



# OAHE FAMILY YMCA SWIMMING LESSONS

September 8<sup>th</sup> - October 24<sup>th</sup>, 2026

| TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)                                                                                                                                                                                                                                                                                                                                                               | DAY     | TIME             | MEMBER/<br>NON-<br>MEMBER |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|------------------|---------------------------|
| <b>WATER DISCOVERY / EXPLORATION</b><br>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*  | \$24/\$38                 |
| PRESCHOOL CLASSES (AGES 3-6 YEARS)                                                                                                                                                                                                                                                                                                                                                                      | DAY     | TIME             | MEMBER/<br>NON-<br>MEMBER |
| <b>PRESCHOOL WATER ACCLIMATION / MOVEMENT</b><br>Acclimation: Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance.<br>Movement: Encourages forward movement in water and basic self-rescue skills performed independently.                                                                                                                       | TUE/THU | 5:45 - 6:15 PM*  | \$56/\$88                 |
|                                                                                                                                                                                                                                                                                                                                                                                                         | WED     | 9:30 - 10:00 AM* | \$28/\$44                 |
|                                                                                                                                                                                                                                                                                                                                                                                                         | SAT     | 9:00 - 9:30 AM*  |                           |
| <b>PRESCHOOL WATER ACCLIMATION / MOVEMENT / STAMINA</b><br>Acclimation: Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance.<br>Movement: Encourages forward movement in water and basic self-rescue skills performed independently.<br>Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages. | MON     | 10:00 - 10:30 AM | \$24/\$38                 |
| <b>PRESCHOOL WATER STAMINA</b><br>Develops intermediate self-rescue skills performed at longer distances than in previous stages.                                                                                                                                                                                                                                                                       | MON/WED | 5:45 - 6:15 PM*  | \$52/\$82                 |

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



# OAHE FAMILY YMCA SWIMMING LESSONS

September 8<sup>th</sup> - October 24<sup>th</sup>, 2026

| YOUTH CLASSES (AGES 6 YEARS AND UP)                                                                                                                                                                                                                                                                                                                                                  |         | DAY               | TIME      | MEMBER/<br>NON-MEMBER |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-------------------|-----------|-----------------------|
| <b>YOUTH WATER MOVEMENT</b><br>Encourages forward movement in water and basic self-rescue skills performed independently.                                                                                                                                                                                                                                                            | TUE     | 3:30 - 4:00 PM    | \$28/\$44 |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | THU     | 3:30 - 4:00 PM    |           |                       |
| <b>YOUTH WATER STAMINA</b><br>Develops intermediate self-rescue skills performed at longer distances than in previous stages.                                                                                                                                                                                                                                                        | MON/WED | 6:15 - 6:45 PM*   | \$52/\$82 |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | TUE     | 4:15 - 4:45 PM    | \$28/\$44 |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | WED     | 9:30 - 10:00 AM*  |           |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | THU     | 4:15 - 4:45 PM    |           |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | SAT     | 10:00 - 10:30 AM* |           |                       |
| <b>YOUTH WATER ACCLIMATION / MOVEMENT</b><br>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.                                                                                                                                  | TUE/THU | 6:15 - 6:45 PM*   | \$56/\$88 |                       |
|                                                                                                                                                                                                                                                                                                                                                                                      | SAT     | 9:30 - 10:00 AM*  | \$28/\$44 |                       |
| <b>YOUTH STROKE INTRODUCTION</b><br>Develop stroke technique and front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.                                                                                                                                                         | WED     | 9:30 - 10:00 AM*  | \$28/\$44 |                       |
| <b>PADDLE TO STROKE</b><br>Is an adaptive swim class designed for students with alternative learning styles, including those with ADHD, Down Syndrome, Autism, or chromosomal differences. The program boasts a lower student-to-teacher ratio and focuses on water safety, building confidence, and developing foundational swimming skills in a supportive, inclusive environment. | THU     | 4:15 - 4:45 PM    | \$28/\$44 |                       |
| ADULT CLASSES (AGES 15+)                                                                                                                                                                                                                                                                                                                                                             |         | DAY               | TIME      | MEMBER/<br>NON-MEMBER |
| <b>ADULT SWIM LESSONS</b><br>Is 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    | \$24/\$38 |                       |

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