



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter I (01/01-02/14)

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
Winter I	Tue 5:20 - 5:50pm	Max 3	\$52.00/\$100.00
Winter I	Sat 9:00 - 9:30am	Max 3	\$52.00/\$100.00

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
Winter I	Thurs 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Winter I	Tue 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30am	Max 4	\$52.00/\$100.00

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
Winter I	Thurs 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Winter I	Tues 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Winter I	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00
Winter I	Sat 10:20 - 10:50am	3-5	\$52.00/\$100.00

Preschool Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Winter I	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00
Winter I	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Winter I	Sat 10:20 - 10:50am	3-5	\$52.00/\$100.00

Preschool Stage 3 Water Stamina

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues 6:00 - 6:30pm	3-5	\$52.00/\$100.00
Winter I	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
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Winter I	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00

Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues 5:20 - 5:50pm	5-12	\$52.00/\$100.00
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Winter I	Sat 11:00 - 11:30am	5-12	\$52.00/\$100.00

Youth Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues 4:40 - 5:10pm	5-12	\$52.00/\$100.00
Winter I	Tues 6:00 - 6:30pm	5-12	\$52.00/\$100.00
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Youth Stage 3 Water Stamina

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Winter I	Thur 5:20 - 5:50pm	5-14	\$52.00/\$100.00
Winter I	Thur 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Winter I	Tues 4:40 - 5:10pm	5-14	\$52.00/\$100.00
Winter I	Tues 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Winter I	Sat 9:00 - 9:30am	5-14	\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30am	5-14	\$52.00/\$100.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Green YMCA

Winter I (01/01-02/14)

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
Winter I	Thurs 5:35 - 6:20pm	5-14	\$52.00/\$100.00
Winter I	Tues 4:40 - 5:25pm	5-14	\$52.00/\$100.00
Winter I	Sat 9:00 - 9:45am	5-14	\$52.00/\$100.00

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
Winter I	Thur 4:40 - 5:25pm	6-14	\$52.00/\$100.00
Winter I	Tues 5:35 - 6:20pm	6-14	\$52.00/\$100.00
Winter I	Sat 10:00 - 10:45am	6-14	\$52.00/\$100.00
Winter I	Sat 11:00 - 11:45am	6-14	\$52.00/\$100.00

Youth Stage 6 Stroke Mechanics

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Thurs 4:40 - 5:25pm	6-14	\$52.00/\$100.00
Winter I	Tues 5:35 - 6:20pm	6-14	\$52.00/\$100.00
Winter I	Sat 10:00 - 10:45am	6-14	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 8:25 - 8:55am	15-95	\$52.00/\$100.00
Winter I	Thur 6:00 - 6:30pm	15-95	\$52.00/\$100.00

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
Winter I	Thurs 10:00 - 10:50 am	16-99	\$15.00/\$60.00
Winter I	Tues 10:00 - 10:50 am	16-99	\$15.00/\$60.00
Winter I	SILVER SNEAKERS M-F, 8:00 - 8:50 am	16-99	\$0.00/\$0.00

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
Winter I	Mon, Wed, Fri 11:00-11:50 am	18-99	\$20.00/\$75.00

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Green YMCA

Winter II (02/21-04/13)

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
Winter II	Tue 5:20 - 5:50pm	Max 3	\$60.00/\$115.00
Winter II	Sat 9:00 - 9:30am	Max 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.

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Winter II	Thurs 6:00 - 6:30pm	Max 4	\$60.00/\$115.00
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Winter II	Sat 11:00 - 11:30am	Max 4	\$60.00/\$115.00

Preschool Stage 1 Water Acclimation

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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.

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Winter II	Tues 5:20 - 5:50pm	3-5	\$60.00/\$115.00
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Preschool Stage 3 Water Stamina

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Youth Stage 1 Water Acclimation

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Youth Stage 2 Water Movement

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Winter II (02/21-04/13)

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.

