

## Private Swimming Lessons

**Children & Adults: Minimum age 3 years**

For all levels from beginner lessons for children and adults, to private on-deck coaching for athletes.

### Private 1 student:

Member: \$25/half hour

### Semi-Private 2 students

Member: \$40/half hour

### Member Bulk Pricing:

**Pack of 4: Half hour each**

1 person: \$90    2 person: \$144

**Pack of 8: Half hour each**

1 person: \$170    2 person: \$272

**\*Please fill out a private lesson request form, which can be found on our website: [www.oneontaymca.org](http://www.oneontaymca.org)**

## Adapted Aquatics

Classes are scheduled for youth through adults with adapted needs. Classes are one-on-one and may include therapeutic exercise and swimming skills.

Contact Danielle Hoyt 432-0010 x 302 to schedule or email [dhoyt@oneontaymca.org](mailto:dhoyt@oneontaymca.org)



### 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

[www.oneontaymca.org](http://www.oneontaymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LEARNING SWIMMING LESSONS

**Spring 2021**  
**April 12th-May 22nd**  
**(6 weeks)**

**Registration 4/5**



**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!**

## Safety Protocols:

We are doing our best during this complex and ever-changing environment to keep staff and participants safe.

**\*Unfortunately, because of safety protocols we will not be able to accommodate guests or parents to observe classes in the program area at this time.**

**Thanks for your cooperation!**

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

Kipper/Water Discovery(6-18 mo)  
Tuesdays 5:30-6:00 \$46  
Saturdays 11:00-11:30 \$46

Perch/Water Exploration(19-35 mo)  
Tuesdays 5:30-6:00 \$46  
Saturdays 11:00-11:30 \$46

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

Pike/Water Acclimation  
(Adult in water)  
Tuesdays 6:00-6:30 \$46

Eel/Water Movement (No adult)  
Tuesdays 4:30-5:00 \$46  
Saturday 11:45-12:15 \$46

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

Beq. Polliwog/Water Acclimation  
Tuesdays \$46  
5:00-5:30  
Saturday 12:30-1:00 \$46

Adv. Polliwog/Water Movement  
Tuesday & Thursday \$89  
4:30-5:00  
Saturday  
11:00-11:30 \$46

Guppy/Water Stamina  
Saturday  
11:45-12:15 \$46

Minnow/ Fish/ Flying Fish:  
Stroke Introduction & Development  
Saturday  
12:30-1:00 \$46

Synchronized Swimming  
Tuesday  
5:00-6:30 \$68

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## Parent-Child Swim Lessons

### **Kipper/Perch**

These classes are water enrichment classes for children from 6 months to 35 months of age. Children are accompanied in the water by a parent or another adult. Kipper 6-18 months, Perch 19-35 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.

**Starfish:** This class is for the more advanced preschool swimmer. 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 (607)432-0010 x 302.

## REGISTRATION INFORMATION

**\*Please make sure we have updated  
Emergency contact info for each child**