

# **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
Summe	Sat 9:00 - 9:30am	Max 3\$70.00/\$130.00
r	Thurs 5:20 - 5:50pm	Max 3\$52.00/\$100.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

# **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
Summe	Tues & Thurs 6:00 - 6:30pm	Max 4\$70.00/\$130.00
r	Tues & Thurs 6:00 - 6:30pm	Max 4\$70.00/\$130.00

Summe Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

#### **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
Summe	Sat 11:00 - 11:30am Tues &	3-5	\$70.00/\$130.00
r	Thurs 10:00 - 10:30am Tues &	3-5	\$70.00/\$130.00
Summe	Thurs 10:00 - 10:30am Tues &	3-5	\$70.00/\$130.00
r	Thurs 5:20 - 5:50pm	3-5	\$70.00/\$130.00
Summo			

Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23 Summe

#### **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
Summer Summer 1	Տա <b>ծահից։ 49</b> um <b>100 ք</b> IOam Tues & Thurs : Ժաղջը β <sub>4</sub> Juby 12 (միթ. PM) բեզ Տջ, Ծ/47, թ&	3-5 \$70.00/\$130.00 7/3 and no class 7/5 Summer 2: July 3-5 \$70.00/\$130.00 3-5 \$70.00/\$130.00
20 - Augus	<i>t 23</i> 10:40a - 11:10am	3-5 \$70.00/\$130.00

# **Green YMCA**

Summer (06/08-08/30)

# Aquatics

#### **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
Summe r	Tues & Thurs 4:40 - 5:10pm Tues & Thurs 4:40 - 5:10pm	3-5 \$70.00/\$130.00
Cummo o	·····	3-5 \$70.00/\$130.00

Summe 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

#### 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
Summe	Tues & Thurs 5:20 - 5:50pm	5-12	\$70.00/\$130.00
r	Tues & Thurs 5:20 - 5:50pm	5-12	\$70.00/\$130.00
Summe 1: June 8 July 12 (No PM class 6/17 & 7/2 and no class 7/5) Summer 2: July			

Sümmer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

### 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
Summe	Sat 10:20 - 10:50am Tues &	5-12	\$70.00/\$130.00
r	Thurs 6:00 - 6:30pm Tues &		\$70.00/\$130.00
Summe	Thurs 6:00 - 6:30pm		\$70.00/\$130.00

Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

#### 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 I	Mem/Program
Summe	Tues & Thurs 4:40 - 5:10pm	5-14	\$70.00/\$130.00
r	Tues & Thurs 4:40 - 5:10pm	5-14	\$70.00/\$130.00

Summe Summe 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23



# 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
Summe	Sat 9:00 - 9:45am Sat	5-14 \$70.00/\$130.00
r	10:00 - 10:45am Sat	5-14 \$70.00/\$130.00
Summe	11:00 - 11:45am	5-14 \$70.00/\$130.00

Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July **50**mA0gust 23

#### 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
Summe r	Tues & Thurs 4:40 - 5:10pm Tues & Thurs 5:35 - 6:20pm	6-14 \$70.00/\$130.00 \$70.00/\$130.00
	1465 & 11415 5.55 0.20pm	6-14 \$70.00/\$130.00

Summe Summe 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

# **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
Summe	Tues & Thurs 4:40 - 5:10pm	6-14 \$70.00/\$130.00
r	Tues & Thurs 5:35 - 6:20pm	6-14 \$70.00/\$130.00

Summe Summe 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

#### **Teen/Adult Group Swim Lessons**

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages Mem/Program
Summer	Sat 8:25 - 8:55am	15-95 \$70.00/\$130.00

Summer 1: June 8 - July 12 (No PM class Thursday, July 3) Summer 2: July 20 - August 23

#### Aqua Aerobics

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Ses	Days & Times	Ages Mem/Program
Summe	Tues 10:00 - 10:50 am	16-99 \$25.00/\$85.00
r	Thurs 10:00 - 10:50am	16-99 \$25.00/\$85.00

Summer 1: June 8 - July 12 Summer 2: July 20 - August 23

Green YMCA

Summer (06/08-0<u>8/30)</u>

#### 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
Summer	Mon, Wed, Fri 11:00-11:50 am	18-99 \$25.00/\$85.00

Register Online at AKRONYMCA.ORG



# **Kohl Family YMCA**

Summer (06/08-08/30) 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 internati

Ses	Days & Times	AgesMem/Program
Summer	Mondays 6:00-6:45pm	12-99 \$25.00/\$85.00

# 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
Summer	Tuesday & Thursday 5:15 - 5:45 pm	3-5	\$70.00/\$130.00
Summer	Tuesday & Thursday 5:15 - 5:45 pm	3-5	\$70.00/\$130.00

#### 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	sMem/Program
Summer	Tuesday	&	Thursday	6:00	-	6:30	p <u>m</u> 5 S	Sun <b>\$170£070/\$\$99</b> 000&
Thursday 6:00 - 6:30 pm							3-5	\$70.00/\$130.00

