



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Fall Aquatics 2019 (11/01-12/19)

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 Aqua	Monday 7:00 - 7:30 pm	Max 3	\$18.00/\$36.00
Fall Aqua	Tuesday 6:35 - 7:05 pm	Max 3	\$18.00/\$36.00
Fall Aqua	Wednesday 10:00 - 10:30 am	Max 3	\$18.00/\$36.00
Fall Aqua	Saturday 11:00 - 11:30 am	Max 3	\$18.00/\$36.00

* 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 Aqua	Monday 6:20 - 6:50 pm	Max 3	\$18.00/\$36.00
Fall Aqua	Wednesday 10:30 - 11:00 am	Max 3	\$18.00/\$36.00
Fall Aqua	Thursday 6:35 - 7:05 pm	Max 3	\$18.00/\$36.00
Fall Aqua	Saturday 8:30 - 9:00 am	Max 3	\$18.00/\$36.00

* 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 Aqua	Monday 10:05 - 10:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Monday 5:25 - 6:10 pm	3-5	\$25.00/\$50.00
Fall Aqua	Tuesday 5:40 - 6:25 pm	3-5	\$25.00/\$50.00
Fall Aqua	Wednesday 11:05 - 11:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Thursday 10:05 - 10:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Thursday 4:45 - 5:30 pm	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 10:05 - 10:50 am	3-5	\$25.00/\$50.00

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 Aqua	Monday 10:05 - 10:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Monday 4:30 - 5:15 pm	3-5	\$25.00/\$50.00
Fall Aqua	Monday 5:25 - 6:10 pm	3-5	\$25.00/\$50.00
Fall Aqua	Tuesday 4:45 - 5:30 pm	3-5	\$25.00/\$50.00
Fall Aqua	Wednesday 11:05 - 11:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Thursday 10:05 - 10:50 am	3-5	\$25.00/\$50.00
Fall Aqua	Thursday 5:40 - 6:25 pm	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 10:05 - 10:50 am	3-5	\$25.00/\$50.00

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
Fall Aqua	Monday 10:05 - 10:55 am	3-5	\$25.00/\$50.00
Fall Aqua	Monday 4:30 - 5:15 pm	3-5	\$25.00/\$50.00
Fall Aqua	Tuesday 10:05 - 10:55 am	3-5	\$25.00/\$50.00
Fall Aqua	Tuesday 4:45 - 5:30 pm	3-5	\$25.00/\$50.00
Fall Aqua	Thursday 5:40 - 6:25 pm	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 10:05 - 10:55 am	3-5	\$25.00/\$50.00

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
Fall Aqua	Thursday 4:45 - 5:40 pm	3-5	\$25.00/\$50.00
Fall Aqua	Saturday 11:00 - 11:45 am	3-5	\$25.00/\$50.00

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 Aqua	Tuesday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 11:00 - 11:45 am	6-12	\$25.00/\$50.00

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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
Fall Aqua	Tuesday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	6-12	\$25.00/\$50.00

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 Aqua	Tuesday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 11:00 - 11:45 am	6-12	\$25.00/\$50.00

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 Aqua	Tuesday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Tuesday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 10:05 - 10:50 am	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 11:00 - 11:45 am	6-12	\$25.00/\$50.00

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 Aqua	Tuesday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 9:10 - 9:55 am	6-12	\$25.00/\$50.00

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 Aqua	Tuesday 5:40 - 6:25 pm	6-12	\$25.00/\$50.00
Fall Aqua	Thursday 4:45 - 5:30 pm	6-12	\$25.00/\$50.00
Fall Aqua	Saturday 10:05 - 10:50 am	6-12	\$25.00/\$50.00

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
Fall Aqua	NEXT Thursday 4:45 - 5:30 pm	8-18	\$25.00/\$50.00
Fall Aqua	NEXT Saturday 10:05 - 10:50 am	8-18	\$25.00/\$50.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall Aqua	Wednesday 10:05 - 10:50 am ADULTS	18-10	\$25.00/\$50.00
Fall Aqua	Saturday 8:15 - 9:00 am	18-10	\$25.00/\$50.00

Lifeguard Class & Pre-Test

Ses	Days & Times	Ages	Mem/Program
Fall Aqua	*Pretest Nov 1st	15-99	\$10.00/\$10.00
Fall Aqua	Sat, Sun - Nov 2nd, 3rd, 9th and 10th *	15-99	\$175.00/\$190.00

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
Fall Aqua	Mon, Wed 5:15 - 6:00 pm	16-99	\$8.00/\$30.00
Fall Aqua	Tue, Thu 10:00 - 11:00 am	16-99	\$8.00/\$30.00
Fall Aqua	Tue, Thu 6:30 - 7:30 pm	16-99	\$8.00/\$30.00
Fall Aqua	Friday 7:45 - 8:30 pm	16-99	\$4.00/\$20.00
Fall Aqua	Saturday 8:00 - 9:00 am	16-99	\$4.00/\$20.00

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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
Fall Aqua	Mon, Wed, Fri 11:00 - 12:00 pm	18-99	\$8.00/\$30.00

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
Fall Aqua	Mon - Fri 8:00 - 9:00 am	50-99	\$8.00/\$50.00
Fall Aqua	Mon - Fri 8:00 - 9:00 am	50-99	\$10.00/\$60.00

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Group Classes

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
Fall Aqua	Friday 10:30 - 11:15am	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
Fall Aqua	Friday 7:30 - 8:15 am	13-99	\$10.00/\$50.00
Fall Aqua	Friday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Fall Aqua	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
Fall Aqua	Friday 9:30-10:15 am	55-99	\$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
Fall Aqua	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
Fall Aqua	Saturday 9:00 - 9:45 am	13-99	\$10.00/\$50.00

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
Fall Aqua	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
Fall Aqua	Friday 10:30 - 11:15 am		\$0.00/\$40.00

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
Fall Aqua	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
Fall Aqua	Saturday 8:00 - 8:45 am	13-99	\$0.00/\$40.00

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
Fall Aqua	Saturday 10:00 - 10:45 am	13-99	\$0.00/\$40.00

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Sports & Youth Programs

Basketball Clinic

The Basketball Clinic will focus on the fundamentals of basketball through drills, games and activities that will help your child become a better basketball player.

Ses	Days & Times	Ages	Mem/Program
Fall Aqua	Monday 5:00 - 6:00 pm ages 4-7	4-7	\$30.00/\$65.00
Fall Aqua	Monday 6:15 - 7:15 pm ages 7-9	7-9	\$30.00/\$65.00
Fall Aqua	Thursday 5:00- 6:00 pm ages 9-12	9-12	\$30.00/\$65.00
Fall Aqua	Tuesday 5:00 - 5:55 pm ages 4-7	4-7	\$30.00/\$65.00
Fall Aqua	Wednesday 5:00 - 5:55 pm ages 7-9	7-9	\$30.00/\$65.00

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
Fall Aqua	Friday 10:30am - 11:00am	Max 3	\$0.00/\$40.00

Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

Ses	Days & Times	Ages	Mem/Program
Fall Aqua	Weds 6:00 - 7:00 & Sat 9-10 am-Nov	5-99	\$40.00/\$55.00
Fall Aqua	Weds 6:00 - 7:00 & Sat 9-10 am-Dec	5-99	\$40.00/\$55.00

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