

OAHE FAMILY YMCA PRESCHOOL SWIM LESSONS

February 24 - April 12, 2025



CLASS	DAY	TIME	MEMBER NON-MEMBER	INSTRUCTOR
Toddler Discovery / Exploration Introduces Infants and toddlers to aquatic environment. Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skill.	MON	6:30 - 7:00 PM*	\$28/\$44	LISA
	MON	9:30 - 10:00 AM*	\$28/\$44	JUSTINE
	WED	10:30 - 11:00 AM	\$28/\$44	JUSTINE

CLASS	DAY	TIME	MEMBER NON-MEMBER	INSTRUCTOR
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.	MON	10:30 - 11:00 AM	\$28/\$44	J/K/T
	MON/WED	6:15 - 6:45 PM*	\$56/\$88	LANA
	TUES/THURS	6:15 - 6:45 PM*	\$56/\$88	ELI
	WED	10:00 - 10:30 AM	\$28/\$44	JUSTINE
	SAT	9:30 - 10:00 AM*	\$28/\$44	LANA
Preschool Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON/WED	6:15 - 6:45 PM*	\$56/\$88	CHERYL
	SAT	10:00 - 10:30 AM*	\$28/\$44	LANA
Preschool Any Level Mixed skills level daytime class.	WED	9:30 - 10:00 AM	\$28/\$44	TESSA

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

OAHE FAMILY YMCA YOUTH SWIM LESSONS

February 24 - April 12, 2025



CLASS	DAY	TIME	MEMBER/ NON-MEMBER	INSTRUCTOR
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.	MON/WED	6:45 - 7:15 PM*	\$56/\$88	LANA
Youth Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON/WED	6:45 - 7:15 PM*	\$56/\$88	CHERYL
	TUES	4:15 - 4:45 PM	\$28/\$44	KASYAH
	TUES/THURS	6:45 - 7:15 PM*	\$56/\$88	ELI
	THURS	4:15 - 4:45 PM	\$28/\$44	KASYAH
	SAT	10:00 - 10:30 AM*	\$28/\$44	LANA
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.	TUES	3:30 - 4:00 PM	\$28/\$44	KASYAH
	THURS	3:30 - 4:00 PM	\$28/\$44	KASYAH
Youth Stroke Introduction Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	TUES	3:30 - 4:00 PM	\$28/\$44	ELI
	TUES/THURS	6:15 - 6:45 PM	\$56/\$88	KATRINA
	THURS	3:30 - 4:00 PM	\$28/\$44	ELI
	SAT	10:30 - 11:00 AM*	\$28/\$44	LANA
Youth Stroke Development Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	TUES	4:15 - 4:45 PM	\$28/\$44	ELI
	THURS	4:15 - 4:45 PM	\$28/\$44	ELI
Youth Stroke Mechanics Refines stroke technique on all major competitive stroke and encourages swimming as part of a healthy lifestyle.	TUES/THURS	6:45 - 7:15 PM*	\$56/\$88	KATRINA
Youth Any Level Mixed skills level daytime class.	WED	9:00 - 9:30 AM*	\$28/\$44	TESSA
Swimming Proficiency Class Improve swimmers' technique, endurance, and overall water safety. Whether you're a beginner learning basic strokes or an intermediate swimmer looking to refine your skills, this class will guide you through various levels of proficiency.	TUES (AGES 7 TO 12)	4:00 - 4:30 PM	\$28/\$44	ALLISON
	TUES (13 TO 16)	4:30 - 5:00 PM		ALLISON
	SAT (AGES 13+)	9:00 - 9:30 AM*		A MIX OF TEACHERS
	SAT (AGES 13+)	9:30 - 10:00 AM*		A MIX OF TEACHERS

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