



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer (06/08-08/30)

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
Summer	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
Summer	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

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
Summer	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
Summer	Thurs 10:00 - 10:30am Tues &	3-5 \$70.00/\$130.00
r	Thurs 5:20 - 5:50pm	3-5 \$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

Summer

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	Sat 10:40a - 11:10am Tues & Thurs	3-5 \$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	3-5 \$70.00/\$130.00
Summer	10:40a - 11:10am	3-5 \$70.00/\$130.00

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
Summer	Tues & Thurs 4:40 - 5:10pm	3-5 \$70.00/\$130.00
r	Tues & Thurs 4:40 - 5:10pm	3-5 \$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 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	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

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	Ages Mem/Program
Summer	Sat 10:20 - 10:50am Tues &	5-12 \$70.00/\$130.00
r	Thurs 6:00 - 6:30pm Tues &	5-12 \$70.00/\$130.00
Summer	Thurs 6:00 - 6:30pm	5-12 \$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 Mem/Program
Summer	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

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

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685

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
Summer	Sat 9:00 - 9:45am Sat	5-14	\$70.00/\$130.00
	10:00 - 10:45am Sat	5-14	\$70.00/\$130.00
Summer	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 20 - August 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
Summer	Tues & Thurs 4:40 - 5:10pm	6-14	\$70.00/\$130.00
	Tues & Thurs 5:35 - 6:20pm	6-14	\$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 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
Summer	Tues & Thurs 4:40 - 5:10pm	6-14	\$70.00/\$130.00
	Tues & Thurs 5:35 - 6:20pm	6-14	\$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 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
Summer	Tues 10:00 - 10:50 am	16-99	\$25.00/\$85.00
	Thurs 10:00 - 10:50am	16-99	\$25.00/\$85.00

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

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



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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 international

Ses	Days & Times	Ages	Mem/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	Mem/Program
Summer	Tuesday & Thursday 6:00 - 6:30 pm	3-5	\$70.00/\$130.00
Summer	Tuesday & 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	Ages	Mem/Program
Summer	Tuesday & Thursday 06:40pm - 07:10pm	6-12	\$70.00/\$130.00
Summer	Tuesday & Thursday 06:40pm - 07:10pm	6-12	\$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	Ages	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	Ages	Mem/Program
Summer	Saturday 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	Ages	Mem/Program
Summer	Tuesday & Thursday 10:20am - 11:05am	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 10:20am - 11:05am	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 11:10am - 11:55am	18-99	\$30.00/\$100.00
Summer	Tuesday & Thursday 11:10am - 11:55am	18-99	\$30.00/\$100.00

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Lake Anna YMCA

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

Aquatics

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 while

Ses	Days & Times	Ages Mem/Program
Summer 1	Synchro Swim Conditioning Clinic Sat. 16-18	\$45.00/\$85.00
Summer 2	Synchro Swim Conditioning Clinic Sat. 16-18	\$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 1	Tues 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 1	Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 1	Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00
Summer 1	Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00
Summer 2	Tues 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 2	Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 2	Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00
Summer 2	Sat 10:20 - 10:50 am -Therapy Pool	\$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
Summer 1	Tues 6:20 - 6:50 pm -Rec Pool	\$45.00/\$85.00
Summer 1	Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 1	Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$85.00
Summer 1	Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00
Summer 2	Tues 6:20 - 6:50 pm -Rec Pool	\$45.00/\$85.00
Summer 2	Thurs 6:20 - 6:50 pm -Therapy Pool	\$45.00/\$85.00
Summer 2	Sat 10:20 - 10:50 am -Therapy Pool	\$45.00/\$85.00
Summer 2	Sat 9:40 - 10:10 am -Therapy Pool	\$45.00/\$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 1	Monday 5:40 - 6:10 pm	3-5 \$45.00/\$85.00
Summer 1	Monday 6:20 - 6:50 pm	3-5 \$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	3-5 \$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	3-5 \$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	3-5 \$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	3-5 \$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5 \$45.00/\$85.00
Summer 1	Saturday 10:20 - 10:50 am	3-5 \$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5 \$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	3-5 \$45.00/\$85.00
Summer 2	Monday 5:40 - 6:10 pm	3-5 \$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	3-5 \$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5 \$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	3-5 \$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	3-5 \$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	3-5 \$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5 \$45.00/\$85.00
Summer 2	Saturday 10:20 - 10:50 am	3-5 \$45.00/\$85.00

