

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