Green YM

Fall I (09/06-10/25)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages Mem/Program
Fall	Thurs 5:20 - 5:50pm	Max 3\$60.00/\$115.00
I	Tue 4:40 - 5:10pm	Max 3\$60.00/\$115.00
Fall	Sat 9:00 - 9:30am	Max 3\$60.00/\$115.00
I		

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages Mem/Program
Fall	Thurs 6:00 - 6:30pm	Max 4\$60.00/\$115.00
I	Tue 6:00 - 6:30pm	Max 4\$60.00/\$115.00
Fall	Sat 11:00 - 11:30am	Max 4\$60.00/\$115.00

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
Fall	Thur 4:40 - 5:10pm	3-5	\$60.00/\$115.00
I	Thur 6:00 - 6:30pm	3-5	\$60.00/\$115.00
Fall	Tues 10:00 - 10:30am	3-5	\$60.00/\$115.00
I	Tues 5:20 - 5:50pm	3-5	\$60.00/\$115.00
Fall	Thurs 10:40 - 11:10am	3-5	\$60.00/\$115.00
I	Sat 9:40 - 10:10am Sat	3-5	\$60.00/\$115.00
Fall	10:20 - 10:50am	3-5	\$60.00/\$115.00
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Fall			

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
Fall I Fall	Tues 10:40 - 11:10am Tues 5:20 - 5:50pm Thurs 10:00 - 10:30am		3-5 3-5 3-5	\$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00
I Fall I Fall I Fall	Thurs 4:40 - 5:10pm Sat 10:20 - 10:50pm Sat 9:40 - 10:10pm		3-5 3-5 3-5	\$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00
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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

Ses	Days & Times	Ages	Mem/Program
Fall	Tues 6:00 - 6:30pm	3-5	\$60.00/\$115.00
I	Thurs 4:40 - 5:10pm	3-5	\$60.00/\$115.00
Fall	Sat 9:00 - 9:30am	3-5	\$60.00/\$115.00
I	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall			, ,

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Fall	Thur 4:40 - 5:10pm	5-12	\$60.00/\$115.00
I	Tues 4:40 - 5:10pm	5-12	\$60.00/\$115.00
Fall	Tues 5:20 - 5:50pm	5-12	\$60.00/\$115.00
I	Tues 6:00 - 6:30pm	5-12	\$60.00/\$115.00
Fall	Thurs 5:20 - 5:50pm	5-12	\$60.00/\$115.00
I	Sat 9:00 - 9:30am Sat	5-12	\$60.00/\$115.00
Fall	10:20 - 10:50am Sat	5-12	\$60.00/\$115.00
I	11:00 - 11:30am	5-12	\$60.00/\$115.00
Fall		0 12	Ψ00.00/Ψ110.00

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.

Fall	,	
\$es	Days & Times	Ages Mem/Program
Fall I Fall I Fall I Fall I Fall Fall I Fall	Tues 4:40 - 5:10pm Tues 5:20 - 5:50pm Thurs 6:00 - 6:30pm Sat 9:40 - 10:10am Sat 10:20 - 10:50am	5-12 \$60.00/\$115.00 5-12 \$60.00/\$115.00 5-12 \$60.00/\$115.00 5-12 \$60.00/\$115.00 5-12 \$60.00/\$115.00
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Fall Ι

Green YMCA

Fall I (09/06-10/25)

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
Fall	Thur 5:20 - 5:50pm	5-14	\$60.00/\$115.00
I	Tues 4:40 - 5:10pm	5-14	\$60.00/\$115.00
Fall	Tues 6:00 - 6:30pm	5-14	\$60.00/\$115.00
Ι	Sat 9:00 - 9:30am Sat	5-14	\$60.00/\$115.00
Fall I	11:00 - 11:30am	5-14	\$60.00/\$115.00

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 N	Mem/Program	
Fall I Fa	all I THau ir I5:35 - 6:20pm	5-14	\$60.00/\$115.00	
Saturda	<i>y prōgresm\$r.440</i> 8- <i>ws:2</i> 45pm	5-14	\$60.00/\$115.00	
	Sat 9:00 - 9:45am	5-14	\$60.00/\$115.00	

Swim Team

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Fall

Fall

Ses	Days & Times	Ages	Mem/Program
Fall I	BOOSTERFEE - REQUIREDFORALLSWI6	-18	\$80.00/\$80.00
Fall	FALL 8 and Under & New Beginner Le	vel5-14	\$325.00/\$325.00
I	FALL 8 & Under Payments (new beginne	r5-14	\$85.00/\$85.00
Fall	FALL Ages 9 & 10	9-10	\$370.00/\$370.00
I	FALL 9 & 10 Payments	9-10	\$96.25/\$96.25
Fall	FALL Ages 11 & Over	11-189	\$400.00/\$400.00
I	FALL 11 & Up Payments		\$102.50/\$102.50
Fall	High School Preseason	13-189	\$175.00/\$175.00
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Fall			

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 5:35 - 6:20pm	6-14 \$60.00/\$115.00
I	Sat 10:00 - 10:45am	6-14 \$60.00/\$115.00
Fall		

Youth Stage 6 Stroke Mechanics

Students refine stroke techniqueon all majorcompetitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 5:35 - 6:20pm	6-14 \$60.00/\$115.00
I	Sat 10:00 - 10:45am	6-14 \$60.00/\$115.00
Fall		0 1 :

Teen/Adult Group Swim Lessons

Ses	Days & Times	Ages Mem/Program		
Fall I Fall	ISat 8:25 - 8:55am	15-95 \$60.00/\$115.00		
Saturday pr āģņam6:100 8 6v.840;p m		15-95 \$60.00/\$115.00		