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Youth Stage 5 Stroke Development

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Thurs 4:40 - 5:25pm	6-14	\$60.00/\$115.00
Winter II	Tues 5:35 - 6:20pm	6-14	\$60.00/\$115.00
Winter II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00
Winter II	Sat 11:00 - 11:45am	6-14	\$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
Winter II	Thurs 4:40 - 5:25pm	6-14	\$60.00/\$115.00
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Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter II	Sat 8:25 - 8:55am	15-95	\$60.00/\$115.00
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Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Ses	Days & Times	Ages	Mem/Program
Winter II	Mon, Wed, Fri 11:00-11:50 am	18-99	\$25.00/\$90.00

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Kohl Family YMCA

Winter I (01/01-02/14)

Aquatics

Aqua Zumba

This program takes place in the main pool! "Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays 6:00-6:45pm	12-99	\$15.00/\$65.00
Winter I	Wednesday 6:00-6:45pm	12-99	\$15.00/\$65.00

Parent/Child Stage A Water Discovery

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:15pm - 5:45pm	Max 3	\$52.00/\$100.00

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
Winter I	Tuesday 5:15 - 5:45 pm	3-5	\$52.00/\$100.00

Preschool Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00 - 6:30 pm	3-5	\$52.00/\$100.00

Preschool Stage 3 Water Stamina

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:40pm - 7:10pm	3-5	\$52.00/\$100.00

Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 09:00am - 09:30am	6-12	\$52.00/\$100.00
Winter I	Thursday 06:00pm - 06:30pm	6-12	\$52.00/\$100.00

Youth Stage 2 Water Movement

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

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Winter I	Saturday 09:35am-10:05am	6-12	\$52.00/\$100.00

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Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 10:10am-10:40am	6-12	\$52.00/\$100.00

Youth Stage 4 Stroke Introduction

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 10:45am - 11:15a	6-12	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Beginner Thursday 6:40pm-7:10pm	13-99	\$52.00/\$100.00

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Kohl Family YMCA

Winter I (01/01-02/14)

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
Winter I	Wednesday 10:20am - 11:05am	18-99	\$20.00/\$75.00
Winter I	Wednesday 11:10am - 11:55am	18-99	\$20.00/\$75.00
Winter I	Friday 10:20am - 11:05am	18-99	\$20.00/\$75.00
Winter I	Friday 11:10am - 11:55am	18-99	\$20.00/\$75.00

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Kohl Family YMCA

Winter I (01/01-02/14)

Sports & Youth Programs

Introduction to Youth Boxing

The goal of this program is to help kids build fitness, self-confidence, self-control, discipline, and learn the basics of the sport of boxing and have fun.

Please provide your own boxing gloves and mouth piece.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Winter I	Wednesday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Winter I	Monday & Wednesday 5:00pm - 6:00p	4-17	\$90.00/\$150.00

Basketball - Lil Dribblers (ages 3-5)

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:00pm-5:45pm	3-5	\$43.00/\$68.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mondays (K-2nd) 5:00pm - 6:00pm	5-8	\$80.00/\$110.00
Winter I	Mondays (3rd-5th) 6:00pm - 7:00pm	8-11	\$80.00/\$110.00
Winter I	Mondays (6th-8th) 7:00pm - 8:00pm	11-14	\$80.00/\$110.00

Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:00pm - 5:45pm	3-5	\$43.00/\$68.00

Youth Soccer

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00pm - 6:45pm	6-10	\$43.00/\$68.00

Ultimate Sports

A program designed for participants to learn and develop skills playing various sports classes each week. This class will help participants learn the fundamentals of each sport played and then we will play games each week!

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:00pm - 6:45pm (Bball, S	6-10	\$43.00/\$68.00

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Winter II (02/22-04/11)

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Aqua Zumba

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Winter II	Mondays 6:00-6:45pm	12-99	\$20.00/\$75.00
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Parent/Child Stage A Water Discovery

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Thursday 5:15pm - 5:45pm	Max 3	\$60.00/\$115.00

Preschool Stage 1 Water Acclimation

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Preschool Stage 2 Water Movement

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Winter II	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.