#### 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	AgesN	1em/Program
Summer	Tuesday & Thursday 06:40pm - 0	7:106-12	\$70.00/\$130.00
	Tuesday & Thursday 06:40pm - 07:106		\$70.00/\$130.00

#### 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
Summer	Saturday 09:00am-9:30am	6-12	\$70.00/\$130.00

#### 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	Agesl	Mem/Program
Summer	Saturday 9:45am-10:15am	6-12	\$70.00/\$130.00

#### 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	AgesMem/Program
Summ	erSaturday 10:30am - 11:00am	6-12 \$70.00/\$130.00

#### Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses Days & Times						AgesMem/Program
SummerT	uesday	&	Thursday	10:20am	-	11:0518-99\$30.00/\$100.00
SummerT	uesday	&	Thursday	10:20am	-	11:0518-99\$30.00/\$100.00
SummerTuesday & Thursday 11:10am - 11:5518-99\$30.00/\$100.00						
SummerTuesday & Thursday 11:10am - 11:5518-99\$30.00/\$100.00						



# **Synchronized Swimming**

Swimmers focus on synchronized skill basics like eggbeater technique, beginner figures and patterns. As swimmers become more comfortable and confident, they focus on improved team dynamics and choreography. Participants will flex their mental muscles whil

Ses	Days & Times	0	Mem/Program
Summer	1Synchro Swim Conditioning Clinic Sat	. 16-18	\$45.00/\$85.00
Summer 2	\$45.00/\$85.00		

### **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
Summer 1Tues 6:20 - 6:50 pm -Therapy Pool Summer 1Thurs 6:20 - 6:50 pm -Therapy Pool Summer 1Sat 9:40 - 10:10 am -Therapy Pool Summer 1Sat 10:20 - 10:50 am -Therapy Pool Summer 2Tues 6:20 - 6:50 pm -Therapy Pool Summer 2Thurs 6:20 - 6:50 pm -Therapy Pool Summer 2Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00 \$45.00/\$85.00 \$45.00/\$85.00 \$45.00/\$85.00 \$45.00/\$85.00 \$45.00/\$85.00
Summer 2Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00 \$45.00/\$85.00

# **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
	1Tues 6:20 - 6:50 pm -Rec Pool	\$45.00/\$85.00
Summer	1Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer	1Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00
Summer	1Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00
Summer	2Tues 6:20 - 6:50 pm -Rec Pool	\$45.00/\$85.00
Summer	2Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer	2Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00
Summer	<sup>-</sup> 2Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00

# Lake Anna YMCA Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

# **Aquatics**

### **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 M	lem/Program
Summer 1Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 1Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 1Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer 1Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 1Thursday 9:50 - 10:20 am	3-5	\$45.00/\$85.00
Summer 2Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 2Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 2Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 2Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00



### **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.

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Ses	Days & Times		Ages	Mem/Program
Summer	r 1Monday 5:40 - 6:10 pm		3-5	\$45.00/\$85.00
Summer	r 1Monday 6:20 - 6:50 pm		3-5	\$45.00/\$85.00
Summe	r 1Tuesday 5:00 - 5:30 pm		3-5	\$45.00/\$85.00
Summe	r 1Tuesday 7:00 - 7:30 pm		3-5	\$45.00/\$85.00
Summe	r 1Thursday 5:00 - 5:30 pm		3-5	\$45.00/\$85.00
Summe	r 1Thursday 6:20 - 6:50 pm		3-5	\$45.00/\$85.00
Summe	r 1Saturday 9:00 - 9:30 am		3-5	\$45.00/\$85.00
Summe	r 1Saturday 10:20 - 10:50 am		3-5	\$45.00/\$85.00
Summe	r 1Tuesday 9:10 - 9:40 am		3-5	\$45.00/\$85.00
Summe	r 2Monday 5:40 - 6:10 pm		3-5	\$45.00/\$85.00
Summe	r 2Monday 6:20 - 6:50 pm		3-5	\$45.00/\$85.00
Summe	r 2Tuesday 5:00 - 5:30 pm		3-5	\$45.00/\$85.00
Summe	r 2Tuesday 7:00 - 7:30 pm		3-5	\$45.00/\$85.00
Summe	r 2Thursday 5:00 - 5:30 pm		3-5	\$45.00/\$85.00
Summe	r 2Thursday 6:20 - 6:50 pm		3-5	\$45.00/\$85.00
Summer	r 2Saturday 9:00 - 9:30 am		3-5	\$45.00/\$85.00
Summer	r 2Saturday 10:20 - 10:50 am		3-5	\$45.00/\$85.00

#### **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
	1Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
	1Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
	1Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
	2Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer	2Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00

# Lake Anna YMCA Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

# **Aquatics**

# **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
Summer	1Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
	1Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer	1Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
	2Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer	2Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00

