



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Aquatics

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	AgesMem/Program
Fall I	SILVER SNEAKERS M-F, 8:00 - 8:50	16-99\$0.00/\$0.00
Fall I	Thurs 10:00 - 10:50 am	16-99 \$20.00/\$75.00
Fall I	Tues 10:00 - 10:50 am	16-99 \$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	Thurs 5:20 - 5:50pm	Max 3\$60.00/\$115.00
Fall I	Tue 4:40 - 5:10pm	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	AgesMem/Program
Fall I	Sat 11:00 - 11:30am	Max 4\$60.00/\$115.00
Fall I	Thurs 6:00 - 6:30pm	Max 4\$60.00/\$115.00
Fall I	Tue 6:00 - 6:30pm	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	AgesMem/Program
Fall I	Sat 9:40 - 10:10am	3-5 \$60.00/\$115.00
Fall I	Thur 4:40 - 5:10pm	3-5 \$60.00/\$115.00
Fall I	Thur 6:00 - 6:30pm	3-5 \$60.00/\$115.00
Fall I	Thurs 10:40 - 11:10am	3-5 \$60.00/\$115.00
Fall I	Tues 10:00 - 10:30am	3-5 \$60.00/\$115.00
Fall I	Tues 5:20 - 5:50pm	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	AgesMem/Program
Fall I	Sat 10:20 - 10:50pm	3-5 \$60.00/\$115.00
Fall I	Thurs 10:00 - 10:30am	3-5 \$60.00/\$115.00
Fall I	Thurs 4:40 - 5:10pm	3-5 \$60.00/\$115.00
Fall I	Tues 10:40 - 11:10am	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	AgesMem/Program
Fall I	Sat 9:40 - 10:10am	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
Fall I	Sat 10:20 - 10:50am	5-12 \$60.00/\$115.00
Fall I	Sat 11:00 - 11:30am	5-12 \$60.00/\$115.00
Fall I	Sat 9:00 - 9:30am	5-12 \$60.00/\$115.00
Fall I	Thurs 5:20 - 5:50pm	5-12 \$60.00/\$115.00
Fall I	Tues 6:00 - 6:30pm	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	AgesMem/Program
Fall I	Sat 10:20 - 10:50am	5-12 \$60.00/\$115.00
Fall I	Sat 9:40 - 10:10am	5-12 \$60.00/\$115.00
Fall I	Thurs 6:00 - 6:30pm	5-12 \$60.00/\$115.00
Fall I	Tues 5:20 - 5:50pm	5-12 \$60.00/\$115.00

Register Online at AKRONYMCA.ORG



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Green YMCA

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 I	Sat 11:00 - 11:30am	5-14	\$60.00/\$115.00
Fall I	Sat 9:00 - 9:30am	5-14	\$60.00/\$115.00
Fall I	Thur 5:20 - 5:50pm	5-14	\$60.00/\$115.00
Fall I	Tues 4:40 - 5:10pm	5-14	\$60.00/\$115.00
Fall I	Tues 6:00 - 6:30pm	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	Mem/Program
Fall I	Thur 5:35 - 6:20pm	5-14	\$60.00/\$115.00
Fall I	Tues 4:40 - 5:25pm	5-14	\$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 I	Tues 5:35 - 6:20pm	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
Fall I	Tues 5:35 - 6:20pm	6-14	\$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	Sat 8:25 - 8:55am	15-95	\$60.00/\$115.00

Lifeguard Certification Class

Ses	Days & Times	Ages	Mem/Program
Fall I	Lifeguard Certification -Sept.	15-99	\$200.00/\$230.00

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
Fall I	Mon, Wed, Fri 11:00-11:50 am	18-99	\$25.00/\$90.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Fall I	BOOSTER FEE - REQUIRED FOR ALL	5-18	\$50.00/\$100.00
Fall I	FALL 8 & Under Payments (new begin	5-14	\$50.00/\$90.00
Fall I	FALL 8 and Under & New Beginner Les	5-14	\$60.00/\$360.00
Fall I	FALL Ages 9 & 10-2026	9-10	\$410.00/\$410.00
Fall I	FALL 9 & 10 Payments - 2026	9-10	\$105.00/\$105.00
Fall I	FALL Ages 11 & Over - 2026	11-18	\$445.00/\$445.00
Fall I	FALL 11 & Up Payments - 2026	11-18	\$115.00/\$115.00
Fall I	High School Preseason	13-18	\$175.00/\$175.00