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Lake Anna YMCA

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

Aquatics

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 1	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 1	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Saturday 10:20 - 10:50 am	3-5	\$45.00/\$85.00
Summer 2	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Monday 5:40 - 6:10 pm	3-5	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 2	Saturday 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
Summer 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 9:00 - 9:30 am	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	Ages	Mem/Program
Summer 1	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	3-5	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	3-5	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	3-5	\$45.00/\$85.00
Summer 2	Saturday 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 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	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 2	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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Lake Anna YMCA

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

Aquatics

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 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	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00
Summer 2	Saturday 11:00 - 11:30 am	6-12	\$45.00/\$85.00

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
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	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	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	Monday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Monday 7:00 - 7:30 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 5:40 - 6:10 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 9:40 - 10:10 am	6-12	\$45.00/\$85.00

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

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

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Lake Anna YMCA

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

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	Ages	Mem/Program
Summer 1	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 1	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 1	Saturday 9:00 - 9:30 am	6-12	\$45.00/\$85.00
Summer 1	Tuesday 9:10 - 9:40 am	6-12	\$45.00/\$85.00
Summer 1	Thursday 9:50 - 10:20 am	6-12	\$45.00/\$85.00
Summer 2	Monday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Tuesday 5:00 - 5:30 pm	6-12	\$45.00/\$85.00
Summer 2	Thursday 6:20 - 6:50 pm	6-12	\$45.00/\$85.00
Summer 2	Saturday 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 opportunities for leadership development and advanced stroke work. Schedules and age requirements may be specific to the class.

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

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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

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
Summer 1	Mon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 1	Wed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 1	Fri 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Mon 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Wed 8:30 - 9:20am	16-99	\$15.00/\$55.00
Summer 2	Fri 8:30 - 9:20am	16-99	\$15.00/\$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	Mem/Program
Summer 1	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 1	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer 1	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 1	Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Mon 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 2	Mon 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 9:50 - 10:40 am	16-99	\$20.00/\$65.00
Summer 2	Wed 10:50 - 11:40 am	16-99	\$20.00/\$65.00
Summer 2	Fri 8:50 - 9:40 am	16-99	\$20.00/\$65.00
Summer 2	Fri 9:50 - 10:40 am	16-99	\$20.00/\$65.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 I	Sunday 12:15-12:45pm	3-5	\$43.00/\$82.00
Summer II	Sunday 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
Summer I	Sunday 12:50-1:20pm	3-5	\$43.00/\$82.00
Summer II	Sunday 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
Summer I	Sunday 1:25-1:55pm	3-5	\$43.00/\$82.00
Summer II	Sunday 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 & Times	Ages	Mem/Program
Summer I	Wednesday 10:35-11:05am (Stages 1,2,3-5)		\$43.00/\$82.00
Summer II	Wednesday 10:35-11:05am (Stages 1,2,3-5)		\$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
Summer I	Saturday 9:00-9:30am	6-12	\$43.00/\$82.00
Summer II	Saturday 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 I	Saturday 9:40-10:10am	6-12	\$43.00/\$82.00
Summer II	Saturday 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	Mem/Program
Summer I	Saturday 10:20-10:50am	6-12	\$43.00/\$82.00
Summer II	Saturday 10:20-10:50am	6-12	\$43.00/\$82.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/08-08/30)
Aquatics