#### **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
Summer Summer Summer Summer Summer Summer Summer Summer Summer Summer Summer Summer Summer Summer	1Monday 5:00 - 5:30 pm 1Monday 7:00 - 7:30 pm 1Tuesday 5:40 - 6:10 pm 1Tuesday 7:00 - 7:30 pm 1Thursday 5:00 - 5:30 pm 1Thursday 5:40 - 6:10 pm 1Saturday 9:40 - 10:10 am 1Saturday 9:50 - 10:20 am 1Thursday 9:50 - 10:20 am 1Thursday 9:10 - 9:40 am 2Monday 5:00 - 5:30 pm 2Tuesday 5:40 - 6:10 pm 2Tuesday 7:00 - 7:30 pm 2Thursday 5:00 - 5:30 pm 2Thursday 5:40 - 6:10 pm	Ages Hem/Program   6-12 \$45.00/\$85.00
	2Saturday 9:40 - 10:10 am 2Saturday 11:00 - 11:30 am	6-12 \$45.00/\$85.00 6-12 \$45.00/\$85.00



### **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.

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Ses	Days & Times		Ages I	Mem/Program
Summer 1	Monday 5:00 - 5:30 pm		6-12	\$45.00/\$85.00
Summer 1	Monday 7:00 - 7:30 pm		6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:40 - 6:10 pm		6-12	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm		6-12	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm		6-12	\$45.00/\$85.00
Summer 1	Thursday 5:40 - 6:10 pm		6-12	\$45.00/\$85.00
Summer 1	Saturday 9:40 - 10:10 am		6-12	\$45.00/\$85.00
Summer 1	Saturday 11:00 - 11:30 am		6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:50 - 10:20 am		6-12	\$45.00/\$85.00
Summer 1	Thursday 9:10 - 9:40 am		6-12	\$45.00/\$85.00
Summer 2	2Monday 5:00 - 5:30 pm		6-12	\$45.00/\$85.00
Summer 2	2Monday 7:00 - 7:30 pm		6-12	\$45.00/\$85.00
Summer 2	2Tuesday 5:40 - 6:10 pm		6-12	\$45.00/\$85.00
Summer 2	2Tuesday 7:00 - 7:30 pm		6-12	\$45.00/\$85.00
Summer 2	2Thursday 5:00 - 5:30 pm		6-12	\$45.00/\$85.00
Summer 2	2Thursday 5:40 - 6:10 pm		6-12	\$45.00/\$85.00
Summer 2	2Saturday 9:40 - 10:10 am		6-12	\$45.00/\$85.00
Summer 2	2Saturday 11:00 - 11:30 am		6-12	\$45.00/\$85.00
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# 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
Summer	1Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer	1Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer	1Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer	1Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer	1Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer	1Tuesday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer	1Thursday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer	2Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer	2Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer	2Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer	2Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer	2Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00

# Lake Anna YMCA Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

# **Aquatics**

# **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	Ag	jes l	Mem/Program
Summe	r 1Monday 5:00 - 5:30 pm	6-1	12	\$45.00/\$85.00
Summe	r 1Monday 6:20 - 6:50 pm	6-1	12	\$45.00/\$85.00
Summe	r 1Tuesday 5:40 - 6:10 pm	6-1	12	\$45.00/\$85.00
Summe	r 1Tuesday 6:20 - 6:50 pm	6-1	12	\$45.00/\$85.00
Summe	r 1Thursday 5:40 - 6:10 pm	6-1	12	\$45.00/\$85.00
Summe	r 1Saturday 11:00 - 11:30 am	6-1	12	\$45.00/\$85.00
Summe	r 1Tuesday 9:50 - 10:20 am	6-1	12	\$45.00/\$85.00
Summe	r 1Thursday 9:50 - 10:20 am	6-1	12	\$45.00/\$85.00
Summe	r 2Monday 5:00 - 5:30 pm	6-1	12	\$45.00/\$85.00
Summe	r 2Monday 6:20 - 6:50 pm	6-1	12	\$45.00/\$85.00
Summe	r 2Tuesday 5:40 - 6:10 pm	6-1	12	\$45.00/\$85.00
Summe	r 2Tuesday 6:20 - 6:50 pm	6-1	12	\$45.00/\$85.00
Summe	r 2Thursday 5:40 - 6:10 pm	6-1	12	\$45.00/\$85.00
Summe	r 2Saturday 11:00 - 11:30 am	6-1	12	\$45.00/\$85.00
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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	Ages Mem/Program		
Summer	1Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
Summer	1Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
Summer	1Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
Summer	1Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00		
Summer	1Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00		
Summer	1Thursday 9:50 - 10:20 am				
Summer	2Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
	2Tuesday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
	2Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00		
	, ,	6-12	\$45.00/\$85.00		
Summer	2Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00		



# **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
	1Monday 6:20 - 6:50 pm	6-12 \$45.00/\$85.00
	1Tuesday 5:00 - 5:30 pm	6-12 \$45.00/\$85.00
	1Thursday 6:20 - 6:50 pm	6-12 \$45.00/\$85.00
	1Saturday 9:00 - 9:30 am	6-12 \$45.00/\$85.00
	1Tuesday 9:10 - 9:40 am	6-12 \$45.00/\$85.00
	1Thursday 9:50 - 10:20 am	6-12 \$45.00/\$85.00
	2Monday 6:20 - 6:50 pm	6-12 \$45.00/\$85.00
	2Tuesday 5:00 - 5:30 pm	6-12 \$45.00/\$85.00
	2Thursday 6:20 - 6:50 pm	6-12 \$45.00/\$85.00
Summer	2Saturday 9:00 - 9:30 am	6-12 \$45.00/\$85.00

