



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

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
Fall I	Mondays 6:00-6:45pm	12-99	\$20.00/\$75.00
Fall I	Wednesday 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	Ages	Mem/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	Ages	Mem/Program
Fall I	Tuesday 6:00 - 6:30 pm	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 I	Saturday 09:00am - 09:30am	6-12	\$60.00/\$115.00
Fall I	Thursday 06:00pm - 06:30pm	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 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	Ages	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 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	Saturday 10:45am - 11:15am	6-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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

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
Fall I	Wednesday 10:20am - 11:05am	18-99	\$25.00/\$90.00
Fall I	Wednesday 11:10am - 11:55am	18-99	\$25.00/\$90.00
Fall I	Friday 10:20am - 11:05am Friday	18-99	\$25.00/\$90.00
Fall I	11:10am - 11:55am	18-99	\$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
Fall I	NOT OFFERED AQUATIC DIRECTOR USE		\$150.00/\$250.00

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

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
Fall II	Mondays 6:00-6:45pm	12-99	\$20.00/\$75.00
Fall II	Wednesday 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	Ages	Mem/Program
Fall II	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
Fall II	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	Ages	Mem/Program
Fall II	Tuesday 6:00 - 6:30 pm	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 II	Saturday 09:00am - 09:30am	6-12	\$60.00/\$115.00
Fall II	Thursday 06:00pm - 06:30pm	6-12	\$62.00/\$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
Fall II	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	Ages	Mem/Program
Fall II	Saturday 10:10am-10:40am	6-12	\$60.00/\$115.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique 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	Saturday 10:45am - 11:15am	6-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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

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
Fall II	Wednesday 10:20am - 11:05am	18-99	\$25.00/\$90.00
Fall II	Wednesday 11:10am - 11:55am	18-99	\$25.00/\$90.00
Fall II	Friday 10:20am - 11:05am Friday	18-99	\$25.00/\$90.00
Fall II	11:10am - 11:55am	18-99	\$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
Fall II	NOT OFFERED AQUATIC DIRECTOR USE		\$150.00/\$250.00

Register Online at AKRONYMCA.ORG

(330) 434-9622

477 E. Market Street, Akron, OH 44304