



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Fall II (10/29-12/16)

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 II	Tuesday 10:00-10:30am	Max 3	\$50.00/\$95.00
Fall II	Wednesday 5:40-6:10pm Therapy Poo	Max 3	\$50.00/\$95.00
Fall II	Saturday 9:00-9:30 AM	Max 3	\$50.00/\$95.00

## 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
Fall II	Tuesday 10:00-10:30am	Max 3	\$50.00/\$95.00
Fall II	Wednesday 6:20-6:50 Therapy Pool	Max 3	\$50.00/\$95.00
Fall II	Saturday 9:35-10:05 AM	Max 3	\$50.00/\$95.00

## 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
Fall II	Tuesday 5:20-5:50pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 6:00-6:30	3-5	\$50.00/\$95.00
Fall II	Thursday 4:45-5:15 PM	3-5	\$43.00/\$82.00
Fall II	Thursday 6:00-6:30PM	3-5	\$43.00/\$82.00
Fall II	Saturday 9:35-10:05am	3-5	\$50.00/\$95.00
Fall II	Saturday 10:10-10:40 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 II	Tuesday 4:45-5:15 PM	3-5	\$50.00/\$95.00
Fall II	Tuesday 5:20-5:50 PM	3-5	\$50.00/\$95.00
Fall II	Tuesday 6:00-6:30 PM	3-5	\$50.00/\$95.00
Fall II	Thursday 4:45-5:15PM	3-5	\$43.00/\$82.00
Fall II	Thursday 5:20-5:50 PM	3-5	\$43.00/\$82.00
Fall II	Saturday 9:00-9:30am	3-5	\$50.00/\$95.00
Fall II	Saturday 9:35-10:05 AM	3-5	\$50.00/\$95.00
Fall II	Saturday 10:10-10:40 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 II	Tuesday 4:45-5:15pm	3-5	\$50.00/\$95.00
Fall II	Tuesday 6:00-6:30 PM	3-5	\$50.00/\$95.00
Fall II	Thursday 4:45-5:15 PM	3-5	\$43.00/\$82.00
Fall II	Thursday 5:20-5:50 PM	3-5	\$43.00/\$82.00
Fall II	Saturday 9:00-9:30 AM	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 II	Tuesday 5:40-6:10 PM	3-5	\$50.00/\$95.00
Fall II	Saturday 10:10-10:40 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 II	Tuesday 5:20-5:50pm	6-12	\$50.00/\$95.00
Fall II	Saturday 10:10-10:40am	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 II	Tuesday 5:20-5:50pm	6-12	\$50.00/\$95.00
Fall II	Thursday 5:20-5:50pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:00-9:30am	6-12	\$50.00/\$95.00
Fall II	Saturday 9:35-10:05am	6-12	\$50.00/\$95.00

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)



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## 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 II	Tuesday 5:40-6:10pm	6-12	\$50.00/\$95.00
Fall II	Thursday 5:40-6:10pm	6-12	\$43.00/\$82.00
Fall II	Saturday 9:35-10:05am	6-12	\$50.00/\$95.00
Fall II	Saturday 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 II	Tuesday 6:15-7 PM	6-12	\$50.00/\$95.00
Fall II	Thursday 5:35-6:20pm	6-12	\$50.00/\$95.00
Fall II	Thursday 6:15-7 PM	6-12	\$43.00/\$82.00
Fall II	Saturday 9:50-10:35 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 II	Tuesday 6:15-7:00pm	6-12	\$50.00/\$95.00
Fall II	Saturday 10:50-11:35am	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 II	Thursday 6:15-7:00pm	6-12	\$43.00/\$82.00
Fall II	Saturday 10:45-11:30 AM	6-12	\$50.00/\$95.00

## 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
Fall II	Sat 9:00-9:45 AM Competitive Skills	10-15	\$50.00/\$95.00

## 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
Fall II	Tuesday 6:00-6:30pm Adaptive Instruc	6-12	\$50.00/\$95.00
Fall II	Friday 4:00-5:00pm Adaptive Guided	3-8	\$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 II	Fri 10:45a-12:00p Youth Stages 1-6	5-12	\$50.00/\$95.00
Fall II	Friday 11:30a-12:45p Youth Stages 1-	5-12	\$50.00/\$95.00

## Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall II	Saturday 10:45-11:15 AM Teen	13-99	\$50.00/\$95.00
Fall II	Wednesday 6:15-6:45 PM Adult	13-99	\$50.00/\$95.00

## Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Fall II	Family Lessons (1 adult & 1-2 kids age	3-99	\$150.00/\$225.00
Fall II	Private Lessons ages 5 & up	5-99	\$125.00/\$200.00
Fall II	Semi-Private Lessons Age 5 & up	5-99	\$150.00/\$225.00

## 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 II	Mon 9:00 - 9:50am	16-99	\$15.00/\$60.00
Fall II	Tues 8:00 - 8:50am	16-99	\$15.00/\$60.00
Fall II	Wednesday 9:00-9:50am	16-99	\$15.00/\$60.00
Fall II	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$15.00/\$60.00

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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 II	Tues 9:00 - 9:50am	16-99	\$15.00/\$60.00
Fall II	Thursday 9:00 - 9:50am	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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Fall II	Monday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Fall II	Monday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Fall II	Monday 11:00-11:45am	18-99	\$20.00/\$75.00
Fall II	Monday 7:00 - 7:45pm	18-99	\$20.00/\$75.00
Fall II	Wednesday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Fall II	Wednesday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Fall II	Wednesday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Fall II	Wednesday 11:00 - 11:45 am	18-99	\$20.00/\$75.00
Fall II	Wednesday 7:00 - 7:45 pm	18-99	\$20.00/\$75.00
Fall II	Friday 8:00 - 8:45 am	18-99	\$20.00/\$75.00
Fall II	Friday 9:00 - 9:45 am	18-99	\$20.00/\$75.00
Fall II	Friday 10:00 - 10:45 am	18-99	\$20.00/\$75.00
Fall II	Friday 11:00 - 11:45 am	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 II	Tuesday 7:10-7:55pm	18-99	\$20.00/\$75.00
Fall II	Thursday 7:10-7:55pm	18-99	\$18.00/\$64.00

## 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.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 12:00-12:45p	18-99	\$10.00/\$30.00
Fall II	Monday 6:00-6:45pm	18-99	\$10.00/\$30.00
Fall II	Wednesday 12:00-12:45p	18-99	\$10.00/\$30.00
Fall II	Friday 12:00-12:45p	18-99	\$10.00/\$30.00
Fall II	Saturday 12:00-12:45p	18-99	\$10.00/\$30.00