



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/07-08/14)

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	Mon 5:50 - 6:20pm	Max 3	\$30.00/\$55.00
Summer	Tues 6:45 - 7:15pm Outside Pool	Max 3	\$30.00/\$55.00
Summer	Wed 9:40-10:10am	Max 3	\$30.00/\$55.00
Summer	Sat 10:20 - 10:50am	Max 3	\$30.00/\$55.00

* Parent/child participation class; Summer 6/7-7/24 (no pm classes Tue. 6/22)

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	Mon 6:30 - 7:00pm	Max 3	\$30.00/\$55.00
Summer	Wed 10:20 - 10:50am	Max 3	\$30.00/\$55.00
Summer	Thurs 6:45 - 7:15pm Outside Pool	Max 3	\$30.00/\$55.00
Summer	Sat 9:40 - 10:10am	Max 3	\$30.00/\$55.00
Summer	Sat 11:00 - 11:30am	Max 3	\$30.00/\$55.00

* Parent/child participation class; Summer 6/7-7/24

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	Mon 10:15 - 10:45am Outside Pool	3-5	\$42.00/\$77.00
Summer	Mon 4:30 - 5:00pm	3-5	\$42.00/\$77.00
Summer	Mon 5:50 - 6:20pm	3-5	\$42.00/\$77.00
Summer	Mon 6:10 - 6:40pm Outside Pool	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 1	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 2	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Summer 2	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Summer 1	3-5	\$42.00/\$77.00
Summer	Wed 9:40 - 10:20am	3-5	\$42.00/\$77.00
Summer	Wed 10:20 - 10:50am	3-5	\$42.00/\$77.00
Summer	Sat 9:00 - 9:30am	3-5	\$42.00/\$77.00
Summer	Sat 10:20 - 10:50am	3-5	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 5:10 - 5:40pm	3-5	\$42.00/\$77.00
Summer	Mon 6:30 - 7:00pm	3-5	\$42.00/\$77.00
Summer	Mon 9:20 - 9:50am Outside Pool	3-5	\$42.00/\$77.00
Summer	Mon 6:45-7:15pm Outside Pool	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 1	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 2	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 1	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 2	3-5	\$42.00/\$77.00
Summer	Wed 9:00 - 9:30am	3-5	\$42.00/\$77.00
Summer	Sat 9:40 - 10:10am	3-5	\$42.00/\$77.00
Summer	Sat 11:00 - 11:30am	3-5	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 5:10 - 5:40pm	3-5	\$42.00/\$77.00
Summer	Mon 6:10 - 6:40pm Outside Pool	3-5	\$42.00/\$77.00
Summer	Mon 8:45 - 9:15am Outside Pool	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 1	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 2	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Summer 1	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Summer 2	3-5	\$42.00/\$77.00
Summer	Wed 9:00 - 9:30am	3-5	\$42.00/\$77.00
Summer	Sat 9:00 - 9:30am	3-5	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 10:15 - 10:45am Outside Pool	3-5	\$42.00/\$77.00
Summer	Mon 4:30 - 5:00pm	3-5	\$42.00/\$77.00
Summer	Mon 6:10 - 6:40pm Outside Pool	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 2	3-5	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 1	3-5	\$42.00/\$77.00
Summer	Wed 10:20 - 10:50am	3-5	\$42.00/\$77.00
Summer	Sat 11:00 - 11:30am	3-5	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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Summer (06/07-08/14)

