



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/05-08/13)

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 9:00 - 9:30am Inside	Max 3	\$50.00/\$95.00
Summer	Mon 4:00-4:30pm Inside A&B	Max 3	\$50.00/\$95.00
Summer	Sat 9:35-10:05am Inside	Max 3	\$50.00/\$95.00

* Summer 6/6 - 7/30 (no class on 7/2 or 7/4); 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	Mon 9:00 - 9:30am Inside	Max 3	\$50.00/\$95.00
Summer	Mon 5:45-6:15pm Inside A&B	Max 3	\$50.00/\$95.00
Summer	Sat 10:10 - 10:40am Inside	Max 3	\$50.00/\$95.00

* Summer 6/6 - 7/30 (no class on 7/2 or 7/4); 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	Mon 9:35-10:05am Inside	3-5	\$50.00/\$95.00
Summer	Mon 4:00-4:30pm Inside	3-5	\$50.00/\$95.00
Summer	Mon 5:10-5:40pm Inside	3-5	\$50.00/\$95.00
Summer	T/TH 4:15 - 4:45pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 4:15 - 4:45pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25 - 5:55pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25 - 5:55pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	T/TH 6:00 - 6:30pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 6:00 - 6:30pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Inside	3-5	\$50.00/\$95.00
Summer	Sat 9:35-10:05am Inside	3-5	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:00 - 9:30am Inside	3-5	\$50.00/\$95.00
Summer	Mon 9:35-10:05am Inside	3-5	\$50.00/\$95.00
Summer	Mon 4:35 - 5:05pm Inside	3-5	\$50.00/\$95.00
Summer	Mon 5:45-6:15pm Inside	3-5	\$50.00/\$95.00
Summer	T/TH 4:15 - 4:45pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 4:15 - 4:45pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	T/TH 4:50 - 5:20pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 4:50 - 5:20pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Inside	3-5	\$50.00/\$95.00
Summer	Sat 9:35-10:05am Inside	3-5	\$50.00/\$95.00
Summer	Sat 10:10-10:40am Inside	3-5	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:35-10:05am Inside	3-5	\$50.00/\$95.00
Summer	Mon 10:10-10:40am Outside	3-5	\$50.00/\$95.00
Summer	Mon 4:35-5:05pm Inside	3-5	\$50.00/\$95.00
Summer	Mon 6:15-6:45pm Outside	3-5	\$50.00/\$95.00
Summer	T/TH 4:15-4:45pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 4:15-4:45pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	Sat 10:45-11:15am Inside	3-5	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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Aquatics

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 9:00-9:30am Outside	3-5	\$50.00/\$95.00
Summer	Mon 5:10-5:40pm Inside	3-5	\$50.00/\$95.00
Summer	Mon 6:55-7:25pm Outside	3-5	\$50.00/\$95.00
Summer	T/TH 4:15-4:45pm IN (Summer I)	3-5	\$50.00/\$95.00
Summer	T/TH 4:15-4:45pm IN (Summer II)	3-5	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Inside	3-5	\$50.00/\$95.00
Summer	Sat 10:45-11:15am Inside	3-5	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:35-10:05am Outside	6-12	\$50.00/\$95.00
Summer	Mon 5:10-5:40pm Inside	6-12	\$50.00/\$95.00
Summer	Mon 6:55-7:25pm Outside	6-12	\$50.00/\$95.00
Summer	T/TH 4:50-5:20pm IN (Summer I)	6-12	\$50.00/\$95.00
Summer	T/TH 4:50-5:20pm IN (Summer II)	6-12	\$50.00/\$95.00
Summer	Sat 10:10-10:40am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:35-10:05am Outside	6-12	\$50.00/\$95.00
Summer	Mon 10:10-10:40am Outside	6-12	\$50.00/\$95.00
Summer	Mon 4:00-4:30pm Inside	6-12	\$50.00/\$95.00
Summer	Mon 6:55-7:25pm Outside	6-12	\$50.00/\$95.00
Summer	T/TH 4:50-5:20pm IN (Summer I)	6-12	\$50.00/\$95.00
Summer	T/TH 4:50-5:20pm IN (Summer II)	6-12	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Inside	6-12	\$50.00/\$95.00
Summer	Sat 9:35-10:05am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:00-9:30am Outside	6-12	\$50.00/\$95.00
Summer	Mon 9:35-10:05am Outside	6-12	\$50.00/\$95.00
Summer	Mon 4:35-5:05pm Inside	6-12	\$50.00/\$95.00
Summer	Mon 5:45-6:15pm Inside	6-12	\$50.00/\$95.00
Summer	Mon 6:55-7:25pm Outside	6-12	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer I)	6-12	\$50.00/\$95.00
Summer	T/TH 5:25-5:55pm IN (Summer II)	6-12	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:35-10:20am Outside	6-12	\$50.00/\$95.00
Summer	Mon 6:05-6:50pm Outside	6-12	\$50.00/\$95.00
Summer	T/TH 6:00-6:45pm IN (Summer I)	6-12	\$50.00/\$95.00
Summer	Sat 9:35 - 10:20am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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 9:35-10:20am Outside	6-12	\$50.00/\$95.00
Summer	Mon 6:05-6:50pm Outside	6-12	\$50.00/\$95.00
Summer	T/TH 6:00-6:45pm IN (Summer I)	6-12	\$50.00/\$95.00
Summer	T/TH 6:00-6:45pm IN (Summer II)	6-12	\$50.00/\$95.00
Summer	Sat 10:25-11:10am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4); Summer I 6/7-6/30 (no class 6/21); Summer II 7/12-8/2

