



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Green YMCA

Fall I (09/08-10/26)

## 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	Tuesday 10:40 - 11:10 am	Max 3	\$25.00/\$50.00
Fall I	Tuesday 6:40 - 7:10 pm	Max 3	\$25.00/\$50.00
Fall I	Saturday 8:20 - 8:50 am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### 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	Thursday 6:40 - 7:10 pm	Max 3	\$25.00/\$50.00
Fall I	Saturday 11:10 - 11:40 am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### 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 10:00 - 10:30 am with parent	3-5	\$35.00/\$70.00
Fall I	Tuesday 4:40 - 5:10 pm with parent	3-5	\$35.00/\$70.00
Fall I	Tuesday 6:00 - 6:30 pm with parent	3-5	\$35.00/\$70.00
Fall I	Thursday 4:40 - 5:10 pm with parent	3-5	\$35.00/\$70.00
Fall I	Saturday 9:00 - 9:30 am with parent	3-5	\$35.00/\$70.00

\* Parent/child participation class

### 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 5:20 - 5:50 pm with parent	3-5	\$35.00/\$70.00
Fall I	Thursday 10:00 - 10:30 am with parent	3-5	\$35.00/\$70.00
Fall I	Thursday 5:20 - 5:50 pm with parent	3-5	\$35.00/\$70.00
Fall I	Thursday 6:00 - 6:30 pm with parent	3-5	\$35.00/\$70.00
Fall I	Saturday 9:40 - 10:10 am with parent	3-5	\$35.00/\$70.00
Fall I	Saturday 10:30 - 11:00 am with parent	3-5	\$35.00/\$70.00

\* Parent/child participation class

### 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	Thursday 10:40 - 11:10 am with parent	3-5	\$35.00/\$70.00
Fall I	Thursday 4:40 - 5:10 pm with parent	3-5	\$35.00/\$70.00
Fall I	Saturday 11:10 - 11:40 am with parent	3-5	\$35.00/\$70.00

\* Parent/child participation class

### 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	Thursday 4:40 - 5:10 pm w/ stage 3	3-5	\$35.00/\$70.00
Fall I	Saturday 11:10 - 11:40 am w/stage 3	3-5	\$35.00/\$70.00

\* Parent/child participation class

### 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 5:20 - 5:50p with parent	6-12	\$35.00/\$70.00
Fall I	Saturday 9:00 - 9:30a with parent	6-12	\$35.00/\$70.00

### 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 4:40 - 5:10p with parent	6-12	\$35.00/\$70.00
Fall I	Saturday 9:40 - 10:10a with parent	6-12	\$35.00/\$70.00
Fall I	Saturday 10:30 - 11:00a with parent	6-12	\$35.00/\$70.00

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

(330) 899-9622

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Fall I (09/08-10/26)

## 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	Tuesday 4:40 - 5:10 pm	6-12	\$35.00/\$70.00
Fall I	Thursday 5:20 - 5:50 pm	6-12	\$35.00/\$70.00
Fall I	Saturday 9:00 - 9:30 am	6-12	\$35.00/\$70.00
Fall I	Saturday 9:40 - 10:10 am	5-12	\$35.00/\$70.00

### 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 6:00 - 6:30 pm	6-12	\$35.00/\$70.00
Fall I	Thursday 4:40 - 5:10 pm	6-12	\$35.00/\$70.00
Fall I	Saturday 10:30 - 11:00 am	6-12	\$35.00/\$70.00
Fall I	Saturday 11:10 - 11:40 am	6-12	\$35.00/\$70.00

### 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	Tuesday 5:20 - 5:50 pm	6-12	\$35.00/\$70.00
Fall I	Thursday 4:40 - 5:10 pm	6-12	\$35.00/\$70.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$35.00/\$70.00
Fall I	Saturday 10:30 - 11:00 am	6-12	\$35.00/\$70.00
Fall I	Saturday 11:10 am - 11:40 am	6-12	\$35.00/\$70.00

### 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	Thursday 6:00 - 6:30 pm	6-12	\$35.00/\$70.00
Fall I	Saturday 9:00 - 9:30 am	6-12	\$35.00/\$70.00

### Aqua Aerobics

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

Ses	Days & Times	Ages	Mem/Program
Fall I	SILVER SNEAKERS Splash	16-99	\$0.00/\$105.00
Fall I	Tue 6:00 - 6:50 pm	16-99	\$10.00/\$40.00
Fall I	Thurs 6:00 - 6:50 pm	16-99	\$10.00/\$40.00
Fall I	Tues 10 - 10:50 am	16-99	\$10.00/\$40.00
Fall I	Thurs 10 - 10:50am	16-99	\$10.00/\$40.00

### 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	\$15.00/\$75.00

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## Sports & Youth Programs

### Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

<b>Ses</b>	<b>Days &amp; Times</b>	<b>Ages</b>	<b>Mem/Program</b>
Fall I	Weds 6:00 - 7:00 & Sat 9-10 am	5-99	\$40.00/\$55.00

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