### **Pathways Completed All Stages**

Must have completed all previous swim lesson stages 1-6. Classes provide oportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages Mem/Program	
Summer	1AQ Conditioning M 7:00 - 7:30 pm	10-13	\$45.00/\$85.00
Summer 2	2AQ Conditioning M 7:00 - 7:30 pm	10-13 \$4	15.00/\$85.00

#### **Teen/Adult Group Swim Lessons**

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages Mem/Program
Summer	1Adult Beginner Lessons Thursday	7:00 -18-99\$45.00/\$85.00
Summer	1Adult Advanced Lessons Thursday	/ 7:00 18-99\$45.00/\$85.00
Summer	1Teen Beginner Lessons Saturday	11:00 13-17\$45.00/\$85.00
Summer	1Teen Advanced Lessons Saturday	11:00 13-17\$45.00/\$85.00
Summer	2Adult Beginner Lessons Thursday	7:00 -18-99\$45.00/\$85.00
Summer	2Adult Advanced Lessons Thursday	/ 7:00 18-99\$45.00/\$85.00
Summer	2Teen Beginner Lessons Saturday	11:00 13-17\$45.00/\$85.00
Summer 2	Preen Advanced Lessons Saturday 11:0	00 13-17\$45.00/\$85.00

Lake Anna YMCA Summer 1 (06/08-07/12), Summer 2 (07/20-08/23)

# **Aquatics**

# **Aqua Aerobics**

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Ses	Days & Times	Ages M	em/Program
Summer 1	LMon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 1	LWed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 3	1Fri 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	2Mon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	2Wed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2Fri 8:30 - 9:20am		16-99 \$1	5.00/\$55.00

### Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages I	Mem/Program
Summe	r 1Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 1Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summe	r 1Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 1Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summe	r 1Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summe	r 1Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 1Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summe	r 2Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 2Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summe	r 2Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 2Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summe	r 2Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summe	r 2Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summe	r 2Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00



# **Riverfront Family YMCA**

Summer I (06/08-07/07), Summer II (07/13-08/11)

# **Aquatics**

# **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	
Summer	ISunday 12:15-12:45pm	3-5	\$43.00/\$82.00
Summer	IISunday 12:15-12:45pm	3-5	\$43.00/\$82.00

#### **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	
	ISunday 12:50-1:20pm	3-5	\$43.00/\$82.00
	IISunday 12:50-1:20pm	3-5	\$43.00/\$82.00

# **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
	ISunday 1:25-1:55pm	3-5	\$43.00/\$82.00
	IISunday 1:25-1:55pm	3-5	\$43.00/\$82.00

#### **Preschool Swim Lessons**

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 & Tin	nes		Ages	Mem/Program
Summer	IWednesday	10:35-11:05am	(Stages	1,23-5	\$43.00/\$82.00
Summer IIWednesday 10:35-11:05am (Stages 1,23-5				\$43.00/\$82.00	

# **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
	ISaturday 9:00-9:30am	6-12	\$43.00/\$82.00
Summer 1	ISaturday 9:00-9:30am	6-12	\$43.00/\$82.00

### 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	
Summer	ISaturday 9:40-10:10am	6-12	\$43.00/\$82.00
Summer	IISaturday 9:40-10:10am	6-12	\$43.00/\$82.00

### 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	Ages Mem/Program	
	r ISaturday 10:20-10:50am	6-12	\$43.00/\$82.00	
Summer IISaturday 10:20-10:50am		6-12	\$43.00/\$82.00	

Register Online at AKRONYMCA.ORG



#### Summer Splash

Youth ages 5-13 are invited to this multi-level swim lesson, that combines a half hour of class (in the lap pool) with a half hour of play (in the rec pool). Great for families with children at different levels. We will divide swimmers up into groups for lessons.

Ses Days & Times

AgesMem/Program

Splas5-13 Summer Thursdays 3:00-4:00pm Summer Splas70300/\$130.00 7-week class beginning Tues. 6/10 or Thur, 6/12 (No PM class Tues Share OF or Thur, July 3)

#### 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	Agesl	Mem/Program
Summe	rSummer 1 Wed 9:00-9:30AM	Max 3	\$45.00/\$85.00
Summe	rSummer 2 Wed 9:50-10:20a	am A&B Summang Su	mm39545100/\$885:00-
5:30PM	SummerSummer 2 Wed 5	5:00-5:30PM	ne <b>3\$45:007\$85.6</b> @t
9:00-9:3	0AM SummerSummer 2 Sat	9:00-9:30AMMax	3\$45.00/\$85.00
		Max	3\$45.00/\$85.00
		Max 3	\$45.00/\$85.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August 23

#### 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	/lem/Program
SummerSummer 1 Wed 9:45-10:15AM Max 3\$45.00/\$85.00			
Summer	Summer 1 Wed 5:35-6:05PM	Max	3\$45.00/\$85.00
Summer	Summer 2 Wed 5:35-6:05PM	Max	3\$45.00/\$85.00
Summer	Summer 1 Sat 9:40-10:10AM	Max	3\$45.00/\$85.00
SummerSummer 2 Sat 9:40-10:10AM		Max 3	\$45.00/\$85.00
•	A. Luna O. Lulu AO (No. stars Ostimulars I)		

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 - August

# Wadsworth YMCA

Summer (06/08-08/30) Aquatics

#### **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 lavs the foundation that allows for a student's future progress in swimming.

