

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 participants to be able to focus on the instructor and peers to better their skills.



Play The Oneonta Family YMCA Way...

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

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 Option 9

www.oneontaymca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARNING SWIMMING LESSONS

Winter 2023

Jan. 5th – Feb. 18th

Member Registration 12/26

Public Registration 1/2/23



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!**

Winter 2023

Jan. 5th– Feb. 18th

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Public Registration 1/2/23

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

Kipper: (6–18 months)

Thursdays 5:45–6:15pm
Mem \$68 Pub \$130
Saturdays 9:00–9:30am
Mem \$68 Pub \$130

Perch: (19–36 months)

Thursdays 5:45–6:15pm
Mem \$68 Pub \$130
Saturdays 9:35–10:05am
Mem \$68 Pub \$130

Preschool Aquatic Program: Ages 3–5 years old

Pike: (Adult in water)

Thursdays 5:10–5:40pm
Mem \$68 Pub \$130
Saturdays 10:10–10:40am
Mem \$68 Pub \$130

Eel: (No adult in water)

Thursdays 4:35–5:05pm
Mem \$68 Pub \$130
Saturdays 10:45–11:15am
Mem \$68 Pub \$130

Ray:

Tuesdays 5:15–5:45pm
Mem \$68 Pub \$130

YMCA Youth Progressive Swim Lessons: Kindergarten & Up

Beginning Polliwog:

Thursdays 4:00–4:30pm
Mem \$68 Pub \$130
Saturdays 11:20–11:50am
Mem \$68 Pub \$130

Advanced Polliwog:

Thursdays 4:00–4:30pm
Mem \$68 Pub \$130
Saturdays 9:00–9:30am
9:35–10:05am
Mem \$68 Pub \$130

Guppy:

Thursdays 4:30–5:00pm
Mem \$68 Pub \$130
Saturdays 10:10–10:40am
Mem \$68 Pub \$130

Minnow

Saturdays 10:45–11:15am
Mem \$68 Pub \$130
Fish/ Flying Fish
Saturdays 11:20–11:50 am
Mem \$68 Pub \$130



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 the Aquatics Lesson Coordinator at skozak@oneontaymca.org

REGISTRATION INFORMATION

Please be sure to keep your contact information updated in our system.