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Youth Stage 4 Stroke Introduction

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Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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Winter II	Wednesday 5:00pm - 6:00pm	4-17	\$50.00/\$80.00
Winter II	Monday & Wednesday 5:00pm - 6:00p	4-17	\$90.00/\$150.00

Basketball - Lil Dribblers (ages 3-5)

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 5:00pm-5:45pm	3-5	\$50.00/\$80.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter II	Mondays (K-2nd) 5:00pm - 6:00pm	5-8	\$80.00/\$110.00
Winter II	Mondays (3rd-5th) 6:00pm - 7:00pm	8-11	\$80.00/\$110.00
Winter II	Mondays (6th-8th) 7:00pm - 8:00pm	11-14	\$80.00/\$110.00

Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 5:00pm - 5:45pm	3-5	\$50.00/\$80.00

Youth Soccer

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 6:00pm - 6:45pm	6-10	\$50.00/\$80.00

Ultimate Sports

A program designed for participants to learn and develop skills playing various sports classes each week. This class will help participants learn the fundamentals of each sport played and then we will play games each week!

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 6:00pm - 6:45pm (Bball, S	6-10	\$50.00/\$80.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

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
Winter I	Synchro Swimming Thur. 6:30 - 7:45 p	6-18	\$118.00/\$186.00
Winter II	Synchro Swimming Thur. 6:30 - 7:45 p	6-18	\$118.00/\$186.00

Parent/Child Stage A Water Discovery

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:20 - 6:50 pm (Therapy Pool		\$52.00/\$100.00
Winter I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30 am -Therapy/Rec		\$52.00/\$100.00
Winter II	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Sat 11:00 - 11:30 am -Therapy/Rec		\$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
Winter I	Tues 6:20 - 6:50 pm -Rec Pool		\$52.00/\$100.00
Winter I	Thurs 6:20 - 6:50 pm -Therapy Pool		\$52.00/\$100.00
Winter I	Sat 11:00 - 11:30 am -Therapy/Rec		\$52.00/\$100.00
Winter II	Tues 6:20 - 6:50 pm -Rec Pool		\$60.00/\$115.00
Winter II	Thurs 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Winter II	Sat 11:00 - 11:30 am -Therapy/Rec		\$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
Winter I	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Winter I	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Winter I	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Winter I	Saturday 10:20 - 10:50 am	3-5	\$52.00/\$100.00
Winter II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Winter II	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Winter II	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Winter II	Saturday 10:20 - 10:50 am	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
Winter I	Monday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Winter I	Monday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Tuesday 7:00 - 7:30 pm	3-5	\$52.00/\$100.00
Winter I	Thursday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Winter I	Saturday 10:20 - 10:50 am	3-5	\$52.00/\$100.00
Winter II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Winter II	Monday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Tuesday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Winter II	Thursday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Winter II	Saturday 10:20 - 10:50 am	3-5	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

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
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Winter II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00

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
Winter I	Tuesday 5:00 - 5:30 pm	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00 - 9:30 am	3-5	\$52.00/\$100.00
Winter II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00 - 9:30 am	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
Winter I	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00
Winter II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Winter II	Saturday 11:00 - 11:30 am	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
Winter I	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00
Winter II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Winter II	Saturday 11:00 - 11:30 am	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
Winter I	Monday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Monday 7:00 - 7:30 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00
Winter II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Monday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Winter II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00

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Lake Anna YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

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
Winter I	Monday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 9:40 - 10:10 am	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00 - 11:30 am	6-12	\$52.00/\$100.00
Winter II	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Winter II	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
Winter I	Monday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 10:20 - 10:50 am	6-12	\$52.00/\$100.00
Winter II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 10:20 - 10:50 am	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
Winter I	Monday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Tuesday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Winter I	Saturday 10:20 - 10:50 am	6-12	\$52.00/\$100.00
Winter II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Winter II	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00

