



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/04-02/20)

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	Mon 5:00-5:30pm Stage	Max 3	\$25.00/\$50.00
Winter I	Fri 10:35 - 11:00am	Max 3	\$25.00/\$50.00
Winter I	Sat 11:00 - 11:30am	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
Winter I	Mon 5:35 - 6:05pm	Max 3	\$25.00/\$50.00
Winter I	Fri 10:35 - 11:00am	Max 3	\$25.00/\$50.00
Winter I	Sat 11:00 - 11:30am	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
Winter I	Tues 4:40 - 5:10pm PC 1	3-5	\$35.00/\$70.00
Winter I	Tues 5:20 - 5:50pm PC 1	3-5	\$35.00/\$70.00
Winter I	Sat 9:40 - 10:10am PC 1	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
Winter I	Fri 11:15 - 12:00pm PC 1-4	3-5	\$35.00/\$70.00
Winter I	Tues 4:40-5:10pm PC 2	3-5	\$35.00/\$70.00
Winter I	Tues 5:20 - 5:35pm PC 2	3-5	\$35.00/\$70.00
Winter I	Sat 10:20 - 10:50am PC 2	3-5	\$35.00/\$70.00
Winter I	Sat 9:00 - 9:30am PC 1 & 2	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
Winter I	Tues 5:20 - 5:50pm PC 3	3-5	\$35.00/\$70.00
Winter I	Tues 6:00 - 6:30pm PC 3	3-5	\$35.00/\$70.00
Winter I	Sat 9:40 - 10:10am PC 3	3-5	\$35.00/\$70.00
Winter I	Sat 10:20 - 10:50am PC 3	3-5	\$35.00/\$70.00

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	Tues 5:40 - 6:10pm	3-5	\$35.00/\$70.00
Winter I	Sat 9:40 - 10:10am	3-5	\$35.00/\$70.00

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 6:40 - 7:10pm	6-12	\$35.00/\$70.00
Winter I	Sat 9:00 - 9:30am	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
Winter I	Tues 5:40 - 6:20pm	6-12	\$35.00/\$70.00
Winter I	Sat 9:00 - 9:30am	6-12	\$35.00/\$70.00

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	Tues 6:25 - 6:55pm	6-12	\$35.00/\$70.00
Winter I	Sat 9:40 - 10:10am	6-12	\$35.00/\$70.00

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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	Tues 6:25 - 6:55pm	6-12	\$35.00/\$70.00
Winter I	Sat 9:00- 9:30am	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
Winter I	Tues 7:00 - 7:30pm	6-12	\$35.00/\$70.00
Winter I	Sat 10:20 - 10:50am	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
Winter I	Tues 7:00 - 7:30pm	6-12	\$35.00/\$70.00
Winter I	Sat 10:20 - 10:50am	6-12	\$35.00/\$70.00

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 11:15 - 12:00pm	Preschool 1-4	3-5 \$30.00/\$60.00
Winter I	Friday 12:00 - 1:30pm	Youth 1-6	5-12 \$30.00/\$60.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 8:30 - 9:00 am	13-99	\$35.00/\$70.00

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	Family Lessons (1 adult/1-2 kids)	1-99	\$125.00/\$200.00
Winter I	Family Lessons (2 adults/3-4 kids)	1-99	\$160.00/\$250.00
Winter I	Information Request	1-99	\$0.00/\$0.00
Winter I	Private Stages 3, 4, 5, 6 ages 5 & up	5-99	\$110.00/\$150.00
Winter I	Semi-Private Stages 3,4,5,6 Age 5 & up	5-99	\$145.00/\$175.00

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 9:00 - 9:50am	16-99	\$10.00/\$40.00
Winter I	Tues 8:00 - 8:50am	16-99	\$10.00/\$40.00
Winter I	Wed 9:00 - 9:50am	16-99	\$10.00/\$40.00
Winter I	Thurs 8:00 - 8:50am	16-99	\$10.00/\$40.00
Winter I	Fri 8:30am-9:20am	Hi-Lo HIIT class	16-99 \$10.00/\$40.00

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 9:00 - 9:50 am	16-99	\$10.00/\$40.00
Winter I	Thurs 9:00 - 9:50 am	16-99	\$10.00/\$40.00

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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. Please maintain social distancing while in the pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 8:00 am - 8:45 am	18-99	\$15.00/\$60.00
Winter I	Monday 9:00am - 9:45 am	18-99	\$15.00/\$60.00
Winter I	Monday 10:00am - 10:45 am	18-99	\$15.00/\$60.00
Winter I	Monday 11:00am - 11:45 am	18-99	\$15.00/\$60.00
Winter I	Wednesday 8:00 - 8:45 am	18-99	\$15.00/\$60.00
Winter I	Wednesday 9:00am - 9:45 am	18-99	\$15.00/\$60.00
Winter I	Wednesday 10:00am - 10:45 am	18-99	\$15.00/\$60.00
Winter I	Wednesday 11:00am - 11:45 am	18-99	\$15.00/\$60.00
Winter I	Friday 8:00 am - 8:45 am	18-99	\$15.00/\$60.00
Winter I	Friday 9:00am - 9:45 am	18-99	\$15.00/\$60.00
Winter I	Friday 10:00am - 10:45 am	18-99	\$15.00/\$60.00
Winter I	Friday 11:00am - 11:45 am	18-99	\$15.00/\$60.00

AI CHI

Ai Chi - similar to Tai Chi but performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movement using your arms, legs, torso, and deep breathing. Improve range of motion and mobility and experience deep relaxation to ease the mind.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30-6:15pm	18-99	\$15.00/\$60.00

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. Please maintain social distancing while in the pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:00pm - 12:45 pm	18-99	\$10.00/\$30.00
Winter I	Monday 6:30pm - 7:30 pm	18-99	\$20.00/\$50.00
Winter I	Wednesday 12:00pm - 12:45 pm	18-99	\$10.00/\$30.00
Winter I	Wednesday 6:30pm - 7:30 pm	18-99	\$20.00/\$50.00
Winter I	Friday 12:00pm - 12:45 pm	18-99	\$10.00/\$30.00

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