



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Kohl Family YMCA

Summer I (06/08-07/11)

## 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	Ages	Mem/Program
Summer I	Mondays 6:00-6:45pm	12-99	\$25.00/\$85.00
Summer I	Wednesday 6:00-6:45pm	12-99	\$25.00/\$85.00

### Parent/Child Stage A Water Discovery

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Thursday 5:15pm - 5:45pm - Copy	Max 3	\$70.00/\$130.00

No class Sat 7/4; make up on 7/18

### Preschool Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Tuesday 5:15 - 5:45 pm	2-5	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Preschool Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Tuesday 6:00 - 6:30 pm	3-5	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Youth Stage 1 Water Acclimation

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Saturday 09:00am - 09:30am	6-12	\$70.00/\$130.00
Summer I	Thursday 06:00pm - 06:30pm	6-12	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Youth Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Saturday 09:35am-10:05am	6-12	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Youth Stage 3 Water Stamina

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Saturday 10:10am-10:40am	6-12	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Youth Stage 4 Stroke Introduction

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Saturday 10:45am - 11:15am	6-12	\$70.00/\$130.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer I	Beginner Thursday 6:40pm-7:10pm	13-99	\$70.00/\$130.00

### Warm Water Arthritis Class

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Wednesday 10:20am - 11:05am	18-99	\$30.00/\$100.00
Summer I	Wednesday 11:10am - 11:55am	18-99	\$30.00/\$100.00
Summer I	Friday 10:20am - 11:05am	18-99	\$30.00/\$100.00
Summer I	Friday 11:10am - 11:55am	18-99	\$30.00/\$100.00

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)