



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer (06/06-08/21)

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
Summer	Sum 1 Tues & Thur 9:10 - 9:40 am	Max 3	\$26.00/\$48.00
Summer	Sum 1 Tues & Thur 6:00 - 6:30 pm	Max 3	\$26.00/\$48.00
Summer	Sum 2 TUESDAY ONLY 9:10 - 9:40 am	Max 3	\$26.00/\$48.00
Summer	Sum 2 TUESDAY ONLY 6:00 - 6:30 pm	Max 3	\$26.00/\$48.00
Summer	Saturday 8:25 - 8:55 am	Max 3	\$35.00/\$63.00

* 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
Summer	Sum 1 Tues & Thurs 11:10 - 11:40 am	Max 3	\$26.00/\$48.00
Summer	Sum 2 THURSDAY ONLY 9:10 - 9:40 am	Max 3	\$26.00/\$48.00
Summer	Sum 2 THURSDAY ONLY 6:00 - 6:30 pm	Max 3	\$26.00/\$48.00
Summer	Saturday 11:00 - 11:30 am	Max 4	\$35.00/\$63.00

* 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
Summer	Saturday 10:20 - 10:50 am WITH PARE	3-5	\$48.00/\$88.00
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	Saturday 9:00 - 9:30 am	3-5	\$48.00/\$88.00
Summer	Saturday 9:40 - 10:10 am	3-5	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:10 - 9:40 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	31 Sum 3 Mon & Wed 9:10 - 9:40 am	3-5	\$36.00/\$66.00
Summer	32 Sum 3 Mon & Wed 10:30 - 11:00 a	3-5	\$36.00/\$66.00
Summer	32 Sum 3 Mon & Wed 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thur 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 10:30 - 11:00 a	3-5	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 4:40 - 5:10 pm	3-5	\$36.00/\$66.00

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Green YMCA

Summer (06/06-08/21)

Aquatics

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
Summer	Sum 1 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	Saturday 9:00 - 9:30 am	3-5	\$48.00/\$88.00
Summer	Saturday 9:40 - 10:10 am	3-5	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 10:30 - 11:00 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	26 Sum 2 Tues & Thur 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	30 Sum 3 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	32 Sum 3 Mon & Wed 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 10:30 - 11:00 a	3-5	\$36.00/\$66.00
Summer	35 Sum 3 Tues & Thur 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	36 Sum 3 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00

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
Summer	Sum 1 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 4:00 - 4:30 pm	3-5	\$36.00/\$66.00
Summer	Saturday 10:20 - 10:50 am	3-5	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 4:40 - 5:10 pm	3-5	\$36.00/\$66.00
Summer	31 Sum 3 Mon & Wed 9:50 - 10:20 am	3-5	\$36.00/\$66.00
Summer	33 Sum 3 Mon & Wed 5:20 - 5:50 pm	3-5	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thur 11:00 - 11:30 a	3-5	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 4:40 - 5:10 pm	3-5	\$36.00/\$66.00

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
Summer	Saturday 11:00-11:30 am	3-5	\$48.00/\$88.00

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
Summer	Sum 1 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:40 - 5:20 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thur 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	Saturday 9:00 - 9:30am	6-12	\$48.00/\$88.00
Summer	Saturday 10:20 - 10:50 am	6-12	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	30 Sum 3 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	31 Sum 3 Mon & Wed 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thur 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 5:20 - 5:50 pm	6-12	\$36.00/\$66.00

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
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 11:10 - 11:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00
Summer	Saturday 9:40 - 10:10a	6-12	\$48.00/\$88.00
Summer	Saturday 11:00 - 11:30 am	6-12	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Summer	Sum 2 Mon & Wed 4:05 - 4:50 pm	6-12	\$35.00/\$70.00
Summer	Sum 2 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Summer	Sum 2 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 11:00 - 11:45 am	6-12	\$35.00/\$70.00
Summer	Sum 2 Tues & Thurs 11:10 - 11:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
Summer	26 Sum 2 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00
Summer	32 Sum 3 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thurs 11:10 - 11:40 a	6-12	\$36.00/\$66.00
Summer	36 Sum 3 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00

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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
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 10:30 - 11:00 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	Saturday 9:00 - 9:30 am	6-12	\$48.00/\$88.00
Summer	Saturday 10:20 - 10:50 am	5-12	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 10:30 - 11:00 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 11:00 - 11:30 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	30 Sum 3 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	31 Sum 3 Mon & Wed 10:30 - 11:00 a	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Mon & Wed 4:00 - 4:30 pm	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Mon & Wed 4:40 - 5:10 pm	6-12	\$36.00/\$66.00
Summer	35 Sum 3 Tues & Thurs 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	36 Sum 3 Tues & Thurs 4:40 - 5:10 pm	6-12	\$36.00/\$66.00