Ses	Days & 1	imes		AgesMem/Program
\$4500068	85rAfher	1	Tues	4:40-5:1 <b>ଔ₽</b> ₩
\$4500068	<b>§</b> ārAher	2	Tues	4:40-5:10¥₽₽₩
\$4500068	85rAAher	1	Tues	5:15-5:4 <b>3₽</b> ₩
\$4500068	85rAAher	2	Tues	5:15-5:4 <b>3₽</b> ₩
\$4500068	85rAfher	1	Wed	9:00-9:3 <b>645</b> 4
\$4500068	85rAfher	1	Wed	9:45-10:15am3-5
\$4500068	SonAher 1	Wed	6:10-6:4	0PM Parent/C2-3
\$4500068	Sonaher 2	Wed 6	:10-6:40F	PM Parent/C2-3 3-
<b>\$450064\$</b>	<b>854603e</b> r 31	5 3 hBu (3	s54:40-5:′	10PM
\$4500068	85m00ner 2	Thurs	s 4:40-5:′	10PM
\$4500068	<b>85r00</b> ner 1	Thurs {	5:15-5:45	PM
\$45000#\$	Börööner 2	Thur	s 5:15-5:	:45PM
\$4500028	85r00ner	1 Sat	9:00-9:	:30AM
\$45000#\$	Börûûner 2	2 Sat	9:00-9:	:30AM
\$45000#\$	Börööner 1	Sat	10:20-10:	:50AM
\$45000#\$	Börööner 2	Sat 10:	20-10:50/	AM
	1: June 8 - J August 23	uly 12 (	No PM cla	ess 6/17 & 7/3 and no class 7/5) Summer 2:

#### 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	Agesl	Mem/Program
Sum	merSummer 1 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Sum	merSummer 2 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Sum	merSummer 1 Tues 5:55-6:25PM	3-5	\$45.00/\$85.00
\$450	00# <b>\$8</b> 9!00ner 2 Tues 5:55-6:25PM	3-5	
\$450	00#\$88!00ner 1 Wed 9:00-9:30AM	3-5	
\$450	00#\$88!00ner 1 Wed 9:45-10:15AM	3-5	
\$450	00# <b>\$8</b> 9!00ner 2 Wed 11:10-11:40AM	3-5	
23 <sub>\$450</sub>	00# <b>\$8</b> 9100ner 1 Thurs 5:15-5:45PM	3-5	
\$450	00# <b>\$8</b> 9100ner 2 Thurs 5:15-5:45PM	3-5	
\$450	00# <b>\$8</b> 9100ner 1 Thurs 5:55-6:25PM	3-5	
\$450	00# <b>\$8</b> 9100ner 2 Thurs 5:55-6:25PM	3-5	
\$450	00# <b>\$8</b> 9!00ner 1 Sat 9:40-10:10AM	3-5	
\$450	00# <b>\$8</b> 9!00ner 2 Sat 9:40-10:10AM	3-5	
\$450	00# <b>\$8</b> 9!00ner 1 Sat 10:20-10:50AM	3-5	
\$450			
	ner 1: June 8 - July 12 (No PM class 6/17 & 20 - August 23	7/3 and no c	lass 7/5) Summer 2:



### 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 & Tim	ies		AgesN	lem/Program
Summe	rSummer 1 Tu	ues 4:40-5:10PM	Summe	r ទិមាំmme	e\$45.1006\$854.040-
5:10PM	SummerSumr	ner 1 Tues 5:55-6	6:25PM S	រ <mark>ជាក</mark> ទាmer	S\$415rA@/\$255.0@s
5:55-6:2	25PM Summer	Summer 1 Wed 9	:45-10:18	5 <b>2⊶15</b> 1 Su	n <b>\$A561SU\$</b> \$\$56001
Wed	10:30-11:00	SummerSumme	er 1	3Fpaurs	\$4 <b>5:40/\$</b> 850PM
Summe	rSummer 2 Th	urs 4:40-5:10PM	Summer	֍ֈ֍ՠՠ֎	*\$45700/\$85.995-
6:25PM	SummerSumr	mer 2 Thurs 5:55	-6:25PM	<b>ອີ<sub>ປ</sub>ົກກາຍ</b>	en\$515m01966#85.95at
9:40-10	:10AM Summe	rSummer 2 Sat 9	:40-10:10	) <b>A⊣f⁄i</b> Su	n <b>\$A5683/\$</b> \$\$56001
Sat 10:2	20-10:50AM Su	ImmerSummer 2 S	Sat 10:20	<b>.3⊩5</b> :50A	\$45.00/\$85.00
		12 (No PM class 6	/17 & 7/3 a	ађсБпо с	1 <b>\$\$</b> \$570 <b>0</b> /\$85100er
z. July z	20 - August 23			2 E	