Green YMCA

Fall II (11/02-12/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages Mem/Program
Fall	Thurs 5:20 - 5:50pm	Max 3\$60.00/\$115.00
II	Sat 9:00 - 9:30am	Max 3\$60.00/\$115.00
Fall		

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages Mem/Program
Fall II	Thurs6:00 - 6:30pm	Max 4 \$60.00/\$115.00
Fall II	Sat 11:00 - 11:30am	Max 4\$60.00/\$115.00

Preschool Stage 1 Water Acclimation

Students develop comfort with underwaterexploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 10:00 - 10:30am	3-5 \$60.00/\$115.00
II	Tues 4:40 - 5:10pm	3-5 \$60.00/\$115.00
Fall	Thurs 10:40 - 11:10am	3-5 \$60.00/\$115.00
II	Sat 9:40 - 10:10am	3-5 \$60.00/\$115.00
Fall	Sat 10:20 - 10:50am	3-5 \$60.00/\$115.00
II		

Preschool Stage 2 Water Movement

Fall Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Fall II	Tues10:40 - 11:10am	3-5	\$60.00/\$115.00
Fall	Tues 5:20 - 5:50pm	3-5	\$60.00/\$115.00
II	Thurs 10:00 - 10:30am	3-5	\$60.00/\$115.00
Fall	Thurs 4:40 - 5:10pm	3-5	\$60.00/\$115.00
II	Sat 10:20 - 10:50pm	3-5	\$60.00/\$115.00
Fall			
II			
Fall			
II			

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program		
Fall	Tues 6:00 - 6:30pm	3-5 \$60.00/\$115.00		
II	Thurs 4:40 - 5:10pm	3-5 \$60.00/\$115.00		
Fall	Sat 9:40 - 10:10am	3-5 \$60.00/\$115.00		
II		7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7 7		

Tyouth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 5:20 - 5:50pm	5-12 \$60.00/\$115.00
II	Thurs 5:20 - 5:50pm	5-12 \$60.00/\$115.00
Fall	Sat 9:00 - 9:30am	5-12 \$60.00/\$115.00
II Fall II	Sat11:00 - 11:30am	5-12 \$60.00/\$115.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 4:40 - 5:10pm	5-12 \$60.00/\$115.00
II	Thurs 6:00 - 6:30pm	5-12 \$60.00/\$115.00
Fall	Sat 9:40 - 10:10am	5-12 \$60.00/\$115.00
II	Sat 10:20 - 10:50am	5-12 \$60.00/\$115.00
Fall		· , · · · · · · · · · · · · · · · · ·

-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		Ages Mem/Program
Fall II Fall II Fall II	Tues 6:00 - 6:30pm Sat 9:00 - 9:30am Sat 11:00 - 11:30am	5-14 5-14 5-14	\$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00	

Green YMCA Fall II (11/02-12/20)

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	Ages	Mem/Program
	l T ues 4:40 - 5:25pm	5-14	\$60.00/\$115.00
Saturday pr 6@1 a9190un 89:4452km		5-14	\$60.00/\$115.00

Youth Stage 5 Stroke Development

Students workonstroke techniqueand learnall major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 5:35 - 6:20pm	6-14 \$60.00/\$115.00
II	Sat 10:00 - 10:45am	6-14 \$60.00/\$115.00
Fall		

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	Ages Mem/Program	
Fall	Tues 5:35 - 6:20pm	6-14	\$60.00/\$115.00	
II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00	

Teen/Adult Group Swim Lessons

Ses	Days & Times	Ages Mem/Program
Fall II	Sat 8:25 - 8:55am	15-95 \$60.00/\$115.00
Saturday p	orogramsrun 8 weeks	



Fall I (09/07-10/25)

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
Fall I	Mondays 6:00-6:45pm	12-99 \$20.00/\$75.00

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	AgesMem/Program
Fall I	Thursday 5:15pm - 5:45pm	Max 3\$60.00/\$115.00

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
Fall I	Tuesday 5:15 - 5:45 pm	3-5	\$60.00/\$115.00

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	Agesl	Mem/Program
Fall I	Tuesday 6:00 - 6:30 pm	3-5	\$60.00/\$115.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program	
Fall I	Tuesday 6:40pm - 7:10pm	3-5	\$60.00/\$115.00	

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	AgesMem/Program	Ages	am
Fall I	Saturday 09:00am - 09:30am	6-12 \$60.00/\$115.00	6-12	5.00
Fall I	Thursday 06:00pm - 06:30pm	6-12 \$60.00/\$115.00	6-12	5.00

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	AgesN	/lem/Program
Fall I	Saturday 09:35am-10:05am	6-12	\$60.00/\$115.00

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
Fall I	Saturday 10:10am-10:40am	6-12	\$60.00/\$115.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Saturday 10:45am - 11:15am	6-12	\$60.00/\$115.00
Saturday programsrun8weeks			

Teen/Adult Group Swim Lessons

Ses	Days & Times	AgesMem/Program	
Fall I	Beginner Thursday 6:40pm-7:10pm	13-99 \$60.00/\$115.00	
Saturday programsrun8weeks			

Fall I (09/07-10/25)

Aquatics

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
Fall I Fa	all MFadirleFsallaly 10:20am - 11:05ar	n 18-99 \$25.00/\$90.00
Summe	<i>r 1:\\wo</i> eAes\\\\\\#\#\#\#\#\#\#\#\#\#\#\#\#\#\#\#\	August2β 8-99 \$25.00/\$90.00
	Friday 10:20am - 11:05ar	n 18-99 \$25.00/\$90.00
	Friday 11:10am - 11:55am	18-99 \$25.00/\$90.00