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
Winter I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$52.00/\$100.00
Winter II	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Adult Beginner Lessons Thursday 7:00	18-99	\$52.00/\$100.00
Winter I	Adult Advanced Lessons Thursday 7:0	18-99	\$52.00/\$100.00
Winter I	Teen Beginner Lessons Saturday 11:0	13-17	\$52.00/\$100.00
Winter I	Teen Advanced Lessons Saturday 11:	13-17	\$52.00/\$100.00
Winter II	Adult Beginner Lessons Thursday 7:00	18-99	\$60.00/\$115.00
Winter II	Adult Advanced Lessons Thursday 7:0	18-99	\$60.00/\$115.00
Winter II	Teen Beginner Lessons Saturday 11:0	13-17	\$60.00/\$115.00
Winter II	Teen Advanced Lessons Saturday 11:	13-17	\$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
Winter I	Mon 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter I	Wed 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter I	Fri 8:30 - 9:20am	16-99	\$15.00/\$65.00
Winter II	Mon 8:30 - 9:20am	16-99	\$20.00/\$75.00
Winter II	Wed 8:30 - 9:20am	16-99	\$20.00/\$75.00
Winter II	Fri 8:30 - 9:20am	16-99	\$20.00/\$75.00

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Lake Anna YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

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
Winter I	Mon 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Mon 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter I	Wed 10:50 - 11:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 8:50 - 9:40 am	16-99	\$20.00/\$75.00
Winter I	Fri 9:50 - 10:40 am	16-99	\$20.00/\$75.00
Winter II	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Winter II	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Winter II	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Winter II	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:20 - 6:50 pm (Main Pool)	3-99	\$150.00/\$250.00
Winter I	Thursday 7:00 - 7:30 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter I	Saturday 11:40 - 12:10 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter II	Thursday 6:20 - 6:50 pm (Main Pool)	3-99	\$150.00/\$250.00
Winter II	Thursday 7:00 - 7:30 pm (Rec Pool)	3-99	\$150.00/\$250.00
Winter II	Saturday 11:40 - 12:10 pm (Rec Pool)	3-99	\$150.00/\$250.00

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FOR YOUTH DEVELOPMENT
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Riverfront Family YMCA

Winter I (01/01-02/14), Winter II (02/21-04/13)

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
Winter I	Sunday 12:15-12:45pm	3-5	\$52.00/\$100.00
Winter II	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
Winter I	Sunday 12:50-1:20pm	3-5	\$52.00/\$100.00
Winter II	Sunday 12:50-1:20pm	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
Winter I	Sunday 1:25-1:55pm	3-5	\$52.00/\$100.00
Winter 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	Mem/Program
Winter I	Wednesday 10:35-11:05am (Stages 1, 3-5		\$52.00/\$100.00
Winter II	Wednesday 10:35-11:05am (Stages 1, 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
Winter I	Sunday 12:20-12:50pm	6-12	\$52.00/\$100.00
Winter II	Sunday 12:20-12:50pm	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
Winter I	Sunday 12:55-1:25pm	6-12	\$52.00/\$100.00
Winter II	Sunday 12:55-1:25pm	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
Winter I	Sunday 1:30-2:00pm	6-12	\$52.00/\$100.00
Winter II	Sunday 1:30-2:00pm	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
Winter I	Monday 7:45 - 8:30am	16-99	\$15.00/\$65.00
Winter I	Wednesday 7:45 - 8:30am	16-99	\$15.00/\$65.00
Winter I	Friday 7:45 - 8:30am	16-99	\$15.00/\$65.00
Winter II	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/01-02/14)

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
Winter I	Wednesday 10:45-11:15am PC A & B	Max 3	\$52.00/\$100.00
Winter I	Saturday 9:15-9:45 AM	Max 3	\$52.00/\$100.00
Winter I	Wednesday 5:00-5:30PM	Max 3	\$52.00/\$100.00

