

SWIM MEET JANUARY 30 - FEBRUARY 1, 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
	TUE/THU	6:15 - 6:45 PM*	\$56/\$44
	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.	SAT	9:00 - 9:30 AM*	\$28/\$44
		9:30 - 10:00 AM*	
		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
LIFEGUARD RECERTIFICATION TRAINING Lifeguard training is an essential course for individuals who want to become lifeguards. The training includes both classroom instruction and hands-on practice.	DECEMBER 29 TH - 30 TH	9:00 AM - 4:00 PM	\$175

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