Fall II (11/02-12/20)

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
Fall I	Mondays 6:00-6:45pm	12-99 \$20.00/\$75.00

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	AgesMem/Program
Fall I	Thursday 5:15pm - 5:45pm	Max 3\$60.00/\$115.00

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
Fall I	Tuesday 5:15 - 5:45 pm	3-5	\$60.00/\$115.00

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	Agesl	Mem/Program
Fall I	Tuesday 6:00 - 6:30 pm	3-5	\$60.00/\$115.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program	
Fall I	Tuesday 6:40pm - 7:10pm	3-5	\$60.00/\$115.00	

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	AgesMem/Program	Ages	am
Fall I	Saturday 09:00am - 09:30am	6-12 \$60.00/\$115.00	6-12	5.00
Fall I	Thursday 06:00pm - 06:30pm	6-12 \$60.00/\$115.00	6-12	5.00

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	AgesN	/lem/Program
Fall I	Saturday 09:35am-10:05am	6-12	\$60.00/\$115.00

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
Fall I	Saturday 10:10am-10:40am	6-12	\$60.00/\$115.00

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	Agesl	Mem/Program
Fall I	Saturday 10:45am - 11:15am	6-12	\$60.00/\$115.00
Saturday programsrun8weeks			

Teen/Adult Group Swim Lessons

Ses	Days & Times	AgesMem/Program		
Fall I	Beginner Thursday 6:40pm-7:10pm	13-99 \$60.00/\$115.00		
Saturday programsrun8weeks				

Fall II (11/02-12/20)
Aquatics

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
Fall I Fa	all MFadirleFsallaly 10:20am - 11:05ar	n 18-99 \$25.00/\$90.00
Summe	<i>r 1:\\wo</i> eAes\day14 \$:410@ner2:.441/58@r	August2β 8-99 \$25.00/\$90.00
	Friday 10:20am - 11:05ar	n 18-99 \$25.00/\$90.00
	Friday 11:10am - 11:55am	18-99 \$25.00/\$90.00



Fall I (09/06-10/25)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 6:20 - 6:50 pm -Therapy Pool	\$60.00/\$115.00
I	Thurs 6:20 - 6:50 pm -Therapy Pool	\$60.00/\$115.00
Fall	Sat 9:40 - 10:10 am -Therapy Pool -	\$60.00/\$115.00
I	Sat 10:20 - 10:50 am -Therapy Pool	\$60.00/\$115.00
Fall		400.00, 4110.00

Rarent/Child Stage B Water Exploration

Instage B, parents workwiththeir childrentoexplore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 6:20 - 6:50 pm -Rec Pool	\$60.00/\$115.00
I	Thurs 6:20 - 6:50 pm -Therapy Pool	\$60.00/\$115.00
Fall	Sat 9:40 - 10:10 am -Therapy Pool	\$60.00/\$115.00
I	Sat 10:20 - 10:50 am -Therapy Pool	\$60.00/\$115.00
Fall		Ψ00.00/Ψ110.00

-Rreschool 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.

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Ses	Days & Times	Ages I	Mem/Program
Fall	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
I	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
I	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00
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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 N	1em/Program
Fall	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
I	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
I	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
I Fall	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00

Preschool Stage 3 Water Stamina

Standents learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Saturday9:00 - 9:30am	3-5	\$60.00/\$115.00

Preschool Stage 4 Stroke Introduction

Students develop stroketechnique in frontcrawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tuesday 5:00 - 5:30 pm	3-5 \$60.00/\$115.00
Ι	Saturday 9:00 - 9:30 am	3-5 \$60.00/\$115.00
Fall		

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 Men	n/Program
Fall I	Monday5:00 - 5:30pm	6-12 \$60	0.00/\$115.00
Fall	Monday 7:00 - 7:30 pm	6-12 \$60	0.00/\$115.00
I	Tuesday 5:40 - 6:10 pm	6-12 \$60	0.00/\$115.00
Fall	Tuesday 7:00 - 7:30 pm	6-12 \$60	0.00/\$115.00
I	Thursday 5:00 - 5:30 pm	6-12 \$60	0.00/\$115.00
Fall	Thursday 5:40 - 6:10 pm	6-12 \$60	0.00/\$115.00
I	Saturday 9:40 - 10:10 am	6-12 \$60	0.00/\$115.00
Fall	Saturday 11:00 - 11:30 am	6-12 \$60	0.00/\$115.00
I			
Fall			
I			
Fall			
			

Register Online at AMRONYMCA.ORG

Fall I (09/06-10/25)

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
Fall	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
I	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall			, , , , , , , , , , , , , , , , , , , ,

Youth Stage 3 Water Stamina

β±μdents learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program
Fall	Monday 5:00 - 5:30 pm	6-12 \$60.00/\$115.00
I	Monday 7:00 - 7:30 pm	6-12 \$60.00/\$115.00
Fall	Tuesday 5:40 - 6:10 pm	6-12 \$60.00/\$115.00
I	Thursday 5:40 - 6:10 pm	6-12 \$60.00/\$115.00
Fall	Saturday 9:40 - 10:10 am	6-12 \$60.00/\$115.00
T		σ 12 φσσ.σσ, φ11σ.σσ

