



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

Winter II (03/01-04/18)

Aquatics

Aqua Zumba

This program takes place in the main pool! "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

Ses	Days & Times	Ages	Mem/Program
Winter II	Mondays 6:00-6:45pm	12-99	\$5.00/\$20.00
Winter II	Wednesdays 6:00-6:45pm	12-99	\$5.00/\$20.00

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	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
Winter 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
Winter II	Tuesday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Winter 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
Winter II	Tuesday 5:30 - 6:15 pm	3-5	\$35.00/\$70.00
Winter II	Saturday 9:00 - 9:45 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	Tuesday 6:20 - 7:05 pm	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 5:30 - 6:15 pm	6-12	\$35.00/\$70.00
Winter 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
Winter II	Tuesday 6:20 - 7:05 pm	6-12	\$35.00/\$70.00
Winter 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
Winter II	Tuesday 6:20 - 7:05 pm	5-12	\$35.00/\$70.00
Winter 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
Winter II	Tuesday 7:10 - 7:55 pm	5-12	\$35.00/\$70.00
Winter II	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Register Online at AKRONYMCA.ORG



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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	Tuesday 7:10 - 7:55 pm	5-12	\$35.00/\$70.00
Winter 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
Winter 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
Winter II	Beginner Teen/Adult Tuesday 7:10 - 7:5	13-99	\$35.00/\$70.00
Winter II	Intermediate/Advanced Saturday 10:40-	13-99	\$35.00/\$70.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Private Swim Lessons March Sign Up		\$110.00/\$135.00
Winter II	Private Swim Lessons April Sign Up		\$110.00/\$135.00

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
Winter II	Fridays 10:45 - 11:30 am	18-99	\$8.00/\$30.00
Winter II	Fridays 11:30 - 12:15 pm	18-99	\$8.00/\$30.00
Winter II	Mondays 10:45 - 11:30 am	18-99	\$8.00/\$30.00
Winter II	Mondays 11:30 - 12:15 pm	18-99	\$8.00/\$30.00
Winter II	Wednesdays 10:45 - 11:30 am	18-99	\$8.00/\$30.00
Winter II	Wednesdays 11:30 - 12:15 pm	18-99	\$8.00/\$30.00
Winter II	Fridays 4:45 - 5:30 pm	18-99	\$8.00/\$30.00
Winter II	Mondays 4:45 - 5:30 pm	18-99	\$8.00/\$30.00
Winter II	Wednesdays 4:45 - 5:30 pm	18-99	\$8.00/\$30.00
Winter II	Fridays 5:30 - 6:15 pm	18-99	\$8.00/\$30.00
Winter II	Mondays 5:30 - 6:15 pm	18-99	\$8.00/\$30.00
Winter II	Wednesdays 5:30 - 6:15 pm	18-99	\$8.00/\$30.00
Winter II	Thursdays 10:45 - 11:30 am	18-99	\$8.00/\$30.00
Winter II	Tuesday 10:45 - 11:30 am	18-99	\$8.00/\$30.00
Winter II	Thursdays 11:30 - 12:15 pm	18-99	\$8.00/\$30.00
Winter II	Tuesdays 11:30 - 12:15 pm	18-99	\$8.00/\$30.00

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