



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Spring (04/25-05/29)

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
Spring	Mon 5:10-5:40pm	Max 3	\$ 18.00/\$36.00
Spring	Tues 4:35 - 5:05pm	Max 3	\$ 18.00/\$36.00
Spring	Fri 9:55 - 10:25am	Max 3	\$ 18.00/\$36.00
Spring	Sat 10:20 - 10:50am	Max 3	\$ 18.00/\$36.00

* 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
Spring	Mon 5:50 - 6:20pm	Max 3	\$ 18.00/\$36.00
Spring	Tues 5:10 - 5:40pm	Max 3	\$ 18.00/\$36.00
Spring	Fri 10:35 - 11:05am		\$ 18.00/\$36.00
Spring	Sat 11:00 - 11:30am		\$ 18.00/\$36.00

* 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
Spring	Mon 5:10 - 5:40pm	3-5	\$25.00/\$50.00
Spring	Mon 5:50 - 6:20pm	3-5	\$25.00/\$50.00
Spring	Tues 5:10 - 5:40pm	3-5	\$25.00/\$50.00
Spring	Tues 6:30 - 7:00pm	3-5	\$25.00/\$50.00
Spring	Thurs 5:10 - 5:40pm	3-5	\$25.00/\$50.00
Spring	Sat 9:00 - 9:30am	3-5	\$25.00/\$50.00
Spring	Sat 10:20 - 10:50am	3-5	\$25.00/\$50.00

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
Spring	Mon 6:30 - 7:00pm	3-5	\$25.00/\$50.00
Spring	Tues 4:35-5:05pm	3-5	\$25.00/\$50.00
Spring	Tues 5:50 - 6:20pm	3-5	\$25.00/\$50.00
Spring	Thurs 5:10 - 5:40pm	3-5	\$25.00/\$50.00
Spring	Thurs 6:30 - 7:00pm	3-5	\$25.00/\$50.00
Spring	Sat 9:40 - 10:10am	3-5	\$25.00/\$50.00
Spring	Sat 11:00 - 11:30am	3-5	\$25.00/\$50.00

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
Spring	Mon 5:05 - 5:35pm	3-5	\$25.00/\$50.00
Spring	Tues 5:50 - 6:20pm	3-5	\$25.00/\$50.00
Spring	Thurs 4:35 - 5:05pm	3-5	\$25.00/\$50.00
Spring	Thurs 6:30 - 7:00pm	3-5	\$25.00/\$50.00
Spring	Sat 9:00 - 9:30am	3-5	\$25.00/\$50.00

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
Spring	Mon 4:35 - 5:05pm	3-5	\$25.00/\$50.00
Spring	Tues 5:50 - 6:20pm	3-5	\$25.00/\$50.00
Spring	Sat 9:00 - 9:30am	3-5	\$25.00/\$50.00

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
Spring	Mon 4:35 - 5:05pm	6-12	\$25.00/\$50.00
Spring	Tues 6:30 - 7:00pm	6-12	\$25.00/\$50.00
Spring	Thurs 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Sat 9:40 - 10:10am	6-12	\$25.00/\$50.00

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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
Spring	Mon 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Tues 6:30 - 7:00pm	6-12	\$25.00/\$50.00
Spring	Thurs 4:35 - 5:05pm	6-12	\$25.00/\$50.00
Spring	Thurs 5:50 - 6:20pm	6-12	\$25.00/\$50.00
Spring	Sat 9:40 - 10:10am	6-12	\$25.00/\$50.00

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
Spring	Mon 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Tues 6:30 - 7:00pm	6-12	\$25.00/\$50.00
Spring	Thurs 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Sat 9:00 - 9:40am	6-12	\$25.00/\$50.00
Spring	Sat 10:20 - 10:50am	6-12	\$25.00/\$50.00

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
Spring	Mon 4:35 - 5:05pm	6-12	\$25.00/\$50.00
Spring	Tues 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Tues 5:50pm - 6:20pm	6-12	\$25.00/\$50.00
Spring	Thurs 5:50 - 6:20pm	6-12	\$25.00/\$50.00
Spring	Sat 9:40- 10:10am	6-12	\$25.00/\$50.00