Youth Stage 4 Stroke Introduction

Students develop stroketechnique in frontcrawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I Fall	IMantilay 5t00 Fast 30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Saturday p	<i>т</i> дуюжку и5 <i>8</i> 40 <i>ее</i> 6 \$10 рт	6-12	\$60.00/\$115.00
	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Fall	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
I	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
I	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00
Fall			

Youth Stage 6 Stroke Mechanics

Students refine stroke techniqueon all majorcompetitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
Fall	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
I	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
I	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00
Fall			•

Rathways Completed All Stages

Musthave completed all previous swimlesson 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
Fall I	AQ Conditioning M 7:00 - 7:30 pm	10-13 \$60.00/\$115.00
Summer 1	June 8 - July 12 (Naclass Saturday July 5)	Summer 2: July 20 - August 23

Teen/Adult Group Swim Lessons

Ses	Days & Times	Ages Mem/Program
Fall I Fa Saturday	ill I Fall I Fall I Adult Beginner Lessons / programs y weeks Adult Advanced Lessons	Thursday 7:00 -18-99\$60.00/\$115.00 Thursday 7:00 18-99\$60.00/\$115.00 Teen
	Beginner Lessons Satur	day 11:00 13-17\$60.00/\$115.00 Teen
	Advanced Lessons Saturd	ay 11:00 13-17\$60.00/\$115.00

Fall I (09/06-10/25)

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 Mem/Program
Fall	Mon 8:30 - 9:20am	16-99 \$20.00/\$75.00
I	Wed 8:30 - 9:20am	16-99 \$20.00/\$75.00
Fall	Fri 8:30 - 9:20am	16-99 \$20.00/\$75.00
I		

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 M	em/Program
Fall	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
I	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
I	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
I	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall	Fri 9:50 - 10:40 am	16-99 \$2	25.00/\$90.00
I			
Fall			
I			
Fall			
I			
Fall			
I			



Fall II (11/02-12/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 6:20 - 6:50 pm -Therapy Pool -	\$60.00/\$115.00
II	Thurs 6:20 - 6:50 pm -Therapy Pool -	\$52.00/\$100.00
Fall	Sat 9:40 - 10:10 am -Therapy Pool	\$60.00/\$115.00
II	Sat 10:20 - 10:50 am -Therapy Pool -	\$60.00/\$115.00
Fall		, , ,

Rarent/Child Stage B Water Exploration

Instage B, parents workwiththeir childrentoexplore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages Mem/Program
Fall	Tues 6:20 - 6:50 pm -Rec Pool -	\$60.00/\$115.00
II	Thurs 6:20 - 6:50 pm -Therapy Pool -	\$52.00/\$100.00
Fall	Sat 9:40 - 10:10 am -Therapy Pool -	\$60.00/\$115.00
II	Sat 10:20 - 10:50 am -Therapy Pool -	\$60.00/\$115.00
Fall		Ψου.ου, ΨΙΙΟ.ου

Preschool Stage 1 Water Acclimation

Students develop comfort with underwaterexploration 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.

	0		
Ses	Days & Times	Ages I	Mem/Program
Ses Fall II	Days & Times Monday 5:40 - 6:10 pm - Monday 6:20 - 6:50 pm Tuesday 5:00 - 5:30 pm Tuesday 7:00 - 7:30 pm Thursday 5:00 - 5:30 pm Thursday 6:20 - 6:50 pm Saturday 9:00 - 9:30 am Saturday 10:20 - 10:50 am	3-5 3-5 3-5 3-5 3-5 3-5 3-5 3-5 3-5	\$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$52.00/\$100.00 \$52.00/\$100.00 \$60.00/\$115.00 \$60.00/\$115.00
Fall II			

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages Mem/Program
Fall	Monday 5:40 - 6:10 pm	3-5 \$60.00/\$115.00
II	Monday 6:20 - 6:50 pm	3-5 \$60.00/\$115.00
Fall	Tuesday 5:00 - 5:30 pm	3-5 \$60.00/\$115.00
II	Tuesday 7:00 - 7:30 pm	3-5 \$60.00/\$115.00
Fall	Thursday 5:00 - 5:30 pm	3-5 \$52.00/\$100.00
II	Thursday 6:20 - 6:50 pm	3-5 \$52.00/\$100.00
Fall	Saturday 9:00 - 9:30 am	3-5 \$60.00/\$115.00
II	Saturday 10:20 - 10:50 am	3-5 \$60.00/\$115.00
Fall		, , , , , , , , , , , , , , , , , , , ,

Preschool Stage 3 Water Stamina

Faudents learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program
Fall II	Tuesday 5:00 - 5:30 pm	3-5 \$60.00/\$115.00
Fall II	Saturday9:00 - 9:30am	3-5 \$60.00/\$115.00

Preschool Stage 4 Stroke Introduction

Students develop stroketechnique in frontcrawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tuesday 5:00 - 5:30 pm	3-5 \$60.00/\$115.00
II	Saturday 9:00 - 9:30 am	3-5 \$60.00/\$115.00
Fall		0 0 +00100/ +110100

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	Ages Mem/Program	
Fall II	Monday5:00 - 5:30pm	6-12	\$60.00/\$115.00	
Fall	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00	
II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00	
Fall	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00	
II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00	
Fall	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00	
II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00	
Fall	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00	
II				
Fall				
II				
Fall				

Register Online at AMRONYMCA.ORG

Fall

Fall II (11/02-12/20)

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 I	Mem/Program
Fall	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
II	Tuesday 7:00 - 7:30 pm -	6-12	\$60.00/\$115.00
Fall	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall			

