



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green 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	Sum 1 TUESDAY ONLY 9:10 - 9:40 am	Max 3	\$57.00/\$108.00
Summer	Sum 1 TUESDAY ONLY 6:00 - 6:30 pm	Max 3	\$57.00/\$108.00
Summer	Saturday 8:25 - 8:55 am	Max 3	\$57.00/\$108.00

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 THURSDAY ONLY 9:10 - 9:40 am	Max 3	\$57.00/\$108.00
Summer	Sum 1 THURSDAY ONLY 6:00 - 6:30 pm	Max 3	\$57.00/\$108.00
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	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	3-5	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:40 - 5:10 pm	3-5	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 5:20 - 5:50 pm	3-5	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 9:50 - 10:20 am	3-5	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 4:00 - 4:30 pm	3-5	\$57.00/\$108.00
Summer	Saturday 9:00 - 9:30 am	3-5	\$57.00/\$108.00

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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	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 10:30 - 11:00 am	3-5	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:00 - 4:30 pm	3-5	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 10:30 - 11:00 am	3-5	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 5:20 - 5:50 pm	3-5	\$57.00/\$108.00
Summer	Saturday 9:40 - 10:10 am	3-5	\$57.00/\$108.00

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	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 5:20 - 5:50 pm	3-5	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 4:40 - 5:10 pm	3-5	\$57.00/\$108.00
Summer	Saturday 11 - 11:30 am	3-5	\$57.00/\$108.00

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 9:10 - 9:40 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:40 - 5:20 pm	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 9:10 - 9:40 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thur 4:40 - 5:10 pm	6-12	\$57.00/\$108.00
Summer	Saturday 9:00 - 9:30am	6-12	\$57.00/\$108.00

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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
Summer	Sum 1 Mon & Wed 10:30 - 11:00 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:00 - 4:30 pm	6-13	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 11:10 - 11:40 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 4:00 - 4:30 pm	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 6:00 - 6:30 pm	6-12	\$57.00/\$108.00
Summer	Saturday 9:40 - 10:10a	6-12	\$57.00/\$108.00

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Register Online at AKRONYMCA.ORG

(330) 899-9622

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Youth Stage 3 Water Stamina

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Ses	Days & Times	Ages	Mem/Program
Summer	Sum 1 Mon & Wed 9:10 - 9:40 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 9:50 - 10:20 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:50 - 5:20 pm	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 9:10 - 9:40 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 5:20 - 5:50 pm	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 6:00 - 6:30 pm	6-12	\$57.00/\$108.00
Summer	Saturday 10:20 - 10:50 am	5-12	\$57.00/\$108.00

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 10:05 - 10:50 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Mon & Wed 4:00 - 4:45 pm	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 9:50 - 10:35 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 4:15 - 5:00 pm	6-12	\$57.00/\$108.00
Summer	Saturday 9:00 - 9:45 am	5-12	\$57.00/\$108.00

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 9:10 - 9:55 am	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 10:45 - 11:30	6-12	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 5:10 - 5:55 pm	6-12	\$57.00/\$108.00
Summer	Saturday 10:00 - 10:45 am	6-12	\$57.00/\$108.00

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
Summer	Sum 1 Mon & Wed 9:10 - 9:55 am	6-14	\$57.00/\$108.00
Summer	Sum 1 Tues & Thurs 5:10 - 5:55 pm	6-14	\$57.00/\$108.00
Summer	Saturday 11:00 - 11:45 am	6-14	\$57.00/\$108.00

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	Tues 10:00 - 10:50 am	16-99	\$10.00/\$45.00
Summer	Tue 6:35 - 7:25 pm	16-99	\$10.00/\$45.00
Summer	Thurs 10:00 - 10:50 am	16-99	\$10.00/\$45.00
Summer	Thurs 6:35 - 7:25 pm	16-99	\$10.00/\$45.00

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	Mon, Wed, Fri 11:00 - 11:50 am	18-99	\$15.00/\$55.00

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Sports & Youth Programs

Basketball Clinic

The Basketball Clinic will focus on the fundamentals of basketball through drills, games and activities that will help your child become a better basketball player.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 5:00 - 5:45 pm ages 4-7	4-7	\$30.00/\$55.00
Summer	Thursday 6:00 - 6:45 pm 7-9 year old	7-9	\$35.00/\$55.00

Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 5:00 - 5:45 pm ages 4-6	4-6	\$30.00/\$55.00

Little Heisman's Football

Down, set, hike! Come on out and learn how to play some football with us! Participants will have the opportunity to learn how to throw, kick, catch and run with the football.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 5:00 - 5:45 pm	4-6	\$35.00/\$55.00
Summer	Monday 6:00 - 6:45 pm	7-9	\$35.00/\$55.00

Little Sluggers T-Ball

The Little Slugger class will teach the basic fundamentals of T-ball; throwing, catching, hitting and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$55.00
Summer	Tuesday 6:00 - 6:45 pm	6-9	\$35.00/\$55.00

* Summer 6/6 - 7/29 (no classes July 4-8)

Wee Tumblers Gymnastics

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 10:45 - 11:30 am	1-3	\$20.00/\$40.00

* Summer 6/6 - 7/29 (no classes July 4-8); Parent/child participation class

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