

OAHE FAMILY YMCA SWIMMING LESSONS



September 8th - October 25th, 2025

TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)	DAY	TIME	MEMBER NON-MEMBER	INSTRUCTOR
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	JUSTINE
	MON	6:30 - 7:00 PM*	\$28/\$44	LISA
	WED	10:30 - 11:00 AM	\$28/\$44	JUSTINE
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.	WED	10:00 - 10:30 AM*	\$28/\$44	JUSTINE
	SAT	9:00 - 9:30 AM*	\$28/\$44	TINIQUEIA
	SAT	9:30 - 10:00 AM*	\$28/\$44	TINIQUEIA
PRESCHOOL WATER ACCLIMATION / MOVEMENT/STAMINA Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON	10:30 - 11:00 AM	\$28/\$44	J / K / M
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.	TUE	3:30 - 4:00 PM	\$28/\$44	KASYAH
	THURS	3:30 - 4:00 PM	\$28/\$44	KASYAH
	WED	9:30 - 10:00 AM	\$28/\$44	TESSA

*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	INSTRUCTOR
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	CHERYL
		TUE	4:15 - 4:45 PM	\$28/\$44	KASYAH
		WED	9:00 - 9:30 AM*	\$28/\$44	TESSA
		THURS	4:15 - 4:45 PM	\$28/\$44	KASYAH
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	10:00 - 10:30 AM*	\$28/\$44	TINQUIA
YOUTH STROKE INTRODUCTION Develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.		TUE/THURS	5:45 - 6:15 PM*	\$52/\$82	KATRINA
YOUTH STROKE MECHANICS Work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.		TUE/THURS	6:15 - 6:45 PM*	\$52/\$82	KATRINA
ADULT CLASSES (AGES 6 YEARS AND UP)		DAY	TIME	MEMBER NON-MEMBER	INSTRUCTOR
ADULT ANY LEVEL 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	LISA
		TUES/THURS	8:30 - 9:30 AM *	\$60/\$80	MINDY

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