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	Ages	Mem/Program
Summer	Tuesdays 11:15am-12:15	Summer Spl5-13	\$70.00/\$130.00
Summer	Tuesdays 11:15am-12:15	Summer Sp5-13	\$40.00/\$130.00
Summer	Thursdays 3:00-4:00pm	Summer Spl5-13	\$70.00/\$130.00
Summer	Thursdays 3:00-4:00pm	Summer Spl5-13	\$70.00/\$130.00
7-week class beginning Tues. 6/10 or Thur, 6/12 (No PM class 6/10, 6/12 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	Ages	Mem/Program
Summer	Summer 1 Wed 9:00-9:30AM	Max 3	\$45.00/\$85.00
Summer	Summer 2 Wed 9:50-10:20am A&B	Max 3	\$45.00/\$85.00
Summer	Summer 2 Wed 5:00-5:30PM	Max 3	\$45.00/\$85.00
Summer	Summer 2 Sat 9:00-9:30AM	Max 3	\$45.00/\$85.00
Summer	Summer 2 Sat 9:00-9:30AM	Max 3	\$45.00/\$85.00
Summer	Summer 2 Sat 9:00-9:30AM	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	Mem/Program
Summer	Summer 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
Summer	Summer 2 Sat 9:40-10:10AM	Max 3	\$45.00/\$85.00

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
Summer	Summer 1 Tues 4:40-5:10PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Tues 4:40-5:10PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Wed 9:00-9:30AM	3-5	\$45.00/\$85.00
Summer	Summer 1 Wed 9:45-10:15am	3-5	\$45.00/\$85.00
Summer	Summer 1 Wed 6:10-6:40PM	Parent/C2-3	\$45.00/\$85.00
Summer	Summer 2 Wed 6:10-6:40PM	Parent/C2-3	\$45.00/\$85.00
Summer	Summer 1 Thurs 4:40-5:10PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Thurs 4:40-5:10PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Thurs 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Thurs 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Sat 9:00-9:30AM	3-5	\$45.00/\$85.00
Summer	Summer 2 Sat 9:00-9:30AM	3-5	\$45.00/\$85.00
Summer	Summer 1 Sat 10:20-10:50AM	3-5	\$45.00/\$85.00
Summer	Summer 2 Sat 10:20-10:50AM	3-5	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			

