



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall II (10/31-12/18)

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 II	Mon 5:20 - 5:50pm	Max 3	\$30.00/\$55.00
Fall II	Tues 4:45-5:15pm	Max 3	\$30.00/\$55.00
Fall II	Fri 11:00 - 11:30am	Max 3	\$30.00/\$55.00
Fall II	Sat 9:35-10:05am	Max 3	\$30.00/\$55.00

* 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 II	Mon 5:55 - 6:25pm	Max 3	\$30.00/\$55.00
Fall II	Tues 4:45-5:15pm	Max 3	\$30.00/\$55.00
Fall II	Friday 11:00-11:30am	Max 3	\$30.00/\$55.00
Fall II	Sat 10:10 - 10:40am	Max 3	\$30.00/\$55.00

* 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 II	Mon 4:45 - 5:15pm	3-5	\$42.00/\$77.00
Fall II	Mon 5:55 - 6:25pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:20 - 5:50pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:55 - 6:25pm	3-5	\$42.00/\$77.00
Fall II	Thurs 5:20 - 5:50pm	3-5	\$35.00/\$66.00
Fall II	Thurs 5:55 - 6:25pm	3-5	\$35.00/\$66.00
Fall II	Sat 9:00 - 9:30am	3-5	\$42.00/\$77.00
Fall II	Sat 10:10 - 10:40am	3-5	\$42.00/\$77.00

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
Fall II	Mon 5:20 - 5:50pm	3-5	\$42.00/\$77.00
Fall II	Mon 5:55 - 6:25pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:20 - 5:50pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:55 - 6:25pm	3-5	\$42.00/\$77.00
Fall II	Thurs 4:45 - 5:25pm	3-5	\$35.00/\$66.00
Fall II	Thurs 5:20 - 5:50pm	3-5	\$35.00/\$66.00
Fall II	Sat 9:35 - 10:05am	3-5	\$42.00/\$77.00
Fall II	Sat 10:45 - 11:15am	3-5	\$42.00/\$77.00

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
Fall II	Mon 4:45-5:15pm	3-5	\$42.00/\$77.00
Fall II	Mon 5:20 - 5:50pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:20 - 5:50pm	3-5	\$42.00/\$77.00
Fall II	Tues 5:55 - 6:25pm	3-5	\$42.00/\$77.00
Fall II	Thurs 5:20 - 5:50pm	3-5	\$35.00/\$66.00
Fall II	Sat 9:00 - 9:30am	3-5	\$42.00/\$77.00
Fall II	Sat 9:35 - 10:05am	3-5	\$42.00/\$77.00

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
Fall II	Tues 6:30 - 7:00pm Lap Pool	3-5	\$42.00/\$77.00
Fall II	Thurs 4:45 - 5:15pm Rec Pool	3-5	\$35.00/\$66.00
Fall II	Sat 9:35 - 10:05am Lap Pool	3-5	\$42.00/\$77.00

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
Fall II	Mon 4:45 - 5:15pm	6-12	\$42.00/\$77.00
Fall II	Thurs 5:20 - 5:50pm	6-12	\$35.00/\$66.00
Fall II	Sat 9:00 - 9:30am	6-12	\$42.00/\$77.00

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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
Fall II	Mon 6:30 - 7:00pm Rec Pool	6-12	\$42.00/\$77.00
Fall II	Thurs 4:45 - 5:15pm Rec Pool	6-12	\$35.00/\$66.00
Fall II	Thurs 5:55 - 6:25pm Rec Pool	6-12	\$35.00/\$66.00
Fall II	Sat 9:35 - 10:05am Lap Pool	6-12	\$42.00/\$77.00
Fall II	Sat 10:10-10:40am Lap Pool	6-12	\$42.00/\$77.00

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
Fall II	Tues 6:30 - 7:00pm Rec Pool	6-12	\$42.00/\$77.00
Fall II	Thurs 6:30 - 7:00pm Rec Pool	6-12	\$35.00/\$66.00
Fall II	Sat 9:00 - 9:30am Lap Pool	6-12	\$42.00/\$77.00
Fall II	Sat 10:10 - 10:40am Lap Pool	6-12	\$42.00/\$77.00

