

## Private Swimming Lessons

**Children & Adults: Minimum age 3 years**

For all levels from beginner lessons for children and adults, to private on-deck coaching for athletes.

### Private 1 student:

Member: \$25/half hour

### Semi-Private 2 students

Member: \$40/half hour

### Member Bulk Pricing:

**Pack of 4: Half hour each**

1 person: \$90    2 person:\$144

**Pack of 8: Half hour each**

1 person: \$170    2 person:\$272

**\*Please fill out a private lesson request form, which can be found on our website: [www.oneontaymca.org](http://www.oneontaymca.org)**

## Adaptive Aquatics

Classes are scheduled for youth through adults with adapted needs. Classes are one-on-one and may include therapeutic exercise and swimming skills.

Contact Danielle Hoyt 432-0010 x 302 to schedule or email [dhoyt@oneontaymca.org](mailto:dhoyt@oneontaymca.org)



### Play The Oneonta Family YMCA Way...

Everyone plays.  
Safety first.  
Fair play.  
Positive competition.  
Family involvement.  
Sport for all.  
Sport for fun.

### With The Seven Pillars of Youth Sports!

#### Safety First

\*Be on time dropping off and picking up your child.

\*Be available during the time that your child is in A program.

\*Supervise children in your care when they are not enrolled in a program.

\*Children under the age of 11 must be supervised by an adult while in our YMCA building when not participating in program.

#### Cancellation Policy

**There are no make-ups or credits for weather related cancellations or missed classes.**

#### ONEONTA FAMILY YMCA

20-26 Ford Ave  
Oneonta NY 13820  
P 607 432 0010

[www.oneontaymca.org](http://www.oneontaymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARNING SWIMMING LESSONS

**February 2021**  
**February 1– 27th**  
**( 4 weeks)**

**Registration 1/25**



**Please call and register through our Welcome Center 607-432-0010 opt 9**

**\*All classes must have at least 4 participants to run the full session!**

**February 2021**  
**February 1– 27th**  
**( 4 weeks)**



**Parent-Child Aquatic Program:**  
**Ages 6 months – 3 years old**

**Kipper:** (6–18 months)  
 Thursday 6:00–6:30 \$32

**Perch:** (19–36 months)  
 Thursday 6:00–6:30 \$32

**Preschool Aquatic Program:**  
**Ages 3–5 years old**

**Pike:** (Adult in water)  
 Thursday 5:00–5:30 \$32

**Eel:** (No adult in water)  
 Thursday 5:30–6:00 \$32  
 Saturday 11:45–12:15 \$32

**YMCA Youth Progressive**  
**Swim Lessons:**  
**Kindergarten & Up**

**Beginning Polliwog:**  
 Thursday \$32  
 5:30–6:00  
 Saturday 11:45–12:15 \$32

**Advanced Polliwog:**  
 Tuesday & Thursday \$64  
 4:30–5:00  
 Saturday  
 11:00–11:30 \$32

**Guppy:**  
 Saturday  
 12:30–1:00 \$32

**Minnow/ Fish/ Flying Fish**  
 Saturday  
 12:30–1:00 \$32

**Synchronized Swimming**  
 Tuesday  
 5:00–6:30 \$48

**Registration 1/25**

**Parent-Child Swim Lessons**

**Kipper/Perch**

These classes are water enrichment classes for children from 6 months to 36 months of age. Children are accompanied in the water by a parent or another adult. Kipper 6–18 months, Perch 19–36 months **The YMCA does not promote dunking an infant under the water.**

**Preschool Swim Lessons**

Ages 3–5 years

**Pike/Eel:** These classes are water adjustment and beginning swimming skills classes. *Pike are accompanied in the water by a parent or another adult, Eel are not.*

**Ray:** This class is designed for children who have mastered the water adjustment skills. Children must be recommended for this class by a swim instructor.

**Starfish:** This class is for the more advanced preschool swimmer. Children must be recommended for this class by a swim instructor.

**Youth Swim Lessons**

This program is for children in Kindergarten and up. We lay a good foundation of basic aquatic skills and safety. At each level, participants are involved in activities related to the five components of personal safety: personal growth, stroke development, water games and sports, and rescues. We will work on both stroke competence and building endurance.

**Swim Test:** If you are not sure which class to enroll your child, please make an appointment for a swim test.

Contact the Program Assistant at (607)432-0010 x 302.

**REGISTRATION INFORMATION**

**\*Please fill out an Emergency Card for each child at registration**