3-5	\$45.00/\$85.00
3-5	\$45.00/\$85.00
3-5	\$45.00/\$85.00
3-5	\$45.00/\$85.00
3-5	\$45.00/\$85.00

#### 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	AgesMem/Program
\$4500068	§5inApher \$45ī0€\$\$8 <b>5i.00</b> -5:10 <b>\$4√3</b> .00	/\$853650 \$45.00/\$85.00
\$4500068	\$5naher \$\$45 <b>T06</b> \$\$8 <b>51.040</b> -5:10 <b>\$4%</b> 3.00	\$45.00
	§ସିନ୍ନିକାନ 1 Wed 10:30-11:00AM	3-5
Summer	5: Hune & - July 12 (No 5.35-18:55) 7 & 7 - August 23	7/3 agoୁ5no class 7/5) Summer
Summer	Summer 2 Thurs 5:55-6:25PM	3-5
Summer	Summer 1 Sat 9:55-10:25AM	3-5
Summer	Summer 2 Sat 9:55-10:25AM	3-5
Summer	Summer 1 Sat 10:45-11:15AM	3-5
Summer	Summer 2 Sat 10:45-11:15AM	3-5

# Wadsworth YMCA

Summer (06/08-08/30) Aquatics

### 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	AgesMem/Program
\$450006	ଞ୍ଚିସିନ୍ନିନାer 1 Tuesday 5:15-5:45 PM	6-12
\$450006	ଞ୍ଚିଘାନ୍ସିକାer 2 Tuesday 5:15-5:45PM	6-12
\$450006	ଞ୍ଚିସିନ୍ନିକାନ 1 Wednesday 9:00-9:30AM	6-12
\$450006	ଞ୍ଚିଘାନ୍ନିher 1 Thursday 5:15-5:45PM	6-12
\$450006	ଞ୍ଚିଘାନ୍ସିକାer 2 Thursday 5:15-5:45PM	6-12
\$450006	ទីចាំណាម 1 Saturday 9:00-9:30AM	6-12
\$450006	Sondher 2 Saturday 9:00-9:30AM	6-12
Summer	1: June 8 - July 12 (No PM class 6/17 & 7/3	and no class 7/5) Summer 2:

Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23

#### 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	AgesMem/Program
\$45.00	<b>\$86r00</b> ner 1 Tuesday 4:40-5:10 PM	6-12
\$45.00	<b>\$86r00</b> ner 2 Tuesday 4:40-5:10 PM	6-12
\$45.00	<b>\$86r00</b> ner 1 Tuesday 5:55-6:25PM	6-12
\$45.009	<b>\$8</b> 9000 mer 2 Tuesday 5:55-6:25 PM	6-12
\$45.009	\$80000ner 1 Thursday 4:40-5:10PM	6-12
\$45.009	<b>\$8</b> 9000 er 2 Thursday 4:40-5:10 PM	6-12
\$45.009	<b>\$89.00</b> ner 1 Thursday 5:15-5:45 PM	6-12
\$45.009	<b>\$89000</b> ner 2 Thursday 5:15-5:45 PM	6-12
\$45.009	<b>\$89:00</b> ner 1 Saturday 9:55-10:25 AM	6-12
\$45.009	<b>\$89:00</b> ner 2 Saturday 9:55-10:25 AM	6-12
\$45.009	<b>\$8000</b> ner 1 Saturday 10:45-11:15 AM	6-12
\$45.009	<b>\$8000</b> ner 2 Saturday 10:45-11:15 AM	6-12
	r 1: June 8 - July 12 (No PM class 6/17 & 7/3 - August 23	3 and no class 7/5) Summer 2:



### 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 &	۲	ïmes				AgesN	/lem/Prograi	n
\$4500068	85rAmer	ſ	645.0068885	.06:15-	.5\$465	0101138	3560102	\$45.00/\$85	.00
\$4500068	\$5rAA\\$4	5. <u>¢</u>	0/ <b>\$85</b> %}	45.00%	\$845	0 <b>µ\$µ4</b> ⊅	.069/1\$285.	00	
Summer	Suffines.	- 1	uly 12 (No.	M clas	556417	&p7{/₽	agdinoo	lass 7/5) Sum	mer
Summer	Summer	23	Thursday	/ 4:40	-5:10	PM	6-12		
Summer	Summer	2	Saturday	9:55-7	10:25	AM	6-12		
Summer	Summer	1	Saturday	9:55-7	10:25	AM	6-12		
Summer	Summer	1	Saturday	10:45-	11:15	AM	6-12		
Summer	Summer	2 3	Saturday 1	0:45-11	:15 A	M	6-12		

