



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/11-08/05)

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	Wednesday 10:20-10:50am IN	Max 3	\$50.00/\$95.00
Summer	Wednesday 5:20-5:50 IN	Max 3	\$50.00/\$95.00
Summer	Saturday 9:45-10:15am IN	Max 3	\$50.00/\$95.00

*Parent/child participation class; No swim lessons July 1-7

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	Wednesday 10:20-10:50am IN	Max 3	\$50.00/\$95.00
Summer	Wednesday 4:40PM - 5:10PM IN	Max 3	\$50.00/\$95.00
Summer	Saturday 10:25-10:55am IN	Max 3	\$50.00/\$95.00

*Parent/child participation class; No swim lessons July 1-7

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	Tuesday 4:00-4:30pm IN	3-5	\$43.00/\$82.00
Summer	Tuesday 5:20-5:50pm IN	3-5	\$43.00/\$82.00
Summer	Wednesday 9:00-9:30 am IN	3-5	\$50.00/\$95.00
Summer	Wednesday 9:40-10:10am IN	3-5	\$50.00/\$95.00
Summer	Thursday 4:00-4:30pm IN	3-5	\$50.00/\$95.00
Summer	Thursday 5:20-5:50pm IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:10-9:40am IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:45-10:15am IN	3-5	\$50.00/\$95.00
Summer	Saturday 10:25-10:55am IN	3-5	\$50.00/\$95.00
Summer	Saturday 11:00-11:30am IN	3-5	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Tuesday 4:00-4:30pm IN	3-5	\$43.00/\$82.00
Summer	Tuesday 4:40-5:10pm IN	3-5	\$43.00/\$82.00
Summer	Tuesday 5:20-5:50pm IN	3-5	\$43.00/\$82.00
Summer	Tuesday 6:00-6:30pm IN	3-5	\$43.00/\$82.00
Summer	Wednesday 9:00-9:30am IN	3-5	\$50.00/\$95.00
Summer	Wednesday 9:40-10:10am IN	3-5	\$50.00/\$95.00
Summer	Thursday 4:00-4:30pm IN	3-5	\$50.00/\$95.00
Summer	Thursday 4:40-5:10pm IN	3-5	\$50.00/\$95.00
Summer	Thursday 6:00-6:30pm IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:10-9:40am IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:45-10:15am IN	3-5	\$50.00/\$95.00
Summer	Saturday 11:00-11:30am IN	3-5	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Monday 10:10-10:40am OUT	3-5	\$50.00/\$95.00
Summer	Monday 7:00-7:30pm OUT	3-5	\$50.00/\$95.00
Summer	Tuesday 4:40-5:10pm IN	3-5	\$43.00/\$82.00
Summer	Tuesday 5:20-5:50PM IN	3-5	\$43.00/\$82.00
Summer	Wednesday 9:00-9:30am IN	3-5	\$50.00/\$95.00
Summer	Wednesday 9:40-10:10am IN	3-5	\$50.00/\$95.00
Summer	Thursday 4:40-5:10PM IN	3-5	\$50.00/\$95.00
Summer	Thursday 6:00-6:30PM IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:10-9:40am IN	3-5	\$50.00/\$95.00
Summer	Saturday 11:00-11:30am IN	3-5	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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Summer (06/11-08/05)

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	Monday 9:35-10:05am OUT	3-5	\$50.00/\$95.00
Summer	Monday 6:20-6:50PM OUT	3-5	\$50.00/\$95.00
Summer	Tuesday 5:30-6:00PM IN	3-5	\$43.00/\$82.00
Summer	Wednesday 10:20-10:50am IN	3-5	\$50.00/\$95.00
Summer	Thursday 4:40-5:10PM IN	3-5	\$50.00/\$95.00
Summer	Saturday 9:45-10:15am IN	3-5	\$50.00/\$95.00
Summer	Saturday 11:00-11:30am IN	3-5	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Monday 9:00-9:30am OUT	6-12	\$50.00/\$95.00
Summer	Monday 6:20-6:50PM OUT	6-12	\$50.00/\$95.00
Summer	Tuesday 6:00-6:30PM IN	6-12	\$43.00/\$82.00
Summer	Wednesday 9:40-10:10AM IN	6-12	\$50.00/\$95.00
Summer	Thursday 4:40-5:10PM IN	6-12	\$50.00/\$95.00
Summer	Saturday 9:10-9:40AM IN	6-12	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Monday 9:00-9:30AM OUT	6-12	\$50.00/\$95.00
Summer	Monday 6:20-6:50PM OUT	6-12	\$50.00/\$95.00
Summer	Monday 7:00-7:30PM OUT	6-12	\$50.00/\$95.00
Summer	Tuesday 4:00-4:30PM IN	6-12	\$43.00/\$82.00
Summer	Tuesday 5:30-6:00PM IN	6-12	\$43.00/\$82.00
Summer	Wednesday 10:20-10:50AM IN	6-12	\$50.00/\$95.00
Summer	Thursday 4:00-4:30PM IN	6-12	\$50.00/\$95.00
Summer	Thursday 4:40-5:10PM IN	6-12	\$50.00/\$95.00
Summer	Saturday 10:25-10:55AM IN	6-12	\$50.00/\$95.00
Summer	Saturday 11:00-11:30AM IN	6-12	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Monday 9:00-9:30AM OUT	6-12	\$50.00/\$95.00
Summer	Monday 9:35-10:05AM OUT	6-12	\$50.00/\$95.00
Summer	Monday 6:20-6:50PM OUT	6-12	\$50.00/\$95.00
Summer	Tuesday 6:10-6:40PM IN	6-12	\$43.00/\$82.00
Summer	Tuesday 6:10-6:40PM IN	6-12	\$43.00/\$82.00
Summer	Thursday 4:00-4:30PM IN	6-12	\$50.00/\$95.00
Summer	Thursday 4:40-5:10PM IN	6-12	\$50.00/\$95.00
Summer	Saturday 11:00-11:30AM IN	6-12	\$50.00/\$95.00
Summer	Saturday 11:00-11:30AM IN	6-12	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	Monday 9:00-9:45AM OUT	6-12	\$50.00/\$95.00
Summer	Monday 7:00-7:45PM OUT	6-12	\$50.00/\$95.00
Summer	Tuesday 4:40-5:25PM IN	6-12	\$43.00/\$82.00
Summer	Thurs 5:20-6:05PM IN	6-12	\$50.00/\$95.00
Summer	Sat 10:00-10:45AM IN	6-12	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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. Y5&6 Combo 9:45-10:30AM OU	6-12	\$50.00/\$95.00
Summer	Mon. Y5&6 Combo 7-7:45PM OUT	6-12	\$50.00/\$95.00
Summer	Tuesday 4:40-5:25PM IN	6-12	\$43.00/\$82.00
Summer	Thursday 6:15-7:00PM IN	6-12	\$50.00/\$95.00
Summer	Sat 9:00-9:45AM IN	6-12	\$50.00/\$95.00