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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 II	SILVER SNEAKERS M-F, 8:00 - 8:50	16-99	\$0.00/\$0.00
Fall II	Thurs 10:00 - 10:50 am	16-99	\$17.00/\$65.00
Fall II	Tues 10:00 - 10:50 am	16-99	\$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	Sat 9:00 - 9:30am	Max 3	\$60.00/\$115.00
Fall II	Tue 5:20 - 5:50pm	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
Fall II	Sat 11:00 - 11:30am	Max 4	\$60.00/\$115.00
Fall II	Thurs 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Fall II	Tue 6:00 - 6:30pm	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 II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Tues 4:40 - 5:10pm	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	Sat 10:20 - 10:50pm	3-5	\$60.00/\$115.00
Fall II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Thurs. 10:40 - 11:10am	3-5	\$52.00/\$100.00
Fall II	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Fall II	Tues 10:40 - 11:10am	3-5	\$60.00/\$115.00
Fall II	Tues 5:20 - 5:50pm	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 II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Fall II	Tues 6:00 - 6:30pm	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	Sat 10:20 - 10:50am	5-12	\$60.00/\$115.00
Fall II	Sat 11:00 - 11:30am	5-12	\$60.00/\$115.00
Fall II	Sat 9:00 - 9:30am	5-12	\$60.00/\$115.00
	Thurs 5:20 - 5:50pm	5-12	\$60.00/\$115.00
	Tues 5:20 - 5:50pm		

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	Sat 10:20 - 10:50am	5-12	\$60.00/\$115.00
Fall II	Sat 9:40 - 10:10am	5-12	\$60.00/\$115.00
Fall II	Thurs 6:00 - 6:30pm	5-12	\$52.00/\$100.00
Fall II	Tues 4:40 - 5:10pm	5-12	\$60.00/\$115.00
Fall II	Tues 6:00 - 6:30pm	5-12	\$60.00/\$115.00



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Green YMCA

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 II	Sat 11:00 - 11:30am	5-14	\$60.00/\$115.00
Fall II	Sat 9:00 - 9:30am	5-14	\$60.00/\$115.00
Fall II	Thur 5:20 - 5:50pm	5-14	\$52.00/\$100.00
Fall II	Tues 6:00 - 6:30pm	5-14	\$60.00/\$115.00

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
Fall II	Mon, Wed, Fri 11:00-11:50 am	18-99	\$25.00/\$90.00

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 II	Sat 9:00 - 9:45am	5-14	\$60.00/\$115.00
Fall II	Thur 5:35 - 6:20pm	5-14	\$52.00/\$100.00
Fall II	Tues 4:40 - 5:25pm	5-14	\$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 II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00
Fall II	Sat 11:00 - 11:45am	6-14	\$60.00/\$115.00
Fall II	Tues 5:35 - 6:20pm	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
Fall II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00
Fall II	Tues 5:35 - 6:20pm	6-14	\$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	Sat 8:25 - 8:55am	15-95	\$60.00/\$115.00

Register Online at AKRONYMCA.ORG



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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
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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

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Lake Anna YMCA

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 I	Mon 8:30 - 9:20 am	16-99	\$20.00/\$75.00
Fall I	Wed 8:30 - 9:20 am	16-99	\$20.00/\$75.00
Fall I	Fri 8:30 - 9:20 am	16-99	\$20.00/\$75.00
Fall II	Mon 8:30 - 9:20 am	16-99	\$20.00/\$75.00
Fall II	Wed 8:30 - 9:20 am	16-99	\$20.00/\$75.00
Fall II	Fri 8:30 - 9:20 am	16-99	\$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	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00
Fall II	Tues 6:20 - 6:50 pm -Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool - C		\$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 I	Tues 6:20 - 6:50 pm - Therapy Pool		\$60.00/\$115.00
Fall I	Sat 10:20 - 10:50 am -Therapy Pool		\$60.00/\$115.00
Fall II	Tues 6:20 - 6:50 pm - Therapy Pool		\$60.00/\$115.00
Fall II	Sat 10:20 - 10:50 am -Therapy Pool		\$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	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	3-5	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am - Copy	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	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	3-5	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	3-5	\$60.00/\$115.00
Fall II	Monday 7:00 - 7:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	3-5	\$60.00/\$115.00
Fall II	Tuesday 6:20 - 6:50 pm	3-5	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	3-5	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	3-5	\$52.00/\$100.00
Fall II	Saturday 9:00 - 9:30 am	3-5	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am	3-5	\$60.00/\$115.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

