

OAHE FAMILY YMCA SWIMMING LESSONS



June 2nd - July 17th 2025
No lessons on July 3rd

TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)	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
	TUES	6:30 - 7:00 PM*	\$28/\$44	LANA
PRESCHOOL CLASSES (AGES 3-6 YEARS)	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/WED	6:15 - 6:45 PM*	\$56/\$88	LANA
	TUE/THURS	6:15 - 6:45 PM*	\$52/\$82	MIRANDA
	TUE/THURS	6:45 - 7:15 PM*	\$52/\$82	MIRANDA
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
YOUTH CLASSES (AGES 6 YEARS AND UP)	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
ADULT CLASSES	DAY	TIME	MEMBER NON-MEMBER	INSTRUCTOR
ADULT ANY LEVEL Mixed skills level class.	MON	7:15 - 8:00 PM	\$28/\$44	LISA

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