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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 8:45-9:30am Outside	6-12	\$50.00/\$95.00
Summer	Mon 6:05-6:50pm Outside	6-12	\$50.00/\$95.00
Summer	Sat 10:25-11:10am Inside	6-12	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/2 or 7/4)

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 8:45-9:30am Comp. (Outside)	10-15	\$50.00/\$95.00
Summer	Mon 9-11am Jr Guard (July- Outside)	12-15	\$50.00/\$95.00

* Summer 6/6-7/30 (no class 7/4)

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	16-99	\$15.00/\$60.00
Summer	Tues 8:00 - 8:50am	16-99	\$15.00/\$60.00
Summer	Wed 9:00 - 9:50am	16-99	\$15.00/\$60.00
Summer	Wed 6:15 - 7:00pm (Outside)	16-99	\$15.00/\$60.00
Summer	Thurs 8:00 - 8:50am	16-99	\$15.00/\$60.00
Summer	Fri 9:00 - 9:50am	16-99	\$15.00/\$60.00

* Summer 6/6 - 7/30 (no class 7/2 or 7/4)

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	16-99	\$15.00/\$60.00
Summer	Thurs 9:00 - 9:50 am	16-99	\$15.00/\$60.00

* Summer 6/6 - 7/30 (no class 7/2 or 7/4)

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 - 8:45 am	18-99	\$20.00/\$75.00
Summer	Monday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Summer	Monday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Summer	Monday 11:00 - 11:45 am	18-99	\$20.00/\$75.00
Summer	Monday 7:00 - 7:45pm	18-99	\$20.00/\$75.00
Summer	Wednesday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Summer	Wednesday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Summer	Wednesday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Summer	Wednesday 11:00 - 11:45am	18-99	\$20.00/\$75.00
Summer	Wednesday 7:00 - 7:45pm	18-99	\$20.00/\$75.00
Summer	Friday 8:00 - 8:45am	18-99	\$20.00/\$75.00
Summer	Friday 9:00 - 9:45am	18-99	\$20.00/\$75.00
Summer	Friday 10:00 - 10:45am	18-99	\$20.00/\$75.00
Summer	Friday 11:00 - 11:45am	18-99	\$20.00/\$75.00

* Summer 6/6 - 7/30 (no class 7/2 or 7/4)

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 6:05 - 6:50pm	18-99	\$20.00/\$75.00
Summer	Wednesday 6:05 - 6:50pm	18-99	\$20.00/\$75.00

* Summer 6/6 - 7/30 (no class 7/2 or 7/4)

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	18-99	\$10.00/\$30.00
Summer	Wednesday 12:00 - 12:45 pm	18-99	\$10.00/\$30.00
Summer	Friday 12:00 - 12:45 pm	18-99	\$10.00/\$30.00
Summer	Saturday 12:00 - 12:45 pm	18-99	\$10.00/\$30.00

* Summer 6/6 - 7/30 (no class 7/2 or 7/4)

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