



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kohl Family YMCA

Fall II (10/27-12/19)

## 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
Fall II	Saturday 8:00 - 8:30	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
Fall II	Saturday 8:30am - 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
Fall II	Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
Fall II	Saturday 9:50 - 10:35 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
Fall II	Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
Fall II	Saturday 9:00 - 9:45 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
Fall II	Tuesday 5:00 - 5:45 pm	6-12	\$35.00/\$70.00
Fall II	Tuesday 5:50 - 6:35 pm	6-12	\$35.00/\$70.00
Fall II	Tuesday 6:40 - 7:25 pm	6-12	\$35.00/\$70.00
Fall II	Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

### 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
Fall II	Tuesday 5:50 - 6:35 pm	6-12	\$35.00/\$70.00
Fall II	Saturday 9:50 - 10:35 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
Fall II	Tuesday 5:50 - 6:35 pm	5-12	\$35.00/\$70.00
Fall II	Saturday 9:00 - 9:45 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
Fall II	Tuesday 6:40 - 7:25 pm	5-12	\$35.00/\$70.00
Fall II	Saturday 10:40 - 11:25 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
Fall II	Tuesday 6:40 - 7:25 pm	5-12	\$35.00/\$70.00
Fall II	Saturday 9:50 - 10:35 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
Fall II	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tuesday 6:40 - 7:25 pm	13-99	\$35.00/\$70.00
Fall II	Saturday 10:40-11:25 am	13-99	\$35.00/\$70.00

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)



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## Aquatics

### Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Fall II	Private Swim Lessons November Sign Up		\$110.00/\$135.00
Fall II	Private Swim Lessons December Sign Up		\$110.00/\$135.00

### Aqua Stretch & Tone

Our Aqua Stretch & Tone class provides a guided lesson in Yoga held in a warm water pool. This is a low impact class that focuses on stretching and relaxation.

Ses	Days & Times	Ages	Mem/Program
Fall II	Mon and Wed 6:45pm-7:30pm	16-99	\$10.00/\$35.00
Fall II	Wednesdays 6:45pm-7:30pm	16-99	\$5.00/\$18.00
Fall II	Wednesdays 6:45pm-7:30pm	16-99	\$5.00/\$18.00

### Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Ses	Days & Times	Ages	Mem/Program
Fall II	Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$20.00/\$75.00
Fall II	Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$20.00/\$75.00
Fall II	Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$20.00/\$75.00
Fall II	Mon, Wed, Fri 5:30 - 6:15 pm	18-99	\$20.00/\$75.00
Fall II	Tue, Thu 10:45 - 11:30 am	18-99	\$15.00/\$50.00
Fall II	Tue, Thu 11:30 - 12:15 pm	18-99	\$15.00/\$50.00

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