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
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Mon & Wed 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 11:10 - 11:40 am	6-14	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00
Summer	Saturday 9:40 - 10:10 am	5-12	\$48.00/\$88.00
Summer	Saturday 11:00 - 11:30 am	5-12	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Mon & Wed 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 11:10 - 11:40 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00
Summer	31 Sum 3 Mon & Wed 9:10 - 9:40 am	6-12	\$36.00/\$66.00
Summer	32 Sum 3 Mon & Wed 9:50 - 10:20 am	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Mon & Wed 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thurs 9:50 - 10:20 a	6-12	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thurs 11:10 - 11:40 a	6-12	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thurs 5:20 - 5:50 pm	6-12	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thurs 6:00 - 6:30 pm	6-12	\$36.00/\$66.00

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
Summer	Sum 1 Mon & Wed 10:30 - 11:15 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 10:05 - 10:50 am	6-12	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 5:10 - 5:55 pm	6-12	\$36.00/\$66.00
Summer	Saturday 10:00 - 10:45 am	6-12	\$48.00/\$88.00
Summer	Sum 2 Mon & Wed 10:30 - 11:15 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 10:05 - 10:50 am	6-12	\$36.00/\$66.00
Summer	Sum 2 Tues & Thurs 5:10 - 5:55 pm	6-12	\$36.00/\$66.00
Summer	30 Sum 3 Mon & Wed 10:30 - 11:15 a	6-12	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thurs 10:05 - 10:50 a	6-12	\$36.00/\$66.00
Summer	35 Sum 3 Tues & Thurs 5:10 - 5:55 pm	6-12	\$36.00/\$66.00

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Summer (06/06-08/21)

Aquatics

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
Summer	Sum 1 Tues & Thurs 9:10 - 9:55 am	6-14	\$36.00/\$66.00
Summer	Sum 1 Tues & Thurs 4:15 - 5:00 pm	6-14	\$36.00/\$66.00
Summer	Saturday 9:00 - 9:45 am	6-14	\$48.00/\$88.00
Summer	Sum 2 Tues & Thurs 9:10 - 9:55 am	5-14	\$36.00/\$66.00
Summer	Sum 2 Tues & Thur 4:15 - 5:00 pm	6-14	\$36.00/\$66.00
Summer	33 Sum 3 Tues & Thurs 9:10 - 9:55 am	6-14	\$36.00/\$66.00
Summer	34 Sum 3 Tues & Thur 4:15 - 5:00 pm	5-14	\$36.00/\$66.00

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
Summer	NEXT Saturday 9:00 - 9:40 am	8-18	\$48.00/\$88.00
Summer	NEXT Sum 1 Tues & Thurs 4:15 - 5:00	8-18	\$36.00/\$66.00
Summer	NEXT Sum 1 Tues & Thurs 9:10 - 9:55	8-18	\$36.00/\$66.00
Summer	NEXT Sum 1 Tues & Thurs 9:10 - 9:55	8-18	\$35.00/\$70.00
Summer	NEXT Sum 1 Tues & Thurs 9:10 - 9:55	8-18	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 8:10 - 8:55 am	15-10	\$48.00/\$88.00

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
Summer	Sum 1 SILVER SNEAKERS Splash 8:00 -	16-99	\$0.00/\$70.00
Summer	Sum 2 SILVER SNEAKERS Splash 8:00 -	16-99	\$0.00/\$70.00
Summer	Sum 1 Tues 10:00 - 10:50 am	16-99	\$8.00/\$30.00
Summer	Sum 1 Thurs 10:00 - 10:50am	16-99	\$8.00/\$30.00
Summer	Sum 1 Tue 6:35 - 7:25 pm	16-99	\$8.00/\$30.00
Summer	Sum 1 Thurs 6:35 - 7:25 pm	16-99	\$8.00/\$30.00
Summer	Sum 2 Tues 10:00 - 10:50 am	16-99	\$8.00/\$30.00
Summer	Sum 2 Thurs 10:00 - 10:50am	16-99	\$8.00/\$30.00
Summer	Sum 2 Tue 6:35 - 7:25 pm	16-99	\$8.00/\$30.00
Summer	Sum 2 Thurs 6:35 - 7:25 pm	16-99	\$8.00/\$30.00

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
Summer	Sum 1 Mon, Wed, Fri 11:00 - 11:50 am	18-99	\$11.00/\$45.00
Summer	Sum 2 Mon, Wed, Fri 11:00 - 11:50 am	18-99	\$11.00/\$45.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Summer	Summer 2021 Long Course	6-18	\$165.00/\$165.00

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