

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 Lesson Fees

Member: \$22/half hour
Public: \$54.50/half hour

Semi-Private 2 students

Members: \$32/half hour
Public: \$75.50/half hour

Semi-Private 3 students

Members: \$39/half hour
Public: \$93.50/half hour

15% off of private & semi-private lessons, for members only, when you purchase 4 lessons

Private: \$72
Semi Private: \$106

***Please fill out a private lesson request form, which can be found on our website: oneontaymca.org**

Adaptive 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 Michelle Cook 432-0010 x 202 to schedule.

Synchronized Swimming

Tuesdays and Thursdays 4:30pm-5:30pm
Participants must be able to swim 25 yards front crawl and 25 yards back crawl. Have the opportunity to showcase what you learn in competitions with your teammates! If you have any questions you can email amyheilveil@gmail.com

Members: \$49
Public: \$65

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.
- *Parent observation is the 1st and last class of each session.**

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIMMING LEARNING LESSONS

Descriptions & Schedules ONEONTA FAMILY YMCA

SESSION 2 2019: FEB. 25– APR. 13

Mem. Registration Opens 2/11
Public Registration Opens 2/18



SWIMMING LESSONS



Session 2 2019: 2/25– 4/13

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

Kipper: (6–18 months)

Tuesday	5:10–5:40pm
Saturday	9:00–9:30am
Saturday	9:30–10:00am

Perch: (19–36 months)

Tuesday	5:10–5:40pm
Saturday	9:00–9:30am
Saturday	9:30–10:00am

Preschool Aquatic Program: Ages 3–5 years old

Pike: (Adult in water)

Thursday	5:40–6:10pm
Saturday	10:00–10:30am

Eel: (No adult in water)

Monday	4:30–5:00pm
Tuesday	5:40–6:10pm
Thursday	5:10–5:40pm
Saturday	10:30–11:00am

Ray:

Monday	4:00–4:30pm
Saturday	11:00–11:30am

Starfish:

Wednesday	5:15–5:45pm
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YMCA Youth Progressive Swim Lessons: Kindergarten & Up

Beginning Polliwog:

Wednesday	4:00–4:40pm
Tues/Thurs	4:30–5:10pm
Saturday	11:30–12:10pm
Saturday	12:10–12:50pm

Advanced Polliwog:

Mon/Wed	4:30–5:10pm
Tues/Thurs	3:50–4:30pm
Saturday	12:00–12:40pm

Guppy:

Mon/Wed	3:50–4:30pm
Saturday	11:20–12:00pm

Minnow:

Mon/Wed	5:10–5:50pm
Saturday	10:40–11:20am

Fish/ Flying Fish

Mon/Wed	5:50–6:30pm
Saturday	10:00–10:40am

Adult Group Lessons

Saturday	9:20–10am
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Synchronized Swimming:

Tues / Thurs	4:30–5:30pm
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Non-Competitive Team

Mon/Wed	5:30–6:30pm
Fri	5:30–6:45pm

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.

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 Michelle Cook at (607)432-0010 x 202.

REGISTRATION INFORMATION

***Please fill out an Emergency Card for each child at registration**

*There are no make-ups or participation on alternate days.

*There is a \$5.00 fee to switch classes once registered.

Rates:

Two days a week classes:
Members \$96 / Public \$224

One day a week classes:
Member \$49 / Public \$112

Mem Registration Opens 2/11

Public Registration Opens 2/18