

OAHE FAMILY YMCA PRESCHOOL SWIM LESSONS



January 4 - February 22, 2025

No lessons Saturday, February 8th

AGES 6 MONTHS TO 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	6:30 - 7:00 PM*	\$28/\$44	LISA
	MON	9:30 - 10:00 AM*	\$28/\$44	JUSTINE
	WED	10:30 - 11:00	\$28/\$44	JUSTINE
AGES 3 TO 5 YEARS	DAY	TIME	MEMBER/ NON-MEMBER	INSTRUCTOR
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	9:30 - 10:00 AM*	\$28/\$44	LANA
	MON/WED	6:15 - 6:45 PM*	\$56/\$88	LANA
	TUES/THURS	6:15 - 6:45 PM*	\$56/\$88	MIRANDA
	WED	10:00 - 10:30 AM*	\$28/\$44	JUSTINE
Water Movement Encourages forward movement in water and basic self-rescue skills performed independently.	WED	6:15 - 6:45 PM*	\$28/\$44	RILEY
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
Any Level Mixed skills level daytime class.	MON	10:30 - 11:00 AM	\$28/\$44	MIX
	WED	9:30 - 10:00 AM*	\$28/\$44	TESSA

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

OAHE FAMILY YMCA YOUTH SWIM LESSONS



January 4 - February 22, 2025

No lessons Saturday, February 8th

AGES 6 TO 12 YEARS	DAY	TIME	MEMBER/ NON-MEMBER	INSTRUCTOR
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
Water Stamina Develops intermediate self-rescue skills performed at longer distances than in previous stages.	SAT	10:00 - 10:30 AM*	\$28/\$44	LANA
	MON/WED	6:45 - 7:15 PM*	\$56/\$88	CHERYL
	TUES	3:30 - 4:00 PM	\$28/\$44	MASON
	TUES/THURS	6:45 - 7:15 PM*	\$56/\$88	MIRANDA
Stroke Introduction Introduces basic stroke technique in front crawl and reinforces water safety through treading water and elementary backstroke.	TUES/THURS	6:15 - 6:45 PM*	\$56/\$88	KATRINA
	THURS	3:30 - 4:00 PM*	\$28/\$44	PRESLEY
	SAT	10:30 - 11:00 AM*	\$28/\$44	LANA
Stroke Development Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.	TUES	4:15 - 4:45 PM	\$28/\$44	MASON
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
Any Level Mixed skills level daytime class.	WED	9:00 - 9:30 AM*	\$28/\$44	TESSA

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