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
Spring	Tues 4:35 - 5:05pm	6-12	\$25.00/\$50.00
Spring	Thurs 5:10 - 5:40pm	6-12	\$25.00/\$50.00
Spring	Thurs 6:30 - 7:00pm	6-12	\$25.00/\$50.00
Spring	Sat 10:20 - 10:50am	6-12	\$25.00/\$50.00
Spring	Sat 11:00 - 11:30am	6-12	\$25.00/\$50.00

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
Spring	Thurs 6:30 - 7:00pm	6-12	\$25.00/\$50.00
Spring	Sat 11:00 - 11:30am	6-12	\$25.00/\$50.00

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Ses	Days & Times	Ages	Mem/Program
Spring	Sat 8:25 - 8:55pm	10-17	\$25.00/\$50.00

Drew Howell Adaptive Swim Program

Classes are designed based on individual abilities to promote success in swim lessons.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon. 6:30 - 7:00p	4-12	\$25.00/\$50.00

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
Spring	Friday 11:15 - 12:00pm	Preschool 1-4	3-5 \$25.00/\$50.00
Spring	Friday 12:00 - 1:30pm	Youth 1-6	5-12 \$25.00/\$50.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Spring	Saturday 8:25 - 8:55 am	13-99	\$25.00/\$50.00

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Aquatics

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Spring	Family Lessons (1 adult/1-2 kids)	1-99	\$125.00/\$200.00
Spring	Family Lessons (2 adults/3-4 kids)	1-99	\$160.00/\$250.00
Spring	Information Request	1-99	\$0.00/\$0.00
Spring	Private Lessons ages 5 & up	5-99	\$110.00/\$150.00
Spring	Semi-Private Lessons 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
Spring	Mon 9:00 - 9:50am	16-99	\$8.00/\$30.00
Spring	Tues 8:00 - 8:50am	16-99	\$8.00/\$30.00
Spring	Wed 9:00 - 9:50am	16-99	\$8.00/\$30.00
Spring	Thurs 8:00 - 8:50am	16-99	\$8.00/\$30.00
Spring	Thurs 7:00 - 7:50pm	16-99	\$8.00/\$30.00
Spring	Fri 8:30am-9:20am Hi-Lo HIIT class	16-99	\$8.00/\$30.00

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
Spring	Tues 9:00 - 9:50 am	16-99	\$8.00/\$30.00
Spring	Thurs 9:00 - 9:50 am	16-99	\$8.00/\$30.00

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. Please maintain social distancing while in the pool.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 8:00 am - 8:45 am	18-99	\$11.00/\$45.00
Spring	Monday 9:00am - 9:45 am	18-99	\$11.00/\$45.00
Spring	Monday 10:00am - 10:45 am	18-99	\$11.00/\$45.00
Spring	Monday 11:00am - 11:45 am	18-99	\$11.00/\$45.00
Spring	Wednesday 8:00 - 8:45 am	18-99	\$11.00/\$45.00
Spring	Wednesday 9:00am - 9:45 am	18-99	\$11.00/\$45.00
Spring	Wednesday 10:00am - 10:45 am	18-99	\$11.00/\$45.00
Spring	Wednesday 11:00am - 11:45 am	18-99	\$11.00/\$45.00
Spring	Friday 8:00 am - 8:45 am	18-99	\$11.00/\$45.00
Spring	Friday 9:00am - 9:45 am	18-99	\$11.00/\$45.00
Spring	Friday 10:00am - 10:45 am	18-99	\$11.00/\$45.00
Spring	Friday 11:00am - 11:45 am	18-99	\$11.00/\$45.00

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
Spring	Monday 6:00-6:45pm	18-99	\$11.00/\$45.00
Spring	Wednesday 6:00-6:45pm	18-99	\$11.00/\$45.00

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
Spring	Monday 12:00pm - 12:45 pm	18-99	\$8.00/\$30.00
Spring	Monday 7:00pm - 8:00pm	18-99	\$15.00/\$38.00
Spring	Wednesday 12:00pm - 12:45 pm	18-99	\$8.00/\$30.00
Spring	Wednesday 7:00pm - 8:00pm	18-99	\$15.00/\$38.00
Spring	Friday 12:00pm - 12:45 pm	18-99	\$8.00/\$30.00

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