



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Fall I (09/01-10/24)

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	Tuesday 10:00 - 10:30 am	Max 3	\$50.00/\$95.00
Fall I	Tuesday 6:00 - 6:30 pm	Max 3	\$50.00/\$95.00
Fall I	Saturday 8:25 - 8:55 am	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	Thursday 10:00 - 10:30 am	Max 3	\$50.00/\$95.00
Fall I	Thursday 6:00 - 6:30 pm	Max 3	\$50.00/\$95.00
Fall I	Saturday 11:00 - 11:30 am	Max 4	\$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	Saturday 10:20 - 10:50 am WITH PARE	3-5	\$50.00/\$95.00
Fall I	Tuesday 10:40 - 11:10 am	3-5	\$50.00/\$95.00
Fall I	Tuesday 4:40 - 5:10 pm	3-5	\$50.00/\$95.00
Fall I	Thursday 5:20 - 5:50 pm	3-5	\$50.00/\$95.00
Fall I	Saturday 9:00 - 9:30 am	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	Tuesday 5:20 - 5:50 pm	3-5	\$50.00/\$95.00
Fall I	Thursday 10:40 - 11:10 am	3-5	\$50.00/\$95.00
Fall I	Thursday 4:40 - 5:10 pm	3-5	\$50.00/\$95.00
Fall I	Saturday 9:40 - 10:10 am	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	Tuesday 5:20 - 5:50 pm	3-5	\$50.00/\$95.00
Fall I	Saturday 11:00 - 11:30 am	3-5	\$50.00/\$95.00

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 I	Tuesday 5:20 - 5:50 pm	6-12	\$50.00/\$95.00
Fall I	Saturday 9:00 - 9:30am	6-12	\$50.00/\$95.00
Fall I	Saturday 11:00 - 11:30am	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	Tuesday 4:40 - 5:10p	6-12	\$50.00/\$95.00
Fall I	Tuesday 6:00 - 6:30 pm	6-12	\$50.00/\$95.00
Fall I	Thursday 4:40 - 5:10p	6-12	\$50.00/\$95.00
Fall I	Saturday 9:40 - 10:10 am	6-12	\$50.00/\$95.00
Fall I	Saturday 10:20 - 10:50 am	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	Tuesday 4:40 - 5:10 pm	6-14	\$50.00/\$95.00
Fall I	Tuesday 6:00 - 6:30 pm	6-14	\$50.00/\$95.00
Fall I	Thursday 4:40 - 5:10 pm	6-14	\$50.00/\$95.00
Fall I	Saturday 9:40 - 10:10 am	6-14	\$50.00/\$95.00
Fall I	Saturday 10:20 - 10:50 am	6-14	\$50.00/\$95.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



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Aquatics

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	Tuesday 4:40 - 5:25 pm	6-12	\$50.00/\$95.00
Fall I	Thursday 5:15 - 6:30 pm	6-12	\$50.00/\$95.00
Fall I	Saturday 9:00 - 9:45 am	6-12	\$50.00/\$95.00
Fall I	Saturday 11:00 - 11:45 am	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	Tuesday 5:35 - 6:20 pm	6-12	\$50.00/\$95.00
Fall I	Saturday 10:00 - 10:45 am	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	Tuesday 5:35 - 6:20 pm	6-12	\$50.00/\$95.00
Fall I	Saturday 10:00 - 10:45 am	6-12	\$50.00/\$95.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursday 5:15 - 6:30 pm	15-95	\$50.00/\$95.00
Fall I	Saturday 8:10 - 8:55 am	15-95	\$50.00/\$95.00

Lifeguard Class & Pre-Test

Ses	Days & Times	Ages	Mem/Program
Fall I	Lifeguard Fri, Sat, Sun Blended course (15-99	\$185.00/\$220.00

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	Tues 10:00 - 10:50 am	16-99	\$15.00/\$60.00
Fall I	Tue 6:35 - 7:25 pm	16-99	\$15.00/\$60.00
Fall I	Thurs 10:00 - 10:50am	16-99	\$15.00/\$60.00
Fall I	Thurs 6:35 - 7:25 pm	16-99	\$15.00/\$60.00

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
Fall I	Mon, Wed, Fri 11:00 - 11:50 am	18-99	\$20.00/\$75.00

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Group Classes

Empower

This is a women's weight lifting program lead by a personal trainer designed to build strength and confidence. Class meets in a group setting in our multipurpose room.

Ses	Days & Times	Ages	Mem/Program
Fall I	Mondays and Thursdays 12:00 pm - 1:0	18-99	\$40.00/\$80.00
Fall I	Mondays and Thursdays 12:00 pm - 1:0	18-99	\$40.00/\$80.00

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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
Fall I	Monday 5:00 - 5:45 pm ages 4-7	4-7	\$40.00/\$60.00
Fall I	Monday 6:00 - 6:45 pm ages 7-10	7-10	\$40.00/\$60.00
Fall I	Thursday 5:00 - 5:45 pm ages 4-7	4-7	\$40.00/\$60.00
Fall I	Thursday 6:00 - 6:45 pm ages 7-10	7-10	\$40.00/\$60.00

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
Fall I	Tuesday 5:00 - 5:45 pm 3-5	3-5	\$40.00/\$60.00
Fall I	Tuesday 6:00 - 6:45 pm 7-10	3-5	\$40.00/\$60.00

**Parent participation may be required for some students*

Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

Ses	Days & Times	Ages	Mem/Program
Fall I	Weds 6:00 - 7:00 & Sat 9-10 am August	5-99	\$40.00/\$55.00
Fall I	Weds 6:00 - 7:00 & Sat 9-10 am Nove	5-99	\$40.00/\$55.00
Fall I	Weds 6:00 - 7:00 & Sat 9-10 am Octob	5-99	\$40.00/\$55.00
Fall I	Weds 6:00 - 7:00 & Sat 9-10 am Septe	5-99	\$40.00/\$55.00

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
Fall I	Thursday 10:45 - 11:30 am	1-3	\$20.00/\$40.00

** Parent/child participation class; only one participating parent in the classroom please*

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