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
Fall I	Saturday 9:00 - 9:30 am	4-5	\$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30 am	4-5	\$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
Fall I	Saturday 9:00 - 9:30 am	5-5	\$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30 am	5-5	\$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	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 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
Fall I	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Monday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:00 - 5:30 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Saturday 10:20 - 10:50 am	6-12	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

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
Fall I	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$60.00/\$115.00
Fall II	Monday 5:40 - 6:10 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 7:00 - 7:30 pm	6-12	\$60.00/\$115.00
Fall II	Thursday 5:40 - 6:10 pm	6-12	\$52.00/\$100.00
Fall II	Saturday 11:00 - 11:30 am - Copy	6-12	\$60.00/\$115.00
Fall II	Saturday 9:40 - 10:10 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 I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30	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	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall I	Saturday 11:00 - 11:30 am (Main Pool)	6-12	\$60.00/\$115.00
Fall I	Thursday 6:20 - 6:50 pm	6-12	\$60.00/\$115.00
Fall II	Tuesday 5:00 - 5:30 pm	6-12	\$60.00/\$115.00
Fall II	Saturday 11:00 - 11:30 am	6-12	\$60.00/\$115.00
Fall II	Thursday 6:20 - 6:50 pm	6-12	\$52.00/\$100.00

Pathways Completed All Stages

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

Ses	Days & Times	Ages	Mem/Program
Fall I	AQ Conditioning M 7:00 - 7:30 pm	10-13	\$60.00/\$115.00
Fall 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
Fall I	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall I	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$60.00/\$115.00
Fall II	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$60.00/\$115.00
Fall II	Adult Beginner Thurs 7:00 - 7:30 pm	18-99	\$52.00/\$100.00
Fall II	Adult Advanced Thurs 7:00 - 7:30 pm	18-99	\$52.00/\$100.00
Fall II	Teen Beginner Sat 9:00 - 9:30 am	13-17	\$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	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall I	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall I	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Mon 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Mon 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 9:50 - 10:40 am	16-99	\$25.00/\$90.00
Fall II	Wed 10:50 - 11:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 8:50 - 9:40 am	16-99	\$25.00/\$90.00
Fall II	Fri 9:50 - 10:40 am	16-99	\$25.00/\$90.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lake Anna YMCA

Aquatics

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	Thursday 7:00 - 7:30 pm (Main Pool)	3-99	\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall I	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall II	Thursday 7:00 - 7:30 pm (Main Pool)	3-99	\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00
Fall II	Saturday 11:40 - 12:10 pm (Rec/Main P3-99		\$150.00/\$250.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

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 I	Saturday 9:00 - 9:30am	Max 3 \$60.00/\$115.00
Fall II	Saturday 9:00 - 9:30am	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	Saturday 9:05-9:35am	3-5 \$60.00/\$115.00
Fall I	Saturday 9:35 - 10:05am	3-5 \$60.00/\$115.00
Fall II	Saturday 9:05-9:35am	3-5 \$60.00/\$115.00
Fall II	Saturday 9:35 - 10:05am	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	Saturday 9:40-10:10am	3-5 \$60.00/\$115.00
Fall I	Saturday 10:10 - 10:40am	3-5 \$60.00/\$115.00
Fall II	Saturday 9:40-10:10am	3-5 \$60.00/\$115.00
Fall II	Saturday 10:10 - 10:40am	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	Saturday 10:45 - 11:15am	3-5 \$60.00/\$115.00
Fall II	Saturday 10:45 - 11:15am	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
Fall I	Wednesday 10:35-11:05am (Stages 1,2,3-5	\$60.00/\$115.00
Fall II	Wednesday 10:35-11:05am (Stages 1,2,3-5	\$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	Sunday 12:20 - 12:50pm	6-12 \$60.00/\$115.00
Fall I	Saturday 10:25-10:55am	6-12 \$60.00/\$115.00
Fall II	Sunday 12:20 - 12:50pm	6-12 \$60.00/\$115.00
Fall II	Saturday 10:25-10:55am	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	Sunday 12:55 - 1:25pm	6-12 \$60.00/\$115.00
Fall I	Saturday 11:00-11:30am	6-12 \$60.00/\$115.00
Fall II	Sunday 12:55 - 1:25pm	6-12 \$60.00/\$115.00
Fall II	Saturday 11:00-11:30am	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	Sunday 1:30 - 2:00pm	6-12 \$60.00/\$115.00
Fall II	Sunday 1:30 - 2:00pm	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 10:50 - 11:20am	6-12 \$60.00/\$115.00
Fall II	Saturday 10:50 - 11:20am	6-12 \$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

