

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

T/Th 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](mailto: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](http://www.oneontaymca.org)



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SWIMMING LEARNING LESSONS

**Session 3 2019**

**Apr.29– June 8  
(6 weeks)**

**Mem. Registration 4/8  
Pub. Registration 4/15**



**Oneonta Family YMCA**

**Call and Register through our Welcome  
Center 607 432 0010 opt 9**

## **Session 3 2019: 4/29-6/8**

**\*Monday, May 27th there will be no classes for Memorial Day. Fee reflects one less class.**



### **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:**

Monday	5:00-5:30pm
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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	10:00-10:40am
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	10:40-11:20am

#### **Adult Group Lessons**

Saturday	9:20-10:00am
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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.**

#### **Rates:**

**Two days a week classes:**

Members \$83/ Public \$192

**\*Monday classes- One less class fee:**

**Members \$76/ Public \$175**

**One day a week classes:**

Member \$42/ Public \$96

**\*Monday classes- One less class fee:**

**Members \$35/ Public \$80**

**Mem Registration Opens 4/8**

**Public Registration Opens 4/15**