

# Nurturing skills and building confidence in the water

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.



**To learn more about this program contact:**

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**FREE Swim Skill Assessments**



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FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

Oneonta Family YMCA  
Member Registration: February 9, 2026  
Public Registration: February 16, 2025

February 2026  
Session Dates  
February 23–April 4  
(6 weeks)



**NO CLASSES MARCH 14, 2026**



**Parent Child Aquatic Program  
6 months-3 years**

**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.

**NO CLASSES MARCH 14, 2026**

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

**Kipper: (6-18 months)**  
 Mondays 6:15-6:45pm  
 Mem \$62 Pub \$127  
 Saturdays 9:00-9:30am  
 Mem \$52 Pub \$106

**Perch: (19-36 months)**  
 Mondays 6:15-6:45pm  
 Mem \$62 Pub \$127  
 Saturdays 9:35-10:05am  
 Mem \$52 Pub \$106

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

**Pike: (Adult in water)**  
 Mondays 5:40-6:10 pm  
 Mem \$62 Pub \$127  
 Saturdays 10:10-10:40am  
 Mem \$52 Pub \$106

**Eel: ( No adult in water)**  
 Mondays 5:05-5:35pm  
 Mem \$62 Pub \$127  
 Saturdays 10:45-11:15am  
 Mem \$52 Pub \$106

**Ray:**  
 Saturdays 9:20-9:50 am  
 Mem \$52 Pub \$106



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

**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.

**Beginning Polliwog:**  
 Saturdays 11:30-12:00 pm  
 Mem \$52 Pub \$106

**Advanced Polliwog:**  
 Wednesdays 4:05-4:35pm  
 Mem \$62 Pub \$127  
 Saturdays 9:50-10:20 am  
 Mem \$52 Pub \$106

**Guppy:**  
 Wednesdays 4:40-5:10pm  
 Mem \$62 Pub \$127  
 Saturdays 10:20-10:50 am  
 Mem \$52 Pub \$106

**Minnow**  
 Saturdays 10:50-11:20 am  
 Mem \$52 Pub \$106

**Fish/Flying Fish**  
 Saturdays 11:20-11:50 am  
 Mem \$52 Pub \$106

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