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 I	Monday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall I	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Wednesday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall I	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Fall I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00
Fall II	Monday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall II	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall II	Wednesday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall II	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Fall II	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$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	Tuesday P/C A & B 10:40-11:10AM	Max	3 \$60.00/\$115.00
Fall I	Wednesday 5:00-5:30PM	Max	3 \$60.00/\$115.00
Fall I	Saturday 9:15-9:45 AM	Max	3 \$60.00/\$115.00
Fall II	Tuesday P/C A & B 10:40-11:10AM	Max	3 \$60.00/\$115.00
Fall II	Wednesday 5:00-5:30PM	Max	3 \$60.00/\$115.00
Fall II	Saturday 9:15-9:45 AM	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
Fall I	Wednesday 4:40-5:10PM	Max	3 \$60.00/\$115.00
Fall I	Saturday 9:50-10:20 AM	Max	3 \$60.00/\$115.00
Fall II	Wednesday 5:40-6:10PM	Max	3 \$60.00/\$115.00
Fall 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
Fall I	Tuesday 11:20-11:50am	3-5	\$60.00/\$115.00
Fall I	Tuesday 4:55-5:25pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:35-6:05pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Wednesday 6:20-6:50pm Parent/Child 12-3		\$60.00/\$115.00
Fall I	3-5 3-5 3-5 3-5 2-3 3-5 3-5 3-5 Tuesday		\$60.00/\$115.00
Fall I	6:15-6:45pm 3-5 Wednesday 6:20-6:50pm		\$60.00/\$115.00
Fall I	Parent/Child 12-3 Thursday 4:55-5:25pm 3-5		\$60.00/\$115.00
Fall I	3-5 3-5 3-5 3-5 2-3		\$60.00/\$115.00
Fall I	Thursday 4:55-5:25pm		\$60.00/\$115.00
Fall I	Thursday 5:45-6:15pm		\$60.00/\$115.00
Fall II	Saturday 9:15-9:45am		\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20am		\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55am		\$60.00/\$115.00
Fall II	Sat 10:25-10:55am Parent/Child Stage		\$60.00/\$115.00
Fall II	Tuesday 11:20-11:50am		\$60.00/\$115.00
Fall II	Tuesday 4:55-5:25pm		\$52.00/\$100.00
Fall II	Tuesday 5:35-6:05pm		\$52.00/\$100.00
Fall II	Thursday 5:45-6:15pm		\$60.00/\$115.00
Fall II	Saturday 9:15-9:45am		\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20am		\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55am		\$60.00/\$115.00
Fall II	Sat 10:25-10:55am Parent/Child Stage		

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 12:00-12:30PM	3-5	\$60.00/\$115.00
Fall I	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall I	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall I	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Fall I	Saturday 9:50 -10:20AM	3-5	\$60.00/\$115.00
Fall I	Saturday 10:25 -10:55AM	3-5	\$60.00/\$115.00
Fall I	Tuesday 12:00-12:30PM	3-5	\$60.00/\$115.00
Fall II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall II	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Fall II	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20AM	3-5	\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55AM	3-5	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