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program
Fall	Monday 5:00 - 5:30 pm	6-12 \$60.00/\$115.00
II	Monday 7:00 - 7:30 pm	6-12 \$60.00/\$115.00
Fall	Tuesday 5:40 - 6:10 pm	6-12 \$60.00/\$115.00
II	Thursday 5:40 - 6:10 pm	6-12 \$52.00/\$100.00
Fall TT	Saturday 9:40 - 10:10 am	6-12 \$60.00/\$115.00

Youth Stage 4 Stroke Introduction

Students develop stroketechnique in frontcrawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall II Fa	al Mtineaji 5:100 al 5:13 0 pm	6-12	\$60.00/\$115.00
Fall II Fal	l M onday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Saturday p	or Tgresokry /5840ee ks 10 pm	6-12	\$60.00/\$115.00
	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
	Saturday 11:00 - 11:30 am -	6-12	\$60.00/\$115.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages Mem/Program	
Fall	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
II	Saturday 9:00 - 9:30 am	6-12	\$60.00/\$115.00
Fall			

Youth Stage 6 Stroke Mechanics

Students refine stroke techniqueon all majorcompetitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages Mem/Program
Fall	Monday 6:20 - 6:50 pm	6-12 \$60.00/\$115.00
II	Tuesday 5:00 - 5:30 pm	6-12 \$60.00/\$115.00
Fall	Thursday 6:20 - 6:50 pm	6-12 \$52.00/\$100.00
II	Saturday 9:00 - 9:30 am	6-12 \$60.00/\$115.00
Fall		

Rathways Completed All Stages

Musthave completed all previous swimlesson 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
Fall II	AQ Conditioning M 7:00 - 7:30 pm -	10-13 \$60.00/\$115.00
Summer 1	June 8 - July 12 (Noclass Saturday July 5) Sur	nmor 2. July 20 - August 23

Teen/Adult Group Swim Lessons

Ses	Days & Times	Ages Mem/Program	
Fall II F	all II Fall II Fall II Adult Beginner Lessons	Thursday 7:00 -18-99\$52.00/\$100.00	
Saturaay	^{r programsrun 8 weeks} Adult Advanced Lessons T	hursday 7:00 18-99\$52.00/\$100.00 Teen	
Beginner Lessons Saturday 11:00 13-17\$60.00/\$115.00 Teen			
Advanced Lessons Saturday 11:00 13-17\$60.00/\$115.00			

Fall II (11/02-12/20)

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 Mem/Program	
Fall	Mon 8:30 - 9:20am	16-99 \$20.00/\$75.00	
II	Wed 8:30 - 9:20am	16-99 \$20.00/\$75.00	
Fall	Fri 8:30 - 9:20am	16-99 \$20.00/\$75.00	
II			

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.

Days & Times	Ages Mem/Program	
Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fri 9:50 - 10:40 am -	16-99 \$2	25.00/\$90.00
	Mon 8:50 - 9:40 am Mon 9:50 - 10:40 am Wed 8:50 - 9:40 am Wed 9:50 - 10:40 am Wed 10:50 - 11:40 am Fri 8:50 - 9:40 am	Mon 8:50 - 9:40 am 16-99 Mon 9:50 - 10:40 am 16-99 Wed 8:50 - 9:40 am 16-99 Wed 9:50 - 10:40 am 16-99 Wed 10:50 - 11:40 am 16-99 Fri 8:50 - 9:40 am 16-99

Riverfront Family YMC

Fall I (09/06-10/25), Fall II (11/02-12/20)

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	
Fall I	Saturday 9:05-9:35am	3-5 \$60.00/\$115.00	
Fall I	Sunday 12:15-12:45pm	3-5 \$60.00/\$115.00	
Fall	Sunday 12:15-12:45pm	3-5 \$60.00/\$115.00	

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages Mem/Program
Fall I	Sunday 12:50-1:20pm	3-5 \$60.00/\$115.00
Fall I Fall	Saturday 9:45-10:15am Sunday 12:50-1:20pm	3-5 \$60.00/\$115.00
II	, , , , , , , , , , , , , , , , , , , ,	3-5 \$60.00/\$115.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program	
Fall I	Sunday 1:25-1:55pm	3-5	\$60.00/\$115.00
Fall I	Saturday 10:25-10:55am	3-5	\$60.00/\$115.00
Fall II	Sunday 1:25-1:55pm	3-5	\$60.00/\$115.00

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 I	Mem/Program
Fall I	Wednesday 10:35-11:05am (Sta	• •	\$60.00/\$115.00
Fall II	Wednesday 10:35-11:05am (Stage	s 1,23-5	\$60.00/\$115.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages Mem/Program	
Fall I	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00
Fall II	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages Mem/Program	
Fall I	Saturday 9:40-10:10am	6-12 \$60.00/\$115.00	
Fall II	Saturday 9:40-10:10am	6-12 \$60.00/\$115.00	

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages Mem/Program		
Fall I	Saturday 10:20-10:50am	6-12	\$60.00/\$115.00	
Fall II	Saturday 10:20-10:50am	6-12	\$60.00/\$115.00	

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		
Fall I	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00	
Fall I	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00	
Fall I	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00	
Fall	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00	
II	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00	
Fall	Friday 7:45 - 8:30am	16-99 \$20.00/\$75.00		
II				

Swim Team

Ses	Days & Times A	ges Mem/Program
Fall I Fall I Fall I Fall I Fall I	Tigershark Beginner Group - Full Patigershark Beginner Group - Monthly Patigershark Developmental Group - Full Patigershark Developmental Group - Montal Tigershark Junior Group - Monthly Payma Tigershark Senior Group - Full Paymenya Tigershark Senior Group - Monthly Paym4-1	4-18 \$420.00/\$420.00 4-18 \$70.00/\$70.00 4-18 \$74.17/\$74.17 4-18 \$470.00/\$470.00
Fall		

