

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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