



OAHE FAMILY YMCA SWIMMING LESSONS

October 27th - December 13th 2025

**NO SWIMMING LESSONS
WEDNESDAY, NOVEMBER 26TH
THURSDAY, NOVEMBER 27TH**

TODDLER CLASSES (AGES 6 MONTHS - 3 YEARS)	DAY	TIME	MEMBER/NON-MEMBER
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
	TUES	7:00 - 7:30 PM*	
	WED	10:30 - 11:00 AM	\$24/\$38
PRESCHOOL CLASSES (AGES 3-6 YEARS)	DAY	TIME	MEMBER/NON-MEMBER
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/WED	5:45 - 6:15 PM*	\$52/\$82
	TUES/THURS	5:45 - 6:15 PM*	\$52/\$82
	WED	10:00 - 10:30 AM*	\$24/\$38
	SAT	9:00 -9:30 AM*	\$28/\$44
		9:30 - 10:00 AM*	
		10:00 - 10:30 AM*	
PRESCHOOL WATER ACCLIMATION / MOVEMENT / STAMINA Develops intermediate self-rescue skills performed at longer distances than in previous stages.	MON	10:00 - 10:30 AM	\$28/\$44
PRESCHOOL WATER STAMINA Develops intermediate self-rescue skills performed at longer distances than in previous stages. <i>Cheryl will have class on November 26th 6:15 PM - 6:45 PM.</i>	MON/WED	5:45 - 6:15 PM*	\$56/\$88
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.	WED	9:30 - 10:00 AM*	\$28/\$44

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



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THURSDAY, NOVEMBER 27TH**

YOUTH CLASSES (AGES 6 YEARS AND UP)		DAY	TIME	MEMBER/NON-MEMBER
YOUTH WATER ACCLIMATION/MOVEMENT Increases comfort with water exploration and introduces basic self-rescue skills performed with assistance.		TUES/THURS	6:15 - 6:45 PM	\$52/\$82
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.		WED	9:30 - 10:00 AM*	\$24/\$38
YOUTH WATER STAMINA Develops intermediate self-rescue skills performed at longer distances than in previous stages. <i>Cheryl will have class on November 26th, 6:15 PM - 6:45 PM.</i>		MON/WED	6:15 - 6:45 PM*	\$56/\$88
		WED	9:00 - 9:30 AM*	\$24/\$38
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	6:15 - 6:45 PM*	\$52/\$82
		SAT	9:00 - 9:30 AM*	\$28/\$44
			9:30 - 10:00 AM*	
			10:00 - 10:30 AM*	
YOUTH STROKE INTRODUCTION 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.		TUE/THURS	5:45 - 6:15 PM*	\$52/\$82
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
ADULT CLASSES (AGES 15+)		DAY	TIME	MEMBER/NON-MEMBER
ADULT ANY LEVEL 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	\$28/\$44
		TUES/THURS	8:30 - 9:15 AM*	\$52/\$82
SWIMMING PROFICIENCY 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.		SAT	9:00 - 10:00 AM*	\$28/\$44
LIFEGUARD CERTIFICATION TRAINING Lifeguard training is an essential course for individuals who want to become lifeguards. The training includes both classroom instruction and hands-on practice.		OCT 18 + 19	8:00 AM - 5:00 PM	\$200

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