I Fall



Fall I (09/06-10/25)

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 & Time	es		Ages N	1em/Program
Fall	Wednesday F	P/C A & B	10:40-11:	10AMMax	3\$60.00/\$115.00
Ι	Wednesday	5:00-5:30pm	Therapy	PoolMax	3\$60.00/\$115.00
Fall T	Saturday 9:35	5-10:05amMax	3\$60.00/\$	115.00	

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
Fall	Wednesday 5:40-6:10pm Therapy Pool	Max 3\$60.00/\$115.00
I	Saturday 9:00-9:30am	Max 3\$60.00/\$115.00
Fall		

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 I	Mem/Program
Fall	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
I	Tuesday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall	Tuesday 5:55-6:25pm	3-5	\$60.00/\$115.00
I	Wednesday 11:15-11:45am	3-5	\$60.00/\$115.00
Fall	Wednesday 6:20-6:50pm Parent/Child 1:		\$60.00/\$115.00
I	Thursday 4:45-5:15pm3-5		\$60.00/\$115.00
Fall	Saturday 9:35-10:05am3-5		
I	Sat 10:10-10:40am Parent/Child Stage 2	-3	\$60.00/\$115.00
Fall	, ,	-	\$60.00/\$115.00
I	3-5 Saturday 10:10-10:40am		\$60.00/\$115.00

Preschool Stage 2 Water Movement

5all dents focus on body position and control, directional change, and forward movement in the water while also continuing to practice haw to safely exit in the event of falling into a body of water.

\$es	Days & Ti	imes	Ages Mem/Program		
Fall	Tuesday	4:45-5:15PM	3-5	\$60.00/\$115.00	Ī
Ī	Tuesday	5:20-5:50pm	3-5	\$60.00/\$115.00	I
Fall	Tuesday	5:55-6:25pm	3-5	\$60.00/\$115.00	F
I	Thursday	4:45-5:15PM	3-5	\$60.00/\$115.00	I
Fall	Thursday	5:55-6:25pm	3-5	\$60.00/\$115.00	F
I	Saturday	9:00-9:30am	3-5	\$60.00/\$115.00	I
Fall	Saturday	9:35-10:05AM	3-5	\$60.00/\$115.00	F
I	Saturday 1	0:10-10:40am	3-5	\$60.00/\$115.00	I
Fall					F
I					I
Fall				Dagistan Onlina a	F
I				Register Online a	τΑŊ
(330) :	334-9622				

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 & Ti	Days & Times		Ages Mem/Program	
Fall	Tuesday	4:45-5:15pm	3-5	\$60.00/\$115.00	
I	Tuesday	5:20-5:50pm	3-5	\$60.00/\$115.00	
Fall	Thursday	5:20-5:50pm	3-5	\$60.00/\$115.00	
I	Thursday	5:55-6:25pm	3-5	\$60.00/\$115.00	
Fall	Saturday 9	Saturday 9-9:30am		\$60.00/\$115.00	
I	Saturday 10	0:50-11:20AM	3-5	\$60.00/\$115.00	
Fall					

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and harn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tuesday 4:45-5:15pm	3-5 \$60.00/\$115.00
I	Thursday 5:20-5:50pm	3-5 \$60.00/\$115.00
Fall	Thursday 6:30-7:00PM	
I	Saturday 9:00-9:30AM	
- Fall	Saturday 7.00-7.30AM	3-5 \$60.00/\$115.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages Mem/Program		
Fall	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00	
Ι	Thursday 4:45-5:15pm	6-12	\$60.00/\$115.00	
Fall -	Saturday 9:35-10:05AM	6-12	\$60.00/\$115.00	
1				

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 I	Mem/Program
Fall	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00
I	Tuesday 6:30-7pm	6-12	\$60.00/\$115.00
Fall	Thursday 5:20-5:50 PM	6-12	\$60.00/\$115.00
I	Thursday 5:55-6:25pm	6-12	\$60.00/\$115.00
Fall	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00
I	Saturday 10:10-10:40am	6-12	\$60.00/\$115.00
Fall			, , ,
I			
Fall			
I			
Fall K RONYM	CA.ORG		



Fall I (09/06-10/25)

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
Fall	Tuesday 6:30-7pm	6-12 \$60.00/\$115.00
I	Thursday 6:30-7pm	6-12 \$60.00/\$115.00
Fall	Saturday 9:35-10:05am	6-12 \$60.00/\$115.00
I	Saturday 10:10-10:45am	6-12 \$60.00/\$115.00
Fall		

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
	ıll I Te#st lay 5:20-6:05pm / pr ōlywnada. n:8:20@e%s05pm	6-12	\$60.00/\$115.00
Suturuuj	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00
	3aturuay 10.30 11.33am	6-12	\$60.00/\$115.00

Youth Stage 5 Stroke Development

Students workonstroke techniqueand learnall major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages Mem/Program	
Fall ī	Tues 6:15-7:00pm Stage 5&6 Saturday 10:50-11:35am	6-12 \$60.00/\$115.00	_
Fall	Saturday 10.50-11.55am	6-12 \$60.00/\$115.00	

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages Mem/Program
Fall I Fall	Thurs 5:20-6:05pm Stage 5&6 Saturday 10:50-11:35am	6-12 \$60.00/\$115.00 6-12 \$60.00/\$115.00

Drew Howell Adaptive Swim Program

This parent/child swimsession 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
Fall I Summer 1	Tuesday 7:00-7:30pm P	arent/Child Ada6-12 STuesday, June17) Summer 2: July20 - August
23		

Home School Lessons

These classes are tailored specifically for families with homeschooled children. Several skill levels are offered. This class is for school-aged children only.