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 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Tues 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Tues 5:55-6:25PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Tues 5:55-6:25PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Wed 9:00-9:30AM	3-5	\$45.00/\$85.00
Summer	Summer 1 Wed 9:45-10:15AM	3-5	\$45.00/\$85.00
Summer	Summer 2 Wed 11:10-11:40AM	3-5	\$45.00/\$85.00
Summer	Summer 1 Thurs 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Thurs 5:15-5:45PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Thurs 5:55-6:25PM	3-5	\$45.00/\$85.00
Summer	Summer 2 Thurs 5:55-6:25PM	3-5	\$45.00/\$85.00
Summer	Summer 1 Sat 9:40-10:10AM	3-5	\$45.00/\$85.00
Summer	Summer 2 Sat 9:40-10:10AM	3-5	\$45.00/\$85.00
Summer	Summer 1 Sat 10:20-10:50AM	3-5	\$45.00/\$85.00
Summer	Summer 2 Sat 10:20-10:50AM	3-5	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth 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
Summer	Summer 1 Tues 4:40-5:10PM	Summer	\$45.00/\$85.00
Summer	Summer 1 Tues 5:55-6:25PM	Summer	\$45.00/\$85.00
Summer	Summer 1 Wed 9:45-10:15AM	Summer	\$45.00/\$85.00
Summer	Summer 1 Wed 10:30-11:00	Summer	\$45.00/\$85.00
Summer	Summer 2 Thurs 4:40-5:10PM	Summer	\$45.00/\$85.00
Summer	Summer 2 Thurs 5:55-6:25PM	Summer	\$45.00/\$85.00
Summer	Summer 2 Sat 9:40-10:10AM	Summer	\$45.00/\$85.00
Summer	Summer 2 Sat 10:20-10:50AM	Summer	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			
		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	Ages	Mem/Program
Summer	Summer 1 Tues 4:40-5:10PM	Summer	\$45.00/\$85.00
Summer	Summer 1 Tues 5:55-6:25PM	Summer	\$45.00/\$85.00
Summer	Summer 1 Wed 10:30-11:00AM	Summer	\$45.00/\$85.00
Summer	Summer 2 Thurs 5:55-6:25PM	Summer	\$45.00/\$85.00
Summer	Summer 1 Sat 9:55-10:25AM	Summer	\$45.00/\$85.00
Summer	Summer 2 Sat 9:55-10:25AM	Summer	\$45.00/\$85.00
Summer	Summer 1 Sat 10:45-11:15AM	Summer	\$45.00/\$85.00
Summer	Summer 2 Sat 10:45-11:15AM	Summer	\$45.00/\$85.00
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 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 1 Tuesday 5:15-5:45 PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Tuesday 5:15-5:45PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Wednesday 9:00-9:30AM	6-12	\$45.00/\$85.00
Summer	Summer 1 Thursday 5:15-5:45PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Thursday 5:15-5:45PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Saturday 9:00-9:30AM	6-12	\$45.00/\$85.00
Summer	Summer 2 Saturday 9:00-9:30AM	6-12	\$45.00/\$85.00
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 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 Tuesday 4:40-5:10 PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Tuesday 4:40-5:10 PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Tuesday 5:55-6:25PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Tuesday 5:55-6:25PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Thursday 4:40-5:10PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Thursday 4:40-5:10PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Thursday 5:15-5:45 PM	6-12	\$45.00/\$85.00
Summer	Summer 2 Thursday 5:15-5:45 PM	6-12	\$45.00/\$85.00
Summer	Summer 1 Saturday 9:55-10:25 AM	6-12	\$45.00/\$85.00
Summer	Summer 2 Saturday 9:55-10:25 AM	6-12	\$45.00/\$85.00
Summer	Summer 1 Saturday 10:45-11:15 AM	6-12	\$45.00/\$85.00
Summer	Summer 2 Saturday 10:45-11:15 AM	6-12	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/08-08/30)
Aquatics

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
SummerSummer 1	Tuesday 4:40-5:10 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 5:30-6:15 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Tuesday 9:55-10:25 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 10:45-11:15 AM	6-12	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			
SummerSummer 2	Thursday 4:40-5:10 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Thursday 4:40-5:25 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Thursday 4:40-5:25 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 9-9:45 AM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 10:45-11:15 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Saturday 10:45-11:15 AM	6-12	\$45.00/\$85.00

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
SummerSummer 1	Tuesday 4:40-5:10 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 5:30-6:15 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Tuesday 9:55-10:25 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 10:45-11:15 AM	6-12	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			
SummerSummer 2	Thursday 5:55-6:40 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 9:55-10:40 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Saturday 9:55-10:40 AM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 10:45-11:30 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Saturday 10:45-11:30 AM	6-12	\$45.00/\$85.00

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
SummerSummer 1	Tuesday 4:40-5:25 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 4:40-5:25 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Thursday 5:30-6:15 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 9-9:45 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Saturday 9-9:45 AM	6-12	\$45.00/\$85.00
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 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
SummerSummer 1	Tuesday 5:30-6:15 PM	6-12	\$45.00/\$85.00
SummerSummer 2	Tuesday 5:30-6:15 PM	6-12	\$45.00/\$85.00
Summer 1: June 8 - July 12 (No PM class 6/17 & 7/3 and no class 7/5) Summer 2: July 20 - August 23			
SummerSummer 2	Thursday 4:40-5:25 PM	6-12	\$45.00/\$85.00
SummerSummer 1	Saturday 9-9:45 AM	6-12	\$45.00/\$85.00
SummerSummer 2	Saturday 9-9:45 AM	6-12	\$45.00/\$85.00

