



WINTER I

Jan 2nd – Feb 20th

REGISTRATION

MEMBER REGISTRATION

SUNDAY December 9th

PROGRAM MEMBER

REGISTRATION

THURSDAY December 13th



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter I (01/02-02/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:00 - 7:30 pm	Max 3	\$25.00/\$50.00
Winter I	Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter I	Wednesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
Winter I	Saturday 8:30 - 9:00am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
Winter I	Wednesday 10:30 - 11:00 am	Max 3	\$25.00/\$50.00
Winter I	Thursday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter I	Saturday 11:00 - 11:30 am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter I	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter I	Wednesday 11:10 - 11:55 am	3-5	\$35.00/\$70.00
Winter I	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter I	Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:05 - 10:50	3-5	\$35.00/\$70.00
Winter I	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter I	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter I	Wednesday 11:10 - 11:55 am	3-5	\$35.00/\$70.00
Winter I	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter I	Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter I	Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter I	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter I	Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter I	Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

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Winter I (01/02-02/20)

Aquatics

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Winter I	Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Winter I	Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Winter I	Thursday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00
Winter I	Saturday 10:05 - 10:55 am	5-12	\$35.00/\$70.00
Winter I	Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Winter I	Thursday 5:40 pm - 6:25 pm	5-12	\$35.00/\$70.00
Winter I	Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Winter I	Saturday 11:00 - 11:45 am	5-12	\$35.00/\$70.00

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Ses	Days & Times	Ages	Mem/Program
Winter I	NEXT Saturday 10:05 - 10:50 am	8-18	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:05 - 10:50 am ADULTS	18-100	\$35.00/\$70.00
Winter I	Saturday 8:15 - 9:00 am	18-100	\$35.00/\$70.00

Aqua Aerobics

Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout, without the need for swimming skills. Aqua Aerobics is held in the shallow or deep water of the lap pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon, Wed 5:15 - 6:00 pm	16-99	\$10.00/\$35.00
Winter I	Tue, Thu 10:00 - 11:00 am	16-99	\$10.00/\$35.00
Winter I	Tue, Thu 6:30 - 7:30 pm	16-99	\$10.00/\$35.00
Winter I	Saturday 8:00 - 9:00 am	16-99	\$5.00/\$25.00

Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon, Wed, Fri 11:00 - 12:00 pm	18-99	\$10.00/\$35.00

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Green YMCA

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Aquatics

Older Adult Water Exercise

Older Adult Water Exercise Older Adult Water exercise increases range of motion, flexibility and strength while receiving a cardiovascular workout. Swimming skills not required. Recommended for seniors.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$60.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Green YMCA

Winter I (01/02-02/20)

Group Classes

Lunchtime Crunchtime

This Fitness Center based workout is designed to allow participants to "jump in" to the class anytime from 12:00 pm - 1:00 pm. A fitness instructor will take you through a guided workout using the equipment on the fitness floor.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:00 - 1:00	16-99	\$0.00/\$40.00
Winter I	Thursday 12:00 - 1:00	16-99	\$0.00/\$40.00

Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 8:30 - 9:15am	16-99	\$0.00/\$40.00
Winter I	Wednesday 10:30 - 11:15am	16-99	\$0.00/\$40.00
Winter I	Friday 10:30 - 11:15am	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
Winter I	Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:15 - 5:45 pm	13-99	\$0.00/\$40.00

Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00
Winter I	Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

Country Heat

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. The simple steps and catchy country songs make it a fun-filled, calorie-scorching good time!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30 - 6:15 am	13-99	\$10.00/\$50.00
Winter I	Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
Winter I	HIIT/Cycling Tuesday 7:00 - 7:30 pm	13-99	\$10.00/\$50.00
Winter I	Wednesday 5:30-6:15 am	13-99	\$10.00/\$50.00
Winter I	Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
Winter I	Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter I	Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00
Winter I	Friday 9:30 - 10:00 am *Senior Cycle	13-99	\$5.00/\$25.00
Winter I	Saturday 8:30 - 9:15 am	13-99	\$10.00/\$50.00