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
Winter I	Wednesday 5:40-6:10PM	Max 3	\$52.00/\$100.00
Winter I	Saturday 9:50-10:20 AM	Max 3	\$52.00/\$100.00

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
Winter I	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$52.00/\$100.00
Winter I	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:35-6:05	3-5	\$52.00/\$100.00
Winter I	Wednesday 11:20-11:50am Stage 1 &	3-5	\$52.00/\$100.00
Winter I	Wednesday 6:20-6:50PM Parent/Child	2-3	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:15-9:45AM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:50-10:20AM	3-5	\$52.00/\$100.00

Preschool Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:15-9:45AM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:50-10:20AM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:25-10:55AM	3-5	\$52.00/\$100.00
Winter I	Saturday 11:00-11:30AM	3-5	\$52.00/\$100.00

Preschool Stage 3 Water Stamina

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:25-10:55AM	3-5	\$52.00/\$100.00
Winter I	Saturday 11:00-11:30AM	3-5	\$52.00/\$100.00

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
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:50-10:20AM	3-5	\$52.00/\$100.00
Winter I	Saturday 11:00-11:30AM	3-5	\$52.00/\$100.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/01-02/14)

Aquatics

Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:35-6:05PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:15-9:45AM	6-12	\$52.00/\$100.00

Youth Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:15-9:45AM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:25-10:55AM	6-12	\$52.00/\$100.00

Youth Stage 3 Water Stamina

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:25-10:55AM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:50-11:20AM	6-12	\$52.00/\$100.00

Youth Stage 4 Stroke Introduction

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:10-10:55	6-12	\$52.00/\$100.00
Winter I	Saturday 11:00-11:45AM	6-12	\$52.00/\$100.00

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
Winter I	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:15-10:00AM	6-12	\$52.00/\$100.00

Youth Stage 6 Stroke Mechanics

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Winter I	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Winter I	Saturday 10:10-10:55AM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:10-10:55AM	6-12	\$52.00/\$100.00

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
Winter I	Tuesday 7:00-7:30pm Parent/Child Ad	6-12	\$52.00/\$100.00
Winter I	Saturday Parent Child Swim age 2 & u	18-99	\$15.00/\$65.00

Home School Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 11:00-12:15PM Youth Stages 1	5-12	\$52.00/\$100.00
Winter I	Friday 11:00-12:15PM Youth Stages 1	5-12	\$52.00/\$100.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Wadsworth YMCA

Winter I (01/01-02/14)

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
Winter I	Monday 8:30-9:20am	16-99	\$15.00/\$65.00
Winter I	Monday 9:30-10:20am	16-99	\$15.00/\$65.00
Winter I	Wednesday 9:30-10:20am	16-99	\$15.00/\$65.00
Winter I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$15.00/\$65.00

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
Winter I	Tues 9:30 - 10:20am	16-99	\$15.00/\$65.00
Winter I	Thursday 9:30 - 10:20am	16-99	\$15.00/\$65.00

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
Winter I	Monday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Winter I	Monday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Winter I	Monday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Winter I	Monday 11:00 - 11:45 am	18-99	\$20.00/\$75.00
Winter I	Monday 7:00-7:45PM	18-99	\$20.00/\$75.00
Winter I	Wednesday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Winter I	Wednesday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Winter I	Wednesday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Winter I	Wednesday 11:00 - 11:45 am	18-99	\$20.00/\$75.00
Winter I	Wednesday 7:00 - 7:45 pm	18-99	\$20.00/\$75.00
Winter I	Friday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Winter I	Friday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Winter I	Friday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Winter I	Friday 11:00 - 11:45 am	18-99	\$20.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:00-12:45p	18-99	\$15.00/\$65.00
Winter I	Monday 6:00-6:45pm	18-99	\$15.00/\$65.00
Winter I	Wednesday 12:00-12:45p	18-99	\$15.00/\$65.00
Winter I	Thursday Al Chi 7:00-7:45pm	18-99	\$15.00/\$65.00
Winter I	Friday 12:00-12:45p	18-99	\$15.00/\$65.00
Winter I	Saturday 12:00-12:45p	18-99	\$15.00/\$65.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Winter I	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Winter I	Family Lessons (1 adult & 1-2 kids ag	3-99	\$200.00/\$300.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Winter II (02/21-04/13)

