

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	Summer I Tues & Thurs 6:00-6:30pm	Max 3	\$50.00/\$95.00
Summer	Sat 8:25-8:55am 7 weeks	Max 3	\$50.00/\$95.00
Summer	Summer II Tues & Thurs 6:00-6:30p	Max 3	\$58.00/\$109.00

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	Summer I Tues & Thurs 11:10-11:40a	Max 4	\$50.00/\$95.00
Summer	Summer II Tues & Thurs 11:10-11:40a	Max 4	\$58.00/\$109.00

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	Summer I Mon & Wed 9:10-9:40a	3-5	\$50.00/\$95.00
Summer	Summer I Mon & Wed 9:50-10:20a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:50-10:20a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:00-4:30p	3-5	\$50.00/\$95.00
Summer	Sat 9:00-9:30am 7 weeks	3-5	\$50.00/\$95.00
Summer	Sat 10:20-10:50am with Parent	3-5	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:10-9:40a	3-5	\$58.00/\$109.00
Summer	Summer II Mon & Wed 9:50-10:20a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:50-10:20a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:00-4:30p	3-5	\$58.00/\$109.00

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
Summer	Summer I Mon & Wed 10:30-11:00a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 10:30-11:00a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:40-5:10p	3-5	\$50.00/\$95.00
Summer	Sat 9:40 - 10:10 am 7 weeks	3-5	\$50.00/\$95.00
Summer	Summer II Mon & Wed 10:30-11:00a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 10:30-11:00a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:40-5:10p	3-5	\$58.00/\$109.00

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	Summer I Mon & Wed 9:50-10:20a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:15-9:45a	3-5	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 5:20-5:50pm	3-5	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:50-10:20a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:15-9:45a	3-5	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 5:20-5:50p	3-5	\$58.00/\$109.00

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	Summer I Mon & Wed 9:10-9:40a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 11:10-11:40a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:00-4:30p	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:40-5:10p	6-12	\$50.00/\$95.00
Summer	Sat 9:00-9:30am 7 weeks	6-12	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:10-9:40a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 11:10-11:40a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:00-4:30p	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:40-5:10p	6-12	\$58.00/\$109.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer (06/11-08/05)

Aquatics

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	Summer I Mon & Wed 9:50-10:20a	6-12	\$50.00/\$95.00
Summer	Summer I Mon & Wed 10:30-11:00a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:50-10:20a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 11:10-11:40a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:00-4:30p	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:40-5:10p	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 5:20-5:50pm	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 6:00-6:30p	6-12	\$50.00/\$95.00
Summer	Sat 9:40-10:10am 7 weeks	6-12	\$50.00/\$95.00
Summer	Sat 11:00-11:30am 7 weeks	6-12	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:50-10:20a	6-12	\$58.00/\$109.00
Summer	Summer II Mon & Wed 10:30-11:00a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:50-10:20a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 11:10-11:40a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:00-4:30p	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:40-5:10p	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 5:20-5:50p	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 6:00-6:30p	6-12	\$58.00/\$109.00

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
Summer	Summer I Mon & Wed 9:10-9:40a	6-14	\$50.00/\$95.00
Summer	Summer I Mon & Wed 9:50-10:20a	6-14	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 10:30-11:00a	6-14	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:00-4:30p	6-14	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:40-5:10p	6-14	\$50.00/\$95.00
Summer	Summer I Tuesday & Thursday 5:20-5:50p	6-14	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 6:00-6:30p	6-14	\$50.00/\$95.00
Summer	Sat 10:20-10:50am 7 weeks	6-14	\$50.00/\$95.00
Summer	Sat 11:00-11:30am 7 weeks	6-14	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:10-9:40a	6-14	\$58.00/\$109.00
Summer	Summer II Mon & Wed 9:50-10:20a	6-14	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 10:30-11:00a	6-14	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:00-4:30p	6-14	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:40-5:10p	6-14	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 5:20-5:50p	6-14	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 6:00-6:30p	6-14	\$58.00/\$109.00

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	Summer I Mon & Wed 9:55-10:40a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:00-9:45a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 4:00-4:45p	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 6:00-6:45p	6-12	\$50.00/\$95.00
Summer	Sat 9:00-9:45am 7 weeks	6-12	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:55-10:40a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:00-9:45a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 4:00-4:45p	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 6:00-6:45p	6-12	\$58.00/\$109.00

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	Summer I Mon & Wed 9:00-9:45a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:00-9:45a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 5:00-5:45p	6-12	\$50.00/\$95.00
Summer	Sat 10:00-10:45am 7 weeks	6-12	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:00-9:45a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:00-9:45a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 5:00-5:45p	6-12	\$58.00/\$109.00

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	Summer I Mon & Wed 9:00-9:45a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 9:00-9:45a	6-12	\$50.00/\$95.00
Summer	Summer I Tues & Thurs 5:00-5:45p	6-12	\$50.00/\$95.00
Summer	Sat 10:00-10:45am 7 weeks	6-12	\$50.00/\$95.00
Summer	Summer II Mon & Wed 9:00-9:45a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 9:00-9:45a	6-12	\$58.00/\$109.00
Summer	Summer II Tues & Thurs 5:00-5:45p	6-12	\$58.00/\$109.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer (06/11-08/05)

Aquatics

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Summer I Tues & Thurs 5:20-6:05p	15-95	\$50.00/\$95.00
Summer	Sat 8:10-8:55am 7 weeks	15-95	\$50.00/\$95.00
Summer	Summer II Tues & Thurs 5:20-6:05p	15-95	\$58.00/\$109.00

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	\$15.00/\$60.00
Summer	Tue 6:35 - 7:25 pm	16-99	\$15.00/\$60.00
Summer	Thurs 10:00 - 10:50am	16-99	\$15.00/\$60.00
Summer	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
Summer	Mon, Wed, Fri 11:00-11:50 am	18-99	\$20.00/\$75.00

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Green YMCA

Summer (06/11-08/05)

Sports & Youth Programs

Gymnastics - Wee Tumblers

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/\$50.00

Parent/child class. For Tues. class, no class on 6/20 or 7/4. For Sat. class, no class on 7/1

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 6:00 - 6:45 pm ages 7-9	7-9	\$30.00/\$55.00

Class runs 6/13-8/8; no class on 6/20 or 7/4

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Summer	Kg and 1st Grade - Thursday 5:15- 6:1	4-7	\$70.00/\$100.00
Summer	Kg and 1st Grade Mon 5:15 - 6:15	4-6	\$70.00/\$100.00

Jazz

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolation, stretch, turning, and leaping are taught in this class.

Ses	Days & Times	Ages	Mem/Program
Summer	Pop Up Jazz Class - Fri, June 16 - 6:30	16-99	\$20.00/\$25.00

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

**Parent participation may be required for some students*

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	4-7	3-5 \$30.00/\$55.00
Summer	Tuesday 5:00 - 5:45 pm	7-9	7-9 \$30.00/\$55.00

Parent participation may be required for some students. Class runs 6/22-8/10; no class on 7/6

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