Golden Rhythms

This class provide modified, low-impact moves for active older adults, and lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursay 8:45-9:30 am	55-99	\$0.00/\$40.00
Winter I	Friday 9:30-10:15 am	55-99	\$0.00/\$40.00

Insanity

INSANITY is a revolutionary cardio-based total body conditioning program based on the principles of MAX Interval Training. By using MAX Interval Training, INSANITY pushes the participant to new training heights, resulting in more calories burned faster. You'll do cardio and plyometric drills with intervals of strength, power, resistance, and core training. It all happens in long bursts of maximum-intensity exercises with short periods of rest, so you can get crazy-good results.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:00 pm - 6:45 pm	16-99	\$0.00/\$40.00

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Group Classes

Kickboxing Cardio

Through a mixture of martial arts and boxing moves, our Kickboxing class includes physical contact with a punching bag while adding a cardio component. Participants must bring their own gloves.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 8:30 - 9:15 am	16-108	\$0.00/\$40.00

Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

Mommy, Me & Stroller

Fitness for you and bonding time with your child. Class will include walking, stretch moves, and stretching all while allowing you to keep your child with you in a stroller.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 11:15 - 12:00 pm		\$0.00/\$40.00
Winter I	Friday 11:15 - 12:00 pm		\$0.00/\$40.00

Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00
Winter I	Saturday 9:00 - 9:45 am	13-99	\$10.00/\$50.00

Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Winter I	Sunday 12:15 - 1:00 pm	13-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Winter I	Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Winter I	Thursday 9:45 - 10:30 am	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday & Friday 8:30 - 9:15 am	50-99	\$0.00/\$65.00

Step & Sculpt

Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 9:30 - 10:15 am	13-99	\$0.00/\$40.00

Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter I	Thursday 9:30 - 10:15 am		\$0.00/\$40.00

STRONG by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 10:30 - 11:00 pm	13-99	\$0.00/\$40.00

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Group Classes

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:45 - 10:30 am	13-99	\$0.00/\$40.00
Winter I	Tuesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues & Thurs 10:30 - 11:15 am	18-108	\$20.00/\$65.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter I	Monday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Winter I	Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
Winter I	Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter I	Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Winter I	Friday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter I	Saturday 8:00 - 8:45 am	13-99	\$0.00/\$40.00

Ashtanga Vinyasa (Yoga)

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:30 - 6:30 am		\$10.00/\$50.00
Winter I	Tuesday 7:00 - 7:45 pm (Beginner)		\$10.00/\$50.00
Winter I	Wednesday 5:30 - 6:30 am		\$10.00/\$50.00
Winter I	Thursday 5:30 - 6:30 am		\$10.00/\$50.00
Winter I	Vinyasa-Thursday 11:30 am - 12:15 pm		\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter I	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter I	Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter I	Friday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter I	Saturday 10:00 - 10:30 am	13-99	\$0.00/\$40.00

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Winter I (01/02-02/20)

Sports & Youth Programs

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter I	3rd to 5th Grade Weds 7:15-8:15	8-11	\$55.00/\$75.00
Winter I	1st and 2nd Grade Mon 7:00 - 8:00 pm	5-7	\$55.00/\$75.00
Winter I	1st and 2nd Grade Thurs 6:00pm - 7:00	5-8	\$55.00/\$75.00
Winter I	6th to 8th Grade Tues 7:00 - 8:00 pm	11-14	\$55.00/\$75.00
Winter I	High School Age 14-17 Thurs. 7:15 -8:3	14-16	\$55.00/\$75.00
Winter I	Kindergarten Mon 5:30 - 6:30 pm	4-6	\$55.00/\$75.00

** Please contact Ryan Reavy directly if interested*

Tot-Time

This class is designed for parent and young child to encourage movement and dance to the rhythms of music and fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00
Winter I	Friday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

** Parent/child participation class*

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