#### 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	AgesMe	em/Program
\$45000686	<b>S</b> ār <del>A</del> fher	\$45.00%885.08:55-6\$45.00	\$\$8560102	\$45.00/\$85.00
\$450006\$	\$ <b>5</b> rAA <b>\$</b> 45	5.20/ <b>\$85:00</b> \$45:95 <b>/\$85</b> 00\$	<b>¢4/5.069/1\$2</b> 85.0	0
Summer a	suffines -	July 12 (No BM class 66.40P	∦≩agotino cla	ass 7/5) Summer
Summer	Summer	2 Thursday 5:55-6:40P	M 6-12	
Summer	Summer	1 Saturday 9:55-10:40 A	M 6-12	
Summer	Summer	2 Saturday 9:55-10:40 A	M 6-12	
Summer	Summer	1 Saturday 10:45-11:30 A	M 6-12	
Summer	Summer 2	2 Saturday 10:45-11:30 AM	6-12	

#### 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 8	Times		Ages	Mem/Program
SummerSummer 1 Tuesday 4:40-5:25PM 6-12 \$45.00/\$85.0					\$45.00/\$85.00
Summer	Summer	2 Tuesday 4:40-5:2	25PM	Summer Bur	nn\$45.1007\$85s68y
5:30-6:1	5 PM	SummerSummer	2	Thurs64aty2	5\$ <b>46-601\$</b> 85.00M
Summer	Summer	1 Saturday 9-9:45A	М	6-12	\$45.00/\$85.00
		2 Saturday 9-9:45A		6-12	\$45.00/\$85.00
Summer 2: July 20	1: June 8 ) - August	- July 12 (No PM clas 23	s 6/17	& 7/3 and no	class 7/5/ Summer

# Wadsworth YMCA

Summer (06/08-08/30) Aquatics

# 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	AgesMem/Program
\$450006\$	ଷରିଜନାନ 1\$ <b>4ରିଡ</b> ଣା\$ଡ଼55990-6:1 <b>\$</b> 4 <b>୭</b> 100/\$	856002 \$45.00/\$85.00
\$450006\$	ଞଦିନିନିକି <del>ଣ</del> 520 <b>0% ୫୫</b> ୦୦୦୦ 5:30-6:15 PM	6-12
Summer	5. HIPPER - July 12 (Ng PM 4855 297 1 7/3 ) - August 23	a എറ്റേറ്റo class 7/5) Summer
Summer	Summer 2 Thursday 4:40-5:25PM	6-12
Summer	Summer 1 Saturday 9-9:45 AM	6-12
Summer	Summer 2 Saturday 9-9:45 AM	6-12

#### Pathways Completed All Stages

Must have completed all previous swim lesson stages 1-6. Classes provide oportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days &	Tim	es	AgesMem/Program	
SummerSummer 1 Sat 9:00-11:00AM JR GUA12-15\$45.00/\$85.00					
Summ	nerSummer 2	Sat	9:45-	10:45am Games	12-15\$35.00/\$70.00
Summ	nerSummer	1	Sat	9:00-9:45AM	Enduranc10-15\$45.00/\$85.00
Summ	nerSummer 2	Sat	9:00-	10:30AM JR INS	Г11-15\$45.00/\$85.00

Summer 1: June 8 - July 12 (No class Saturday, July 5) Summer 2: July 20 -August 23

#### Drew Howell Adaptive Swim Program

This parent/child swim session is designed for parents to swim with their child in a warm water setting. Parents will have the opportunity to work with their child under the guidance of an instructor.

Ses	Days & T	imes		Ages	Mem/Program
Summer	Summer 1 T	ues 7	00-7:30pm Pa	rent/C4-10	\$45.00/\$85.00
Summer	Summer 2	Tues	7:00-7:30pm	Parent/C4-10	\$45.00/\$85.00
Summer	Summer 1	Wed	10:30-11:00ai	m Parent6-12	\$45.00/\$85.00
Summer	Summer 2 V	Ved 10	):30-11:00am F	Parent6-12	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class Tuesday, June 17) Summer 2: July 20 - August 23					

#### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	AgesMem/Program	
Summe	rSummer 1 Thursday 6:20-6:50pm	13-99 \$60.00/\$115.00	
SummerSummer 2 Thursday 6:20-6:50pm		13-99 \$60.00/\$115.00	
Summer 1: June 8 - July 12 (No PM class Thursday, July 3) Summer 2: July 20 -			

August 23



# Wadsworth YMCA

Summer (06/08-08/30) Aquatics

#### Aqua Aerobics

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Ses	Days & Times	AgesMem/Program
Summer	Summer 1 Mon 9:00 - 9:50am	16-99 \$15.00/\$55.00
Summer	Summer 2 Mon 9:00 - 9:50am	16-99\$15.00/\$55.00
Summer	Summer Mon 6:30-7:15pm Grizzly Poo <sup>2</sup>	16-99\$40.00/\$100.00
Summer	Summer 1 Tues 8:00 - 8:50am	16-99\$15.00/\$55.00
Summer	Summer 2 Tues 8:00 - 8:50am	16-99 \$15.00/\$55.00
Summer	Summer 1 Wed 9:00 - 9:50am	16-99 \$15.00/\$55.00
Summer	Summer 2 Wed 9:00 - 9:50am	16-99 \$15.00/\$55.00
	SummerSummer 1 Thurs 7:30-8:2	20am16-99\$15.00/\$55.00
	SummerSummer 2 Thurs 7:30-8:2	20am16-99\$15.00/\$55.00
Su	ummerSummer 1 Fri 8:30-9:20am HIIT (	Class16-99\$15.00/\$55.00
Summer	Summer 2 Fri 8:30-9:20a HIIT Class	16-99 \$15.00/\$55.00
Summer	1: June 8 - July 12 Summer 2: July 20 - Au	gust 23

# **Deep Water Aqua Aerobics**

A very-low impact aerobic exercise class held in the deep end of the lap pool. Participants are invited to bring a flotation belt or borrow one of ours. This class finishes up in the shallow end of the pool with stretching and flexibility exercises.