Aquatics

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	Mon 4:30 - 5:00pm	6-12	\$42.00/\$77.00
Summer	Mon 6:45 - 7:15pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 8:45 - 9:15am Outside Pool	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 1	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 2	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 1	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:50 - 6:20pm Summer 2	6-12	\$42.00/\$77.00
Summer	Wed 9:00 - 9:30am	6-12	\$42.00/\$77.00
Summer	Sat 9:00 - 9:30am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 10:15 - 10:45am Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 5:10 - 5:40pm	6-12	\$42.00/\$77.00
Summer	Mon 6:10 - 6:40pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 1	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 2	6-12	\$42.00/\$77.00
Summer	Wed 10:20 - 10:50am	6-12	\$42.00/\$77.00
Summer	Sat 11:00 - 11:30am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 10:15 - 10:45am Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 4:30 - 5:00pm	6-12	\$42.00/\$77.00
Summer	Mon 6:10 - 6:40pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 1	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 2	6-12	\$42.00/\$77.00
Summer	Wed 11:00 - 11:30am	6-12	\$42.00/\$77.00
Summer	Sat 9:00 - 9:30am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 5:10 - 5:40pm	6-12	\$42.00/\$77.00
Summer	Mon 6:45 - 7:15pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 9:20 - 9:50am Outside Pool	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 1	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 4:30 - 5:00pm Summer 2	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 2	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 5:10 - 5:40pm Summer 1	6-12	\$42.00/\$77.00
Summer	Wed 11:00 - 11:30am	6-12	\$42.00/\$77.00
Summer	Sat 9:40 - 10:10am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 6:45 - 7:15pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 9:20 - 9:50am Outside Pool	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Y5 & Y6 Su	6-12	\$42.00/\$77.00
Summer	Tues / Thurs 6:30 - 7:00pm Y5 & Y6 Su	6-12	\$42.00/\$77.00
Summer	Wed 11:00 - 11:30am Y5 & Y6	6-12	\$42.00/\$77.00
Summer	Sat 9:40 - 10:20am	6-12	\$42.00/\$77.00
Summer	Sat 10:20 - 10:50am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24, Summer 1: 6/8-7/1 (no pm classes Tue. 6/22), Summer 2: 7/8-7/29

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	Mon 9:20 - 9:50am Outside Pool	6-12	\$42.00/\$77.00
Summer	Mon 6:45 - 7:15pm Outside Pool	6-12	\$42.00/\$77.00
Summer	Sat 10:20 - 10:50am	6-12	\$42.00/\$77.00

* Summer: 6/7-7/24

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Aquatics

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	Mon 7:15 - 7:45pm Competitive Skills	10-15	\$42.00/\$77.00
Summer	Tue/Thu 9:15-10:00am Jr Guard Skills -	10-15	\$42.00/\$77.00
Summer	Wed 11:00 - 11:30am Competitive Skill	10-15	\$42.00/\$77.00
Summer	Sat 11:30 - 12:00pm Competitive Skills	10-15	\$42.00/\$77.00

* Summer: 6/7-7/24

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Mon 7:15 - 7:45pm Outside Pool	13-99	\$42.00/\$77.00
Summer	Sat 8:30 - 9:00am Adult	13-99	\$42.00/\$77.00
Summer	Sat 11:30 - 12:00pm Teen	13-99	\$42.00/\$77.00

* Summer: 6/7-7/24

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	Mon 9:00- 9:50am Summer 1	16-99	\$10.00/\$30.00
Summer	Mon 9:00- 9:50am Summer 2	16-99	\$10.00/\$30.00
Summer	Tues 8:00 - 8:50am Summer 1	16-99	\$10.00/\$30.00
Summer	Tues 8:00 - 8:50am Summer 2	16-99	\$10.00/\$30.00
Summer	Tues 6:30-7:15pm Summer 1 Outside	16-99	\$10.00/\$20.00
Summer	Tues 6:30-7:15pm Summer 2 Outside	16-99	\$10.00/\$20.00
Summer	Wed 9:00 - 9:50am Summer 1	16-99	\$10.00/\$30.00
Summer	Wed 9:00 - 9:50am Summer 2	16-99	\$10.00/\$30.00
Summer	Thurs 8:00 - 8:50am Summer 1	16-99	\$10.00/\$30.00
Summer	Thurs 8:00 - 8:50am Summer 2	16-99	\$10.00/\$30.00
Summer	Thurs 6:30-7:15pm Summer 1 Outside	16-99	\$10.00/\$20.00
Summer	Thurs 6:30-7:15pm Summer 2 Outside	16-99	\$10.00/\$20.00
Summer	Fri 8:30am-9:20am Hi-Lo HIIT class Su	16-99	\$10.00/\$30.00
Summer	Fri 8:30am-9:20am Hi-Lo HIIT class Su	16-99	\$10.00/\$30.00

