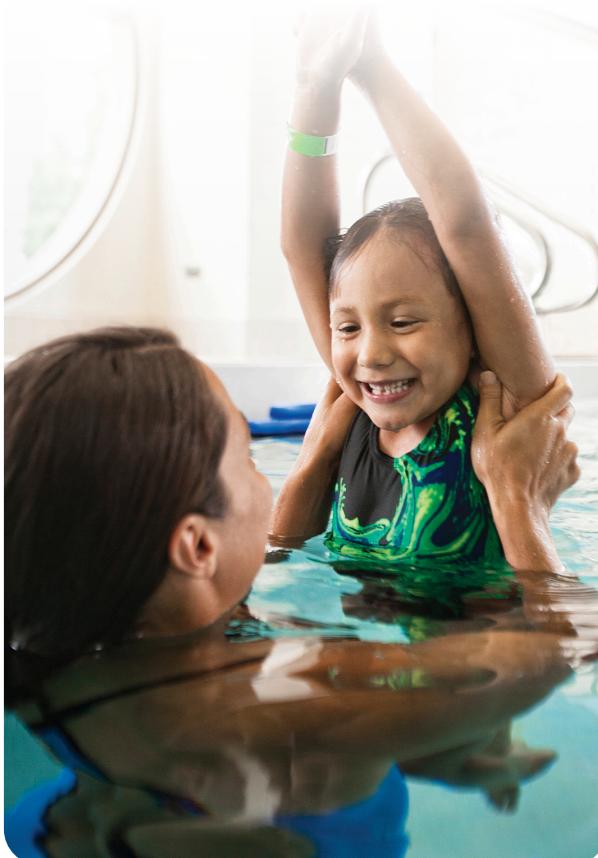


## Nurturing skills and building confidence in the water

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:

Stephanie Kozak  
20-26 Ford Ave  
Oneonta, New York 13820  
607-432-0010  
[skozak@oneontaymca.org](mailto:skozak@oneontaymca.org)

**FREE** Swim Skill Assessments



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# STRONG SWIMMERS CONFIDENT KIDS

Oneonta Family YMCA  
Member Registration: December 15, 2025  
Public Registration: December 29, 2025

**January 2026**  
**Session Dates**  
**January 5–February 14**  
**(6 weeks)**





### 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.

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

**Kipper:** (6-18 months)  
Mondays 6:15-6:45pm  
Saturdays 9:00-9:30am  
Mem \$62 Pub \$127  
**Perch:** (19-36 months)  
Mondays 6:15-6:45pm  
Saturdays 9:35-10:05am  
Mem \$62 Pub \$127

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

**Pike:** (Adult in water)  
Mondays 5:40-6:10 pm  
Saturdays 10:10-10:40am  
Mem \$62 Pub \$127  
**Eel:** (No adult in water)  
Mondays 5:05-5:35pm  
Saturdays 10:45-11:15am  
Mem \$62 Pub \$127  
**Ray:**  
Saturdays 9:20-9:50 am  
Mem \$62 Pub \$127



### 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 \$62 Pub \$127

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

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

**Minnow**  
Saturdays 10:50-11:20 am  
Mem \$62 Pub \$127

**Fish/Flying Fish**  
Saturdays 11:20-11:50 am  
Mem \$62 Pub \$127

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