



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/05-10/24)

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 I	Mon 5:15-5:45pm	Max 3	\$50.00/\$95.00
Fall I	Sat 9:35-10:05am	Max 3	\$50.00/\$95.00

*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 I	Mon 5:50-6:20pm	Max 3	\$50.00/\$95.00
Fall I	Sat 10:10-10:40am	Max 3	\$50.00/\$95.00

*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 I	Tues 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:55-6:25pm	3-5	\$50.00/\$95.00
Fall I	Thurs 4:45-5:25pm	3-5	\$50.00/\$95.00
Fall I	Thurs 5:55-6:25pm	3-5	\$50.00/\$95.00
Fall I	Sat 9:00-9:30am	3-5	\$50.00/\$95.00
Fall I	Sat 9:35-10:05am	3-5	\$50.00/\$95.00
Fall I	Sat 10:10-10:40am	3-5	\$50.00/\$95.00

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 I	Tues 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:55-6:25pm	3-5	\$50.00/\$95.00
Fall I	Thurs 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall I	Thurs 6:30-7:00pm	3-5	\$50.00/\$95.00
Fall I	Sat 9:00-9:30am	3-5	\$50.00/\$95.00
Fall I	Sat 9:35-10:05am	3-5	\$50.00/\$95.00
Fall I	Sat 10:10 - 10:40am	3-5	\$50.00/\$95.00

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 I	Tues 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:55-6:25pm	3-5	\$50.00/\$95.00
Fall I	Thurs 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall I	Thurs 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall I	Sat 9:00 - 9:30am	3-5	\$50.00/\$95.00
Fall I	Sat 10:45-11:15am	3-5	\$50.00/\$95.00

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 I	Tues 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall I	Tues 5:55-6:25pm	3-5	\$50.00/\$95.00
Fall I	Thurs 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall I	Sat 9:00-9:30am	3-5	\$50.00/\$95.00
Fall I	Sat 10:10 - 10:40am	3-5	\$50.00/\$95.00



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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 I	Tues 5:20-5:50pm	6-12	\$50.00/\$95.00
Fall I	Thurs 5:55-6:25pm	6-12	\$50.00/\$95.00
Fall I	Sat 10:45-11:15am	6-12	\$50.00/\$95.00

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
Fall I	Tues 4:45-5:15pm	6-12	\$50.00/\$95.00
Fall I	Tues 5:20-5:50pm	6-12	\$50.00/\$95.00
Fall I	Thurs 5:55-6:25pm	6-12	\$50.00/\$95.00
Fall I	Sat 9:35-10:05am	6-12	\$50.00/\$95.00

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 I	Tues 5:20-5:50pm	6-12	\$50.00/\$95.00
Fall I	Tues 5:55-6:25pm	6-12	\$50.00/\$95.00
Fall I	Thurs 4:45-5:15pm	6-12	\$50.00/\$95.00
Fall I	Sat 9:35-10:05am	6-12	\$50.00/\$95.00
Fall I	Sat 10:10-10:40am	6-12	\$50.00/\$95.00

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 I	Tues 6:30-7:15pm	6-12	\$50.00/\$95.00
Fall I	Thurs 5:35-6:20pm	6-12	\$50.00/\$95.00
Fall I	Sat 10:45-11:30am	6-12	\$50.00/\$95.00

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 I	Tues 6:30-7:15pm	6-12	\$50.00/\$95.00
Fall I	Thurs 6:30-7:15pm	6-12	\$50.00/\$95.00
Fall I	Sat 10:45-11:30am	6-12	\$50.00/\$95.00

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 I	Thurs 6:30-7:15pm	6-12	\$50.00/\$95.00
Fall I	Sat 10:45 - 11:30am	6-12	\$50.00/\$95.00

Drew Howell Adaptive Swim Program

Classes are designed based on individual abilities to promote success in swim lessons.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 6:30-7:00pm	5-12	\$50.00/\$95.00

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 I	Friday 10:00 - 10:45am	Preschool 1-3	\$50.00/\$95.00
Fall I	Friday 11:00-12:00pm	Y1-3 & PS4	\$50.00/\$95.00
Fall I	Friday 11:30 - 1:00pm	Youth 3-6	\$50.00/\$95.00

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 I	Mon 9:00 - 9:50am	16-99	\$15.00/\$60.00
Fall I	Mon 6:30pm-7:15pm	16-99	\$15.00/\$60.00
Fall I	Wed 9:00 - 9:50am	16-99	\$15.00/\$60.00
Fall I	Thurs 8:00 - 8:50am	16-99	\$15.00/\$60.00
Fall I	Fri 9:00 - 9:50am	16-99	\$15.00/\$60.00

Register Online at AKRONYMCA.ORG



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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 I	Tues 9:00 - 9:50 am	16-99	\$15.00/\$60.00
Fall I	Thurs 9:00 - 9:50 am	16-99	\$15.00/\$60.00

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

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 I	Monday 6:05 - 6:50pm	18-99	\$20.00/\$75.00
Fall I	Wednesday 6:05 - 6:50pm	18-99	\$20.00/\$75.00

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