* Summer 1: 6/7-7/10 (no pm classes Tue. 6/22), Summer 2: 7/12-8/14

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
Summer	Tues 9:00 - 9:50 am Summer 1	16-99	\$10.00/\$30.00
Summer	Thurs 9:00 - 9:50 am Summer 1	16-99	\$10.00/\$30.00
Summer	Tues 9:00 - 9:50 am Summer 2	16-99	\$10.00/\$30.00
Summer	Thurs 9:00 - 9:50 am Summer 2	16-99	\$10.00/\$30.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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
Summer	Monday 8:00 am - 8:45 am Summer 1	18-99	\$11.00/\$45.00
Summer	Monday 8:00 am - 8:45 am Summer 2	18-99	\$11.00/\$45.00
Summer	Monday 9:00am - 9:45 am Summer 1	18-99	\$11.00/\$45.00
Summer	Monday 9:00am - 9:45 am Summer 2	18-99	\$11.00/\$45.00
Summer	Monday 10:00am - 10:45 am Summer	18-99	\$11.00/\$45.00
Summer	Monday 10:00am - 10:45 am Summer	18-99	\$11.00/\$45.00
Summer	Monday 11:00am - 11:45 am Summer	18-99	\$11.00/\$45.00
Summer	Monday 11:00am - 11:45 am Summer	18-99	\$11.00/\$45.00
Summer	Wednesday 8:00 - 8:45 am Summer 1	18-99	\$11.00/\$45.00
Summer	Wednesday 8:00 - 8:45 am Summer 2	18-99	\$11.00/\$45.00
Summer	Wednesday 9:00-9:45 am Summer 1	18-99	\$11.00/\$45.00
Summer	Wednesday 9:00-9:45 am Summer 2	18-99	\$11.00/\$45.00
Summer	Wednesday 10:00-10:45 am Summer	18-99	\$11.00/\$45.00
Summer	Wednesday 10:00-10:45 am Summer	18-99	\$11.00/\$45.00
Summer	Wednesday 11:00-11:45am Summer 1	18-99	\$11.00/\$45.00
Summer	Wednesday 11:00-11:45am Summer 2	18-99	\$11.00/\$45.00
Summer	Friday 8:00-8:45am Summer 1	18-99	\$11.00/\$45.00
Summer	Friday 8:00-8:45am Summer 2	18-99	\$11.00/\$45.00
Summer	Friday 9:00-9:45am Summer 1	18-99	\$11.00/\$45.00
Summer	Friday 9:00-9:45am Summer 2	18-99	\$11.00/\$45.00
Summer	Friday 10:00-10:45am Summer 1	18-99	\$11.00/\$45.00
Summer	Friday 10:00-10:45am Summer 2	18-99	\$11.00/\$45.00
Summer	Friday 11:00-11:45am Summer 1	18-99	\$11.00/\$45.00
Summer	Friday 11:00-11:45am Summer 2	18-99	\$11.00/\$45.00

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Summer (06/07-08/14)

Aquatics

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
Summer	Monday 6:00-6:45pm Summer 1	18-99	\$11.00/\$45.00
Summer	Monday 6:00-6:45pm Summer 2	18-99	\$11.00/\$45.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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
Summer	Monday 12:00- 12:45 pm Summer 1	18-99	\$10.00/\$30.00
Summer	Monday 12:00- 12:45 pm Summer 2	18-99	\$10.00/\$30.00
Summer	Monday 7:00- 8:00pm Summer 2	18-99	\$15.00/\$38.00
Summer	Monday 7:00pm - 8:00pm Summer 1	18-99	\$15.00/\$38.00
Summer	Wednesday 12:00-12:45pm Summer 1	18-99	\$10.00/\$30.00
Summer	Wednesday 12:00-12:45pm Summer 2	18-99	\$10.00/\$30.00
Summer	Wednesday 7:00 - 8:00pm Summer 1	18-99	\$15.00/\$38.00
Summer	Wednesday 7:00 - 8:00pm Summer 2	18-99	\$15.00/\$38.00
Summer	Friday 12:00- 12:45 pm Summer 1	18-99	\$10.00/\$30.00
Summer	Friday 12:00- 12:45 pm Summer 2	18-99	\$10.00/\$30.00
Summer	Saturday 12:00- 12:45 pm Summer 1	18-99	\$10.00/\$30.00
Summer	Saturday 12:00- 12:45 pm Summer 2	18-99	\$10.00/\$30.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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