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
Winter II	Wednesday 10:45-11:15am PC A & B	Max 3	\$60.00/\$115.00
Winter II	Saturday 9:15-9:45 AM	Max 3	\$60.00/\$115.00
Winter II	Wednesday 5:00-5:30PM	Max 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
Winter II	Wednesday 5:40-6:10PM	Max 3	\$60.00/\$115.00
Winter II	Saturday 9:50-10:20 AM	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
Winter II	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$60.00/\$115.00
Winter II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:35-6:05pm	3-5	\$60.00/\$115.00
Winter II	Wednesday 11:20-11:50am Stage 1 &	3-5	\$60.00/\$115.00
Winter II	Wednesday 6:20-6:50PM Parent/Child	2-3	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Thursday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:50-10:20AM	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
Winter II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Thursday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:50-10:20AM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:25-10:55AM	3-5	\$60.00/\$115.00
Winter II	Saturday 11:00-11:30AM	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
Winter II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:25-10:55AM	3-5	\$60.00/\$115.00
Winter II	Saturday 11:00-11:30AM	3-5	\$60.00/\$115.00

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
Winter II	Tuesday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:50-10:20AM	3-5	\$60.00/\$115.00
Winter II	Saturday 11:00-11:30AM	3-5	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Winter II (02/21-04/13)

Aquatics

Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 5:35-6:05PM	6-12	\$60.00/\$115.00
Winter II	Thursday 6:10-6:40PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:15-9:45AM	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
Winter II	Tuesday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	6-12	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:15-9:45AM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:25-10:55AM	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
Winter II	Tuesday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	6-12	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:25-10:55AM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:50-11:20AM	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
Winter II	Tuesday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Thursday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:10-10:55	6-12	\$60.00/\$115.00
Winter II	Saturday 11:00-11:45AM	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
Winter II	Tuesday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:15-10:00AM	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
Winter II	Thursday 5:45-6:30pm	6-12	\$60.00/\$115.00
Winter II	Thursday 5:45-6:30pm	6-12	\$60.00/\$115.00
Winter II	Saturday 10:10-10:55AM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:10-10:55AM	6-12	\$60.00/\$115.00

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
Winter II	Tuesday 7:00-7:30pm Parent/Child Ad	6-12	\$60.00/\$115.00
Winter II	Saturday Parent Child Swim age 2 & u	18-99	\$20.00/\$75.00

Home School Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Friday 11:00-12:15PM Youth Stages 1	5-12	\$60.00/\$115.00
Winter II	Friday 11:00-12:15PM Youth Stages 1	5-12	\$60.00/\$115.00

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Winter II (02/21-04/13)

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
Winter II	Monday 8:30-9:20am	16-99	\$20.00/\$75.00
Winter II	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Winter II	Wednesday 9:30-10:20am	16-99	\$20.00/\$75.00
Winter II	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00

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
Winter II	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Winter II	Thursday 9:30 - 10:20am	16-99	\$20.00/\$75.00

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

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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Monday 12:00-12:45p	18-99	\$20.00/\$75.00
Winter II	Monday 6:00-6:45pm	18-99	\$20.00/\$75.00
Winter II	Wednesday 12:00-12:45p	18-99	\$20.00/\$75.00
Winter II	Thursday Al Chi 7:00-7:45pm	18-99	\$20.00/\$75.00
Winter II	Friday 12:00-12:45p	18-99	\$20.00/\$75.00
Winter II	Saturday 12:00-12:45p	18-99	\$20.00/\$75.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Winter II	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Winter II	Family Lessons (1 adult & 1-2 kids ag	3-99	\$200.00/\$300.00

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