Ses	Days & Times	AgesMe	em/Program
Summer	ummer 1 Tues 9:00 - 9:50 am	16-99	\$15.00/\$55.00
Summer	Summer 2 Tues 9:00 - 9:50 am	16-99	\$15.00/\$55.00
Summer	Summer 1 Thurs 9:00 - 9:50 am	16-99	\$15.00/\$55.00
SummerSummer 2 Thurs 9:00 - 9:50 am		16-99 \$15.00/\$55.00	
Summer 1: June 8 - July 12 Summer 2: July 20 - August 23			

ner 1: June 8 - July 12 Summer 2: July 20 - August 23

# Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses Days & Times	AgesMem/Program
SummerSummer 1 Monday 8:00 - 8:45 am	18-99 \$20.00/\$65.00
SummerSummer 2 Monday 8:00-8:45 am	18-99 \$20.00/\$65.00
SummerSummer 1 Monday 9:00 - 9:45 am	18-99 \$20.00/\$65.00
SummerSummer 2 Monday 9:00-9:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Monday 10:00 - 10:45 am	18-99 \$20.00/\$65.00
SummerSummer 2 Monday 10:00-10:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Monday 11:00 - 11:45 am	18-99 \$20.00/\$65.00
SummerSummer 2 Monday 11:00-11:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Monday 7:00-7:45pm	18-99 \$20.00/\$65.00
SummerSummer 2 Monday 7:00-7:45pm	18-99 \$20.00/\$65.00
SummerSummer 1 Wednesday 8:00-8:45am	18-99 \$20.00/\$65.00
SummerSummer 2 Wednesday 8:00-8:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Wednesday 9:00-9:45am	18-99 \$20.00/\$65.00
SummerSummer 2 Wednesday 9:00-9:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Wednesday 10:00-10:45	am18-99\$20.00/\$65.00
SummerSummer 2 Wednesday 10:00-10:45	am18-99\$20.00/\$65.00
SummerSummer 1 Wednesday 11:00-11:45	am18-99\$20.00/\$65.00
SummerSummer 2 Wednesday 11:00-11:45	am18-99\$20.00/\$65.00
SummerSummer 1 Wednesday 7:00-7:45	pm18-99\$20.00/\$65.00
SummerSummer 2 Wednesday 7:00-7:45	pm18-99\$20.00/\$65.00
SummerSummer 1 Friday 8:00-8:45am	18-99 \$20.00/\$65.00
SummerSummer 2 Friday 8:00-8:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Friday 9:00-9:45am	18-99 \$20.00/\$65.00
SummerSummer 2 Friday 9:00-9:45am	18-99 \$20.00/\$65.00
SummerSummer 1 Friday 10:00-10:45am	18-99 \$20.00/\$65.00
Summer26 Summer 2 Friday 10:00-10:45am	18-99 \$20.00/\$65.00
Summer27 Summer 1 Friday 11:00-11:45am	18-99 \$20.00/\$65.00
Summer28 Summer 2 Friday 11:00-11:45am	18-99 \$20.00/\$65.00
Summer 1: June 8 - July 12 Summer 2: July 20 - August	23



# Wadsworth YMCA

Summer (06/08-08/30) Aquatics

# Warm Water Open Swim

Independent exercise time in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Beys & Times	AgesMem/Program
SummerSummer 1 Monday 12:00-12:45pm	18-99 \$10.00/\$30.00
SummerSummer 2 Monday 12:00-12:45 pm	18-99 \$10.00/\$30.00
SummerSummer 1 Monday 6:00-6:45	5pm18-99\$10.00/\$30.00
SummerSummer 2 Monday 6:00-6:45	5pm18-99\$10.00/\$30.00
SummerSummer 1 Wednesday 12:00-12:4	45 p18-99\$10.00/\$30.00
SummerSummer 2 Wednesday 12:00-12:4	45 p18-99\$10.00/\$30.00
SummerSummer 1 Friday 12:00-12:45	pm18-99\$10.00/\$30.00
SummerSummer 2 Friday 12:00-12:45	pm18-99\$10.00/\$30.00
SummerSummer 1 Saturday 12:00 - 12:45	pm18-99\$10.00/\$30.00
SummerSummer 2 Saturday 12:00-12:45pm	18-99\$10.00/\$30.00
Summer 1: June 8 - July 12 (No class Saturday, 7/5) Su	ımmer 2: July 20 - August 23

Register Online at AKRONYMCA.ORG