



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Oneonta Family YMCA
PRESCHOOL SWIMMING LESSONS

We emphasize fun, exercise, parent education, water adjustment, boating safety, and general safety. Besides a place where your child can learn skills, the water presents many opportunities for you to share fun with your child and to learn more about him/her.

Kipper- Water Discovery

(6 – 18 months)

Children MUST be accompanied in the water by an adult

Perch- Water Exploration

(19 – 36 months)

Children MUST be accompanied in the water by an adult

Pike- Water Acclimation

(3-5 years)

Children MUST be accompanied in the water by an adult

*Water Exploration and beginning swimming skills

Eel-Water Movement

(3-5 years)

Without Parent

*Water Acclimation and beginning swimming skills

Ray- Water Stamina

(3-5 years)

This class is designed for children who have mastered the Water Acclimation skills and ready to move on to Water Movement

*Children MUST be recommended by an instructor