Ses	Days & Times	Ages	s Mem/Program
Fall	Fri 10:15-11:30am Youth Stages 1-6	5-12	\$60.00/\$115.00
I	Friday 11:00a-12:15p Youth Stages 1-	5-12	\$60.00/\$115.00
Fall			

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages Mem/Program
Fall I	Thurs 6:15PM Teen & Adult Lessons	13-99 \$60.00/\$115.00
Saturday n	rngramerun 8 weeks	

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 N	1em/Program
Fall	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
I	Wed 8:30am-9:15am Senior Aerobics	16-99	\$30.00/\$100.00
Fall	Wednesday 9:30-10:20am	16-99	\$20.00/\$75.00
I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99 \$	320.00/\$75.00
Fall			

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	Ages M	em/Program
Fall I Fall	ITues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Summer 1	: Ji.hn.er&daJu.fly:B2 0Su 1n0n2:02mJ uly 20 - August .	2316-99 \$2	20.00/\$75.00

Fall I (09/06-10/25)

Aquatics

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 M	em/Program
Fall I Fall	IFaNlloni-Elady:IBa0d0IFallB-F2e5lIaFanllIFallI	F 1 18-99	\$25.00/\$90.00
I Fall I Fa	ll Ni6ada īyFal 9ī 00 - 9:45 am	18-99	\$25.00/\$90.00
Summer 1.	: 🕠 🐧 🕯 ၂၀၀၂ ၂၀၂၂ ၂၀၂၂ ၂၀၂၂ ၂၀၂၂ ၂၂၂၂၂၂၂၂၂၂၂	2318-99	\$25.00/\$90.00
	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
	Friday 8:00 - 8:45 am Friday	18-99	\$25.00/\$90.00
	9:00 - 9:45 am Friday 10:00 -	18-99	\$25.00/\$90.00
	10:45 am Friday 11:00 - 11:45	18-99	\$25.00/\$90.00
	am	18-99 \$2	25.00/\$90.00

Warm Water Open Swim

Independentexercise 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.

Ses Ages & Tim/esogram

Fall I Fall I I Fall

Thursday 7:00-7:45pm Friday 12:00-12:45p Saturday 12:00-12:45p

Swim Team

Ses	Days & Times	Ages Mem/Program
Fall	Wadsworth Waves - Booster Fee/C	Conces 5.170/\$25.00
1	Wadsworth Waves - Tidal Mon -	we\$925.00/\$325.00
Fall	Wadsworth Waves - Swell Mon -	Wed6217.00/\$325.00
I	Wadsworth Waves - Tsunami Mon - T	hu6- 17 335.00/\$335.00 13-
Fall	Wads Waves - High School	17\$150.00/\$150.00
I		
Fall		
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Fall		
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Fall II (11/02-12/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times		Ages Mem/Program		
Fall	Wednesday	P/C A & B	10:40-11:	10AMMax	3\$60.00/\$115.00
I	Wednesday	5:00-5:30pm	Therapy	PoolMax	3\$60.00/\$115.00
Fall T	Saturday 9:3	85-10:05amMa	3\$60.00/	\$115.00	

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
Fall	Wednesday 5:40-6:10pm Therapy Pool	Max 3\$60.00/\$115.00
I	Saturday 9:00-9:30am	Max 3\$60.00/\$115.00
Fall		

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 I	Mem/Program
Fall I Fall I Fall I Fall I	Days & Times Tuesday 4:45-5:15pm Tuesday 5:20-5:50pm Tuesday 5:55-6:25pm Wednesday 11:15-11:45am Wednesday 6:20-6:50pm Parent/Child 1. Thursday 4:45-5:15pm3-5 Saturday 9:35-10:05am3-5 Sat 10:10-10:40am Parent/Child Stage 2	3-5 3-5 3-5 3-5 3-5 2-3	\$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00 \$60.00/\$115.00
Fall I	3-5 Saturday 10:10-10:40am	5	\$60.00/\$115.00 \$60.00/\$115.00

Preschool Stage 2 Water Movement

5all dents focus on body position and control, directional change, and forward movement in the water while also continuing to practice haw to safely exit in the event of falling into a body of water.

\$es	Days & Ti	Days & Times Ages Mem/Program		Ages Mem/Program	
Fall	Tuesday	4:45-5:15PM	3-5	\$60.00/\$115.00	
Ī	Tuesday	5:20-5:50pm	3-5	\$60.00/\$115.00	
Fall	Tuesday	5:55-6:25pm	3-5	\$60.00/\$115.00	
I	Thursday	4:45-5:15PM	3-5	\$60.00/\$115.00	
Fall	Thursday	5:55-6:25pm	3-5	\$60.00/\$115.00	
I	Saturday	9:00-9:30am	3-5	\$60.00/\$115.00	
Fall	Saturday	9:35-10:05AM	3-5	\$60.00/\$115.00	
I Fall	Saturday 1	0:10-10:40am	3-5	\$60.00/\$115.00	
I					
Fall				Register Online	
T				Register Offiline	