Pathways Completed All Stages

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

Ses	Days & Times	Ages	Mem/Program
SummerSummer 1	Sat 9:00-11:00AM JR GUA	12-15	\$45.00/\$85.00
SummerSummer 2	Sat 9:45-10:45am Games	12-15	\$35.00/\$70.00
SummerSummer 1	Sat 9:00-9:45AM Enduranc	10-15	\$45.00/\$85.00
SummerSummer 2	Sat 9:00-10:30AM JR INST	11-15	\$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 & Times	Ages	Mem/Program
SummerSummer 1	Tues 7:00-7:30pm Parent/C4-10	6-12	\$45.00/\$85.00
SummerSummer 2	Tues 7:00-7:30pm Parent/C4-10	6-12	\$45.00/\$85.00
SummerSummer 1	Wed 10:30-11:00am Parent6-12	6-12	\$45.00/\$85.00
SummerSummer 2	Wed 10:30-11:00am Parent6-12	6-12	\$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	Ages	Mem/Program
SummerSummer 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			

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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
SummerSummer 1	Mon 9:00 - 9:50am	16-99 \$15.00/\$55.00
SummerSummer 2	Mon 9:00 - 9:50am	16-99\$15.00/\$55.00
SummerSummer	Mon 6:30-7:15pm Grizzly Poo	16-99\$40.00/\$100.00
SummerSummer 1	Tues 8:00 - 8:50am	16-99\$15.00/\$55.00
SummerSummer 2	Tues 8:00 - 8:50am	16-99 \$15.00/\$55.00
SummerSummer 1	Wed 9:00 - 9:50am	16-99 \$15.00/\$55.00
SummerSummer 2	Wed 9:00 - 9:50am	16-99 \$15.00/\$55.00
SummerSummer 1	Thurs 7:30-8:20am	16-99\$15.00/\$55.00
SummerSummer 2	Thurs 7:30-8:20am	16-99\$15.00/\$55.00
SummerSummer 1	Fri 8:30-9:20am HIIT Class	16-99\$15.00/\$55.00
SummerSummer 2	Fri 8:30-9:20a HIIT Class	16-99 \$15.00/\$55.00

Summer 1: June 8 - July 12 Summer 2: July 20 - August 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	AgesMem/Program
Summerummer 1	Tues 9:00 - 9:50 am	16-99 \$15.00/\$55.00
SummerSummer 2	Tues 9:00 - 9:50 am	16-99 \$15.00/\$55.00
SummerSummer 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

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 10:00-10:45am	18-99\$20.00/\$65.00
SummerSummer 2	Wednesday 10:00-10:45am	18-99\$20.00/\$65.00
SummerSummer 1	Wednesday 11:00-11:45am	18-99\$20.00/\$65.00
SummerSummer 2	Wednesday 11:00-11:45am	18-99\$20.00/\$65.00
SummerSummer 1	Wednesday 7:00-7:45pm	18-99\$20.00/\$65.00
SummerSummer 2	Wednesday 7:00-7:45pm	18-99\$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

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

Days & Times	Ages	Mem/Program
Summer 1 Monday 12:00-12:45pm	18-99	\$10.00/\$30.00
Summer 2 Monday 12:00-12:45 pm	18-99	\$10.00/\$30.00
Summer 1 Monday 6:00-6:45pm	18-99	\$10.00/\$30.00
Summer 2 Monday 6:00-6:45pm	18-99	\$10.00/\$30.00
Summer 1 Wednesday 12:00-12:45 p	18-99	\$10.00/\$30.00
Summer 2 Wednesday 12:00-12:45 p	18-99	\$10.00/\$30.00
Summer 1 Friday 12:00-12:45 pm	18-99	\$10.00/\$30.00
Summer 2 Friday 12:00-12:45 pm	18-99	\$10.00/\$30.00
Summer 1 Saturday 12:00 - 12:45 pm	18-99	\$10.00/\$30.00
Summer 2 Saturday 12:00-12:45pm	18-99	\$10.00/\$30.00

Summer 1: June 8 - July 12 (No class Saturday, 7/5) Summer 2: July 20 - August 23

Register Online at AKRONYMCA.ORG