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	
Fall I	Tuesday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Thursday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Saturday	9:15-9:45AM	3-5	\$60.00/\$115.00
Fall I	Saturday	10:25-10:55AM	3-5	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	3-5	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45pm	3-5	\$52.00/\$100.00
Fall II	Saturday	9:15-9:45AM	3-5	\$60.00/\$115.00
Fall II	Saturday	10:25-10:55AM	3-5	\$60.00/\$115.00
Fall II	Saturday	9:50-10:20AM	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	
Fall I	Saturday	10:25 -10:55AM	3-5	\$60.00/\$115.00
Fall II	Saturday	10:25 -10:55AM	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	Tuesday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Thursday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15 -10:25AM	6-12	\$60.00/\$115.00
Fall I	Saturday	10:25 -10:55AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	5:35-6:05PM	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45PM	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15 -10:25AM	6-12	\$60.00/\$115.00
Fall II	Saturday	10:25 -10:55AM	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	Tuesday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Thursday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Thursday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15-9:45AM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall I	Saturday	11-11:30AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15-9:45AM	6-12	\$60.00/\$115.00
Fall II	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall II	Saturday	11-11:30AM	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	Tuesday	5:45-6:15	6-12	\$60.00/\$115.00
Fall I	Tuesday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Thursday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall I	Saturday	11:00-11:30AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45PM	6-12	\$60.00/\$115.00
Fall II	Thursday	5:35-6:05	6-12	\$52.00/\$100.00
Fall II	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall II	Saturday	11:00-11:30AM	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	Tuesday	5:45-6:30PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15-10AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	5:45-6:30PM	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-7PM	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15-10AM	6-12	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Aquatics

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 I	Thursday 5:45-6:30PM	6-12	\$60.00/\$115.00
Fall I	Saturday 10:15-11AM	6-12	\$60.00/\$115.00
Fall II	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Fall II	Saturday 10:15-11AM	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	Saturday 10:15-11AM	6-12	\$60.00/\$115.00
Fall II	Saturday 10:15-11AM	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
Fall I	Tuesday 7:00-7:30pm Parent/Child	Ada6-12	\$60.00/\$115.00
Fall I	Saturday Parent Child Swim age 2 & und	Max 9	\$60.00/\$115.00
Fall II	Tuesday 7:00-7:30pm Parent/Child	Ada6-12	\$60.00/\$115.00
Fall II	Saturday Parent Child Swim age 2 & und	Max 9	\$60.00/\$115.00

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
Fall I	Fri 10:15-11:30am Youth Stages 1-6	5-12	\$60.00/\$115.00
Fall I	Friday 11:00a-12:15p Youth Stages 1-5	12-15	\$60.00/\$115.00
Fall II	Friday 11:00-12:15PM Youth Stages 1-5	12-15	\$60.00/\$115.00
Fall II	Fri 10:15-11:30AM Youth Stages 1-6		\$60.00/\$115.00

Lifeguard Certification Class

Ses	Days & Times	Ages	Mem/Program
Fall I	Lifeguard Class 9/2 - 9/12/2026	15-99	\$200.00/\$230.00 Lifeguard
Fall I	Instructor Certification - LG17-99		\$275.00/\$300.00 Lifeguard
Fall I	Instructor Recertification - LG17-99		\$120.00/\$140.00

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
Fall I	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall I	Thursday 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall II	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall II	Thursday 9:30 - 10:20am	16-99	\$17.00/\$64.00

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

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Wadsworth YMCA

Aquatics

Warm Water Open Swim

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Monday 6:00-6:45pm	18-99	\$25.00/\$90.00
Fall I	Wednesday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Thursday AI Chi 7:00-7:45pm	18-99	\$25.00/\$90.00
Fall I	Friday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Saturday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Monday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Monday 6:00-6:45pm	18-99	\$25.00/\$90.00
Fall II	Wednesday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Thursday AI Chi 7:00-7:45pm	18-99	\$22.00/\$75.00
Fall II	Friday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Saturday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II			

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	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Fall I	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Fall I	Family Lessons (1 adult & 1-2 kids age 3-99)		\$200.00/\$300.00
Fall II	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Fall II	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Fall II	Family Lessons (1 adult & 1-2 kids age 3-99)		\$200.00/\$300.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Fall I	Wadsworth Waves - Bopster, For Coaches	5-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Tidal Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Swell Mon - Wed	6-17	\$150.00/\$150.00
Fall I	Wadsworth Waves - Tsunami Mon - Thu	6-17	\$150.00/\$150.00
Fall I			

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