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	Ages Mem/Program	
Fall	Tuesday	4:45-5:15pm	3-5	\$60.00/\$115.00	
I	Tuesday	5:20-5:50pm	3-5	\$60.00/\$115.00	
Fall	Thursday	5:20-5:50pm	3-5	\$60.00/\$115.00	
I	Thursday	5:55-6:25pm	3-5	\$60.00/\$115.00	
Fall	Saturday 9	-9:30am	3-5	\$60.00/\$115.00	
I	Saturday 1	D:50-11:20AM	3-5	\$60.00/\$115.00	
Fall				, ,	

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and harn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages Mem/Program
Fall	Tuesday 4:45-5:15pm	3-5 \$60.00/\$115.00
I	Thursday 5:20-5:50pm	3-5 \$60.00/\$115.00
Fall	Thursday 6:30-7:00PM	
T	Saturday 9:00-9:30AM	3-5 \$60.00/\$115.00
- Fall	Saturday 9.00-9.30AM	3-5 \$60.00/\$115.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages Mem/Program	
Fall	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00
I	Thursday 4:45-5:15pm	6-12	\$60.00/\$115.00
Fall	Saturday 9:35-10:05AM	6-12	\$60.00/\$115.00
1			

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 I	Mem/Program
Fall	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00
I	Tuesday 6:30-7pm	6-12	\$60.00/\$115.00
Fall	Thursday 5:20-5:50 PM	6-12	\$60.00/\$115.00
I	Thursday 5:55-6:25pm	6-12	\$60.00/\$115.00
Fall	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00
I	Saturday 10:10-10:40am	6-12	\$60.00/\$115.00
Fall			, , ,
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Fall			
I			
Fall K RONYM	CA.ORG		

623 School Drive, Wadsworth, OH 44281

(330) 334-9622



Fall II (11/02-12/20)

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
Fall	Tuesday 6:30-7pm	6-12 \$60.00/\$115.00
I	Thursday 6:30-7pm	6-12 \$60.00/\$115.00
Fall	Saturday 9:35-10:05am	6-12 \$60.00/\$115.00
I	Saturday 10:10-10:45am	6-12 \$60.00/\$115.00
Fall		

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I Fall I Flats day 5:20-6:05pm Saturday probumsdayn St. 200-6:05pm		6-12	\$60.00/\$115.00
	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00
Saturday 10.50-11.55am		6-12	\$60.00/\$115.00

Youth Stage 5 Stroke Development

Students workonstroke techniqueand learnall major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Fall	Tues 6:15-7:00pm Stage 5&6 Saturday 10:50-11:35am	6-12	\$60.00/\$115.00
Fall	Saturday 10.50-11.55am	6-12	\$60.00/\$115.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages Mem/Program
Fall I Fall	Thurs 5:20-6:05pm Stage 5&6 Saturday 10:50-11:35am	6-12 \$60.00/\$115.00 6-12 \$60.00/\$115.00

Drew Howell Adaptive Swim Program

This parent/child swimsession 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 N	1em/Program
Fall I	Tuesday 7:00-7:30pm Parent/Child Ada	a6-12	\$60.00/\$115.00

Home School Lessons

These classes are tailored specifically for families with homeschooled children. Several skill levels are offered. This class is for school-aged children only.

Ses	Days & Times	Ages	s Mem/Program
Fall	Fri 10:15-11:30am Youth Stages 1-6	5-12	\$60.00/\$115.00
I	Friday 11:00a-12:15p Youth Stages 1-	5-12	\$60.00/\$115.00
Fall			

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages Mem/Program	
Fall I	Thurs 6:15PM Teen & Adult Lessons	13-99 \$60.00/\$115.00	
Saturday programsrup 8 weeks			

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	
Fall	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
I	Wed 8:30am-9:15am Senior Aerobics	16-99	\$30.00/\$100.00
Fall	Wednesday 9:30-10:20am	16-99	\$20.00/\$75.00
I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99 \$20.00/\$75.00	
Fall			

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	Ages Mem/Program
Fall	Tues 9:30 - 10:20am	16-99 \$20.00/\$75.00
I	Thursday 9:30 - 10:20am	16-99 \$20.00/\$75.00
Fall		
т		

Wadsworth YMCA Fall II (11/02-12/20)

Aquatics

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	
Fall	Monday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
I	Monday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall	Monday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
I	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
I	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
I	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
I	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
Fall	Friday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
I	Friday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall	Friday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
I	Friday 11:00 - 11:45 am	18-99 \$25.00/\$90.00	
Fall			

Warm Water Open Swim

Independent exercise time in the warm water therapy pool. Please partive 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.

Şes	Bgys &fim/₽s ogram
Fall	1/86-12:13:15:15:15:15:15:15:15:15:15:15:15:15:15:
Ī	1/180+1928a\\$1650009\\$\$450p000 18-99 \$15.00/\$60.00 18-99 \$15.00/\$60.00
Ēall Fall	Wifetangesdaty2102091021425ф51β-99\$15.00/\$60.00 Saturday 12:00-
Į ali	18: 45 0 4 8 79 9\$ -754 3 0,560.00 Saturday Parent Child Swim age 2 &
Fall I	und18-99\$20.00/\$75.00
Fall	

Swim Team

Fall Ses	Days & Times	Ages Mem/Program
Fall Fall	Wadsworth Waves - Booster Fee/Conce	\$5-17 \$25.00/\$25.00
Ī Fall	Wadsworth Waves - Tidal Mon	- Wed6-17\$325.00/\$325.00
I	Wadsworth Waves - Swell Mon	- Wed6-17\$325.00/\$325.00
_	Wadsworth Waves - Tsunami Mon - Th	u6-17\$335.00/\$335.00 Wads
Fall I	Waves - High School13-17\$150.00/\$15	50.00
Fall		
I		
Fall		
T		