



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter II (03/01-04/18)

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 II	Monday 7:00 - 7:30	Max 3	\$25.00/\$50.00
Winter II	Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter II	Wednesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
Winter II	Saturday 11:00 - 11:30 am	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 II	Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
Winter II	Wednesday 10:30 - 11:00 am	Max 3	\$25.00/\$50.00
Winter II	Thursday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Winter II	Saturday 8:30 - 9:00 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 II	Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Wednesday 11:05 - 11:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter II	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 II	Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter II	Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Wednesday 11:05 - 11:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Winter II	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 II	Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter II	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Winter II	Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Winter II	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:55 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 II	Thursday 4:45 - 5:40 pm	3-5	\$35.00/\$70.00
Winter II	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 II	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

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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 II	Monday 5:25 - 6:10 pm	6-12	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	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 II	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Winter II	Saturday 11:00 - 11:45 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 II	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00
Winter II	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 II	Monday 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
Winter II	Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 9:10 - 9:55 am	6-12	\$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 II	Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Winter II	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter II	Saturday 10:05 - 10:50 am	6-12	\$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 II	NEXT Thursday 4:45 - 5:30 pm	8-18	\$35.00/\$70.00
Winter II	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 II	Wednesday 10:05 - 10:50 am ADULTS	18-10	\$35.00/\$70.00
Winter II	Saturday 8:15 - 9:00 am	18-10	\$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 II	Mon 5:15 - 6:00 pm	16-99	\$5.00/\$20.00
Winter II	Tue 10:00 - 11:00 am	16-99	\$5.00/\$20.00
Winter II	Tue 6:30 - 7:30 pm	16-99	\$5.00/\$20.00
Winter II	Wed 5:15 - 6:00 pm	16-99	\$5.00/\$20.00
Winter II	Thu 10:00 - 11:00 am	16-99	\$5.00/\$20.00
Winter II	Thu 6:30 - 7:30 pm	16-99	\$5.00/\$20.00
Winter II	Friday 7:10 - 8:10 pm	16-99	\$5.00/\$20.00
Winter II	Saturday 8:00 - 9:00 am	16-99	\$5.00/\$20.00

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Aquatics

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 II	Mon, Wed, Fri 11:00 - 12:00 pm	18-99	\$10.00/\$35.00

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 II	Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$60.00

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(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



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Green YMCA

Winter II (03/01-04/18)

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 II	Monday 12:00 - 1:00	16-99	\$0.00/\$40.00
Winter II	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 II	Tuesday 7:30 - 8:15am	16-99	\$0.00/\$40.00
Winter II	Friday 10:30 - 11:15am	16-99	\$0.00/\$40.00
Winter II	Wednesday 10:30 - 11:15am	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Ses	Days & Times	Ages	Mem/Program
Winter II	Friday 5:30 - 6:15am	16-99	\$0.00/\$40.00

Cardio Variety

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 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 II	Monday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Wednesday 6:15 - 7:00 pm	13-99	\$0.00/\$40.00
Winter II	Wednesday 9:30 - 10:15 am	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 II	Monday 7:00 - 7:45 pm	16-99	\$0.00/\$40.00
Winter II	Thursday 5:00 - 5:45 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 II	Monday 6:00 - 6:45 pm	13-99	\$10.00/\$50.00
Winter II	Monday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter II	Wednesday 7:30 - 8:15 am	13-99	\$10.00/\$50.00
Winter II	Wednesday 6:15 - 7:00 pm	13-99	\$10.00/\$50.00
Winter II	Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter II	Thursday 6:30 - 7:15 pm	13-99	\$10.00/\$50.00
Winter II	Friday 7:30 - 8:15 am	13-99	\$10.00/\$50.00
Winter II	Friday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Winter II	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 II	Thursday 8:45-9:30 am	55-99	\$0.00/\$40.00

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 II	Thursday 9:30 - 10:15 am	16-10	\$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 II	Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

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Group Classes

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 II	Monday 11:05 - 11:45 am		\$0.00/\$40.00
Winter II	Friday 11:05 - 11:45 am		\$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 II	Tuesday 9:30 - 10:15 am	13-99	\$10.00/\$50.00
Winter II	Saturday 9:00 - 9:45 am	13-99	\$10.00/\$50.00

Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

Ses	Days & Times	Ages	Mem/Program
Winter II	Friday 9:15 - 10:30 am		\$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 II	Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Winter II	Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Winter II	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 II	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 II	(beginner) Monday 9:30 - 10:15 am	13-99	\$0.00/\$40.00
Winter II	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 II	Tuesday 8:30 - 9:15 am		\$0.00/\$40.00
Winter II	Thursday 8:30 - 9:15 am		\$0.00/\$40.00
Winter II	Thursday 11:30 - 12:15 pm		\$0.00/\$40.00
Winter II	Friday 10:30 - 11:15 am		\$0.00/\$40.00

Tabata

Combines aerobic and anaerobic 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 II	Tuesday 9:45 - 10:30 am	13-99	\$0.00/\$40.00
Winter II	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 II	Tues & Thurs 10:30 - 11:15 am	18-10	\$20.00/\$65.00

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Group Classes

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 II	Monday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Winter II	Monday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter II	Monday 11:30 - 12:15 pm	13-99	\$0.00/\$40.00
Winter II	Monday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00
Winter II	Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$40.00
Winter II	Wednesday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter II	Wednesday 5:00 - 5:45 pm	13-99	\$0.00/\$40.00
Winter II	Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$40.00
Winter II	Friday 8:30 - 9:15 am	13-99	\$0.00/\$40.00

TRX Training

Each session incorporates TRX suspension strength training combined with dynamic bodyweight exercises to strengthen, tone and shred. Intermediate to advanced level.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 8:45 - 9:30am	16-99	\$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 II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Tuesday 5:30 - 6:15 am	13-99	\$0.00/\$40.00
Winter II	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 II	Wednesday 5:30 - 6:30 am		\$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 II	Monday 10:30 - 11:15 am	13-99	\$0.00/\$40.00
Winter II	Tuesday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Thursday 6:00 - 6:45 pm	13-99	\$0.00/\$40.00
Winter II	Saturday 10:00 - 10:45 am	13-99	\$0.00/\$40.00

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Sports & Youth Programs

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 II	Monday 10:30am - 11:00am	Max 3	\$0.00/\$40.00
Winter II	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 II	Thursday 10:45 - 11:15 am	1-3	\$30.00/\$60.00

* Parent/child participation class

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