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 II	Tues 5:45 - 6:30pm	6-12	\$42.00/\$77.00
Fall II	Thurs 5:45 - 6:30pm	6-12	\$35.00/\$66.00
Fall II	Sat 10:45 - 11:15am 2 classes	6-12	\$42.00/\$77.00

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 II	Tues 5:45-6:30pm	6-12	\$42.00/\$77.00
Fall II	Sat 10:45-11:30	6-12	\$42.00/\$77.00
Fall II	Sat 10:45 - 11:30am	6-12	\$42.00/\$77.00

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 II	Thurs 5:45-6:30pm	6-12	\$35.00/\$66.00
Fall II	Sat 10:45-11:30am	6-12	\$42.00/\$77.00

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
Fall II	Friday 10:00 - 11:00am	Preschool 1-4	3-5 \$35.00/\$66.00
Fall II	Friday 11:30 - 1:00pm	Youth 1-6	5-12 \$35.00/\$66.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Sat 9:00-9:30am	13-99	\$42.00/\$77.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Fall II	Information Request	1-99	\$0.00/\$0.00
Fall II	Family Lessons (1 adult/1-2 kids)	1-99	\$125.00/\$200.00
Fall II	Family Lessons (2 adults/3-4 kids)	1-99	\$160.00/\$250.00
Fall II	Private Lessons ages 5 & up	5-99	\$110.00/\$150.00
Fall II	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
Fall II	Mon 9:00- 9:50am	16-99	\$10.00/\$40.00
Fall II	Mon 6:00pm-6:45pm	16-99	\$10.00/\$40.00
Fall II	Tues 8:00 - 8:50am	16-99	\$10.00/\$40.00
Fall II	Wed 9:00 - 9:50am	16-99	\$10.00/\$40.00
Fall II	Wed 6:00pm-6:45pm	16-99	\$10.00/\$40.00
Fall II	Thurs 8:00 - 8:50am	16-99	\$9.00/\$36.00
Fall II	Fri 8:30am-9:20am Hi-Lo HIIT class	16-99	\$10.00/\$40.00

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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
Fall II	Tues 9:00 - 9:50 am	16-99	\$10.00/\$40.00
Fall II	Thurs 9:00 - 9:50 am	16-99	\$9.00/\$36.00

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
Fall II	Monday 8:00 am - 8:45 am	18-99	\$15.00/\$60.00
Fall II	Monday 9:00am - 9:45 am	18-99	\$15.00/\$60.00
Fall II	Monday 10:00am - 10:45 am	18-99	\$15.00/\$60.00
Fall II	Monday 11:00am - 11:45 am	18-99	\$15.00/\$60.00
Fall II	Wednesday 8:00 - 8:45 am	18-99	\$15.00/\$60.00
Fall II	Wednesday 9:00-9:45 am	18-99	\$15.00/\$60.00
Fall II	Wednesday 10:00-10:45 am	18-99	\$15.00/\$60.00
Fall II	Wednesday 11:00-11:45am	18-99	\$15.00/\$60.00
Fall II	Friday 8:00-8:45am	18-99	\$15.00/\$60.00
Fall II	Friday 9:00-9:45am	18-99	\$15.00/\$60.00
Fall II	Friday 10:00-10:45am	18-99	\$15.00/\$60.00
Fall II	Friday 11:00-11:45am	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
Fall II	Monday 6:05-6:50pm	18-99	\$15.00/\$60.00
Fall II	Wednesday 6:05-6:50pm	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
Fall II	Monday 12:00- 12:45 pm	18-99	\$10.00/\$30.00
Fall II	Monday 7:00pm - 8:00pm	18-99	\$20.00/\$50.00
Fall II	Wednesday 12:00-12:45pm	18-99	\$10.00/\$30.00
Fall II	Wednesday 7:00 - 8:00pm	18-99	\$20.00/\$50.00
Fall II	Friday 12:00- 12:45 pm	18-99	\$10.00/\$30.00
Fall II	Saturday 12:00- 12:45 pm	18-99	\$10.00/\$30.00