

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**



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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