



OAHE FAMILY YMCA SWIMMING LESSONS

October 26th - December 12th , 2026

No Swimming lessons on
November 26th, 2026

TODDLER CLASSES (AGES 6 MONTHS - 2 YEARS)	DAY	TIME	MEMBER/ NON- MEMBER
TODDLER WATER DISCOVERY / EXPLORATION Water Discovery: Parents accompany children which Introduces Infants and Toddlers to Aquatic Environment and encourages them to enjoy themselves while learning about the water. Water Exploration: Parents work with their children to exploring body positions, floating, blowing bubbles, and fundamental safety and aquatic skill.	MON	6:30 - 7:00 PM*	\$28/\$44
	WED	9:00 - 9:30 AM*	
PRESCHOOL CLASSES (AGES 3-5 YEARS)	DAY	TIME	MEMBER/ NON- MEMBER
PRESCHOOL WATER ACCLIMATION / MOVEMENT Acclimation: Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming. Movement: Students 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	5:45 - 6:15 PM*	\$52/\$82
	WED	9:30 - 10:00 AM*	\$28/\$44
	SAT	9:00 - 9:30 AM*	
PRESCHOOL STROKE INTRODUCTION 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
PRESCHOOL WATER STAMINA Stamina: Students learn how to swim to safety from a longer distance than in previous classes in the event of falling into a body of water. this stage also introduces rhythmic breathing and integrated are and leg action.	MON/WED	5:45 - 6:15 PM*	\$56/\$88
	TUE/THU	5:45 - 6:15PM*	\$52/\$82
PRESCHOOL / YOUTH WATER STAMINA Stamina: Students learn how to swim to safety from a longer distance than in previous classes in the event of falling into a body of water. This stage also introduces Rhythmic Breathing and Integrated arms and leg action.	WED	9:30 - 10:00 AM*	\$28/\$44

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



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YOUTH CLASSES (AGES 6 YEARS AND UP)		DAY	TIME	MEMBER/ NON-MEMBER
YOUTH WATER STAMINA Students learn how to swim to safety from a longer distance than in previous classes in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arms and leg action.	MON/WED	6:15 - 6:45 PM*	\$56/\$88	
	TUE	3:30 - 4:00 PM	\$28/\$44	
	THU	3:30 - 4:00 PM	\$24/\$38	
	SAT	10:00 - 10:30 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*	\$52/\$82	
	SAT	9:30 - 10:00 AM*	\$28/\$44	
Youth Stroke Introduction /Development 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. Development: Students work on stroke technique and learn all major competitive strokes.	TUE	4:15 - 4:45 PM	\$28/\$44	
	TUE/THU	6:15 - 6:45 PM*	\$52/\$82	
	WED	9:00 - 9:30 AM*	\$28/\$44	
	THU	4:15 -4:45 PM	\$24/\$38	
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.	TUE	4:15 - 4:45 PM	\$28/\$44	
	THU	4:15 - 4:45 PM	\$24/\$38	
ADULT CLASSES (AGES 15+)		DAY	TIME	MEMBER/ NON-MEMBER
ADULT SWIM LESSONS 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