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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. Y5&6 Combo 9:45-10:30AM OU	6-12	\$50.00/\$95.00
Summer	Mon. Y5&6 Combo 7-7:45PM OUT	6-12	\$50.00/\$95.00
Summer	Tues 4:40-5:25PM IN	6-12	\$43.00/\$82.00
Summer	Sat 9:00-9:45AM IN	6-12	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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-Thurs. June 5-8, 9-11am - Jr. Gu	12-15	\$50.00/\$95.00
Summer	Mon 10-10:45AM OUT - Competitive S	10-15	\$50.00/\$95.00
Summer	Thurs 10:30-11:30 IN-Swim Instructor/	10-15	\$50.00/\$95.00
Summer	Sat 10:00-10:45AM IN Competitive Ski	10-15	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

Drew Howell Adaptive Swim Program

This parent/child swim session is designed for parents to swim with their child in a warm water setting. Parents will have the opportunity to work with their child under the guidance of an instructor.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 6:00-6:50PM Adaptive Op	3-8	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 4:00-4:30 Teen	13-99	\$50.00/\$95.00
Summer	Thursday 5:30-6:00PM Adults	13-99	\$50.00/\$95.00
Summer	Sat 9:00-9:30am Teen/Adult	13-99	\$50.00/\$95.00

Tuesday lessons begin 6/27; No swim lessons July 1-7

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	\$20.00/\$75.00
Summer	Tues 8:00 - 8:50am	16-99	\$20.00/\$75.00
Summer	Wed 9:00 - 9:50am	16-99	\$20.00/\$75.00
Summer	Thurs 8:00-8:50am	16-99	\$20.00/\$75.00
Summer	Fri 8:30-9:20am Hi-Lo HIIT Class	16-99	\$20.00/\$75.00

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	\$20.00/\$75.00
Summer	Thurs 9:00 - 9:50 am	16-99	\$20.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 8:00 - 8:45 am	18-99	\$26.00/\$80.00
Summer	Monday 9:00 - 9:45 am	18-99	\$26.00/\$80.00
Summer	Monday 10:00 - 10:45 am	18-99	\$26.00/\$80.00
Summer	Monday 11:00 - 11:45 am	18-99	\$26.00/\$80.00
Summer	Monday 7:00 - 7:45pm	18-99	\$26.00/\$80.00
Summer	Wednesday 8:00 - 8:45 am	18-99	\$26.00/\$80.00
Summer	Wednesday 9:00-9:45am	18-99	\$26.00/\$80.00
Summer	Wednesday 10:00 - 10:45 am	18-99	\$26.00/\$80.00
Summer	Wednesday 11:00 - 11:45am	18-99	\$26.00/\$80.00
Summer	Wednesday 7:00 - 7:45pm	18-99	\$26.00/\$80.00
Summer	Friday 8:00 - 8:45am	18-99	\$26.00/\$80.00
Summer	Friday 9:00 - 9:45am	18-99	\$26.00/\$80.00
Summer	Friday 10:00 - 10:45am	18-99	\$26.00/\$80.00
Summer	Friday 11:00 - 11:45am	18-99	\$26.00/\$80.00

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Aquatics

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 12:00 - 12:45 pm	18-99	\$15.00/\$35.00
Summer	Tuesday 7:10-7:55pm	18-99	\$15.00/\$35.00
Summer	Wednesday 12:00 - 12:45 pm	18-99	\$15.00/\$35.00
Summer	Thursday 7:10-7:55pm	18-99	\$15.00/\$35.00
Summer	Friday 12:00 - 12:45 pm	18-99	\$15.00/\$35.00
Summer	Saturday 12:00 - 12:45 pm	18-99	\$15.00/\$35.00

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