

Parent observation days are the first and last classes of the session.

Parents: please wait outside the program area during the remaining lessons.

***We believe this is an important part of the learning process.**



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP SWIMMING LESSONS

Spring 2025

April 28–June 7 (6 weeks)

Registration:

Members 4/14/2025

Public 4/21/2025

No class on Memorial Day



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!**

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

Play The Oneonta Family YMCA Way...

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

Spring 2025

April 28–June 7

(6 weeks)

No class Memorial Day

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

Kipper: (6–18 months)

Tuesdays 6:10–6:40pm
Mem \$60 Pub \$117
Saturdays 9:00–9:30am
Mem \$60 Pub \$117

Perch: (19–36 months)

Tuesdays 6:10–6:40pm
Mem \$60 Pub \$117
Saturdays 9:35–10:05am
Mem \$60 Pub \$117

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

Pike: (Adult in water)

Tuesdays 5:30–6:00pm
Mem \$60 Pub \$117
Saturdays 10:10–10:40am
Mem \$60 Pub \$117

Eel: (No adult in water)

Tuesdays 4:50–5:20pm
Mem \$60 Pub \$117
Saturdays 10:45–11:15am
Mem \$60 Pub \$117

Ray:

Saturdays 10:30–11:00am
Mem \$60 Pub \$117

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

Beginning Polliwog:

Tuesdays 4:15–4:45pm
Mem \$60 Pub \$117
Saturdays 11:30–12:00 pm
Mem \$60 Pub \$117

Advanced Polliwog:

Monday/Wednesdays 4:10–4:40pm
Mem \$110 Pub \$215
Saturdays 9:20–9:50am
Mem \$60 Pub \$117

Guppy:

Monday/Wednesday 4:40–5:10pm
Mem \$110 Pub \$215
Saturdays
9:50–10:20am
Mem \$60 Pub \$117

Minnow/Fish/Flying Fish

(Lessons will be geared to individual levels)

Saturdays 11:00–11:30 am
Mem \$60 Pub \$117



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.

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 Stephanie Kozak; Aquatics Lesson Coordinator at skozak@oneontaymca.org