



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Spring (04/14-06/01)

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 |
|--------|------------------------------------|-------|------------------|
| Spring | Tuesday 10:00-10:30AM Rec Pool | Max 3 | \$60.00/\$115.00 |
| Spring | Wednesday 5:40-6:10PM Therapy Pool | Max 3 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:30AM Rec Pool | Max 3 | \$60.00/\$115.00 |

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 |
|--------|------------------------------------|-------|------------------|
| Spring | Tuesday 10:00-10:30AM Rec Pool | Max 3 | \$60.00/\$115.00 |
| Spring | Wednesday 6:20-6:50PM Therapy Pool | Max 3 | \$60.00/\$115.00 |
| Spring | Saturday 9:35-10:05AM Rec Pool | Max 3 | \$60.00/\$115.00 |

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 |
|--------|-----------------------|------|------------------|
| Spring | Tuesday 10:40-11:10AM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 4:45-5:15PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:55-6:25PM | 3-5 | \$60.00/\$115.00 |
| Spring | Wednesday 5:00-5:30PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:55-6:25PM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:30AM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 9:35-10:05AM | 3-5 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 10:40-11:10AM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 4:45-5:15PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:55-6:25PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 6:30-7:00PM | 3-5 | \$60.00/\$115.00 |
| Spring | Wednesday 5:00-5:30PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 4:45-5:15PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:55-6:25PM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 9:35-10:05AM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 10:15-10:45AM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 10:50-11:20AM | 3-5 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 11:20-11:50AM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 6:30-7:00PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 6:30-7:00PM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 10:15-10:45AM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 10:50-11:20AM | 3-5 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 4:45-5:15PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 5:55-6:25PM | 3-5 | \$60.00/\$115.00 |
| Spring | Tuesday 6:30-7:00PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 4:45-5:15PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-5:50PM | 3-5 | \$60.00/\$115.00 |
| Spring | Thursday 6:30-7:00PM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 9:35-10:05AM | 3-5 | \$60.00/\$115.00 |
| Spring | Saturday 10:15-10:45AM | 3-5 | \$60.00/\$115.00 |

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Aquatics

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 |
|--------|----------------------|------|------------------|
| Spring | Tuesday 4:45-5:15PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 5:55-6:25PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:30AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 4:45-5:15PM | 6-12 | \$60.00/\$115.00 |
| Spring | Tuesday 5:55-6:25PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 4:45-5:15PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 6:30-7:00PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:30AM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 10:15-10:45AM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 10:50-11:20AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 5:20-5:50PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 4:45-5:15PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 5:55-6:25PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:30AM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:35-10:05AM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 10:50-11:20AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|------------------------|------|------------------|
| Spring | Tuesday 5:20-6:05PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-6:05PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 6:15-7:00PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:00-9:45AM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 10:50-11:35AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|-----------------------|------|------------------|
| Spring | Tuesday 5:20-6:05PM | 6-12 | \$60.00/\$115.00 |
| Spring | Tuesday 6:15-7:00PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 6:15-7:00PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:55-10:40AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|-----------------------|------|------------------|
| Spring | Tuesday 6:15-7:00PM | 6-12 | \$60.00/\$115.00 |
| Spring | Thursday 5:20-6:05PM | 6-12 | \$60.00/\$115.00 |
| Spring | Saturday 9:55-10:40AM | 6-12 | \$60.00/\$115.00 |

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 |
|--------|--------------------------------------|-------|------------------|
| Spring | Wed 4:45-5:30PM Endurance/Competiti | 10-15 | \$60.00/\$115.00 |
| Spring | Fri 11:30-12:45PM Swim Instructor | 12-16 | \$60.00/\$115.00 |
| Spring | Sat 9:00-9:45AM Endurance/Competitiv | 10-15 | \$60.00/\$115.00 |

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 |
|--------|---------------------------------------|------|------------------|
| Spring | Thursday 6:30-7:00PM Adaptive Instruc | 6-12 | \$60.00/\$115.00 |

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 |
|--------|--------------------------------------|-------|------------------|
| Spring | Fri 10:45-12:00P Youth Stage 1-6 | 5-12 | \$52.00/\$100.00 |
| Spring | Fri 11:30-12:45P Youth Stage 1-6 | 5-12 | \$52.00/\$100.00 |
| Spring | Fri 11:30-12:45pm Pathways/Swim Inst | 10-15 | \$52.00/\$100.00 |

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Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------------|-------|------------------|
| Spring | Tuesday 4:45-5:15PM for 7 weeks | 13-99 | \$60.00/\$115.00 |
| Spring | Friday 1:00-1:30PM for 6 Weeks | 13-99 | \$52.00/\$100.00 |

Private Swim Lessons

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

| Ses | Days & Times | Ages | Mem/Program |
|--------|---------------------------------|------|-------------------|
| Spring | Private Lessons age 5 & up | 5-99 | \$150.00/\$250.00 |
| Spring | Semi-Private Lessons Age 5 & up | 5-99 | \$200.00/\$300.00 |
| Spring | Family Lessons Ages 3 and up | 3-99 | \$200.00/\$300.00 |

Swim Clinic

Stroke clinics are an excellent introduction to the sport of competitive swimming and are a great lead up for any swimmer wishing to participate on a swim team. They are also a great way for current swim team members to brush up on their skills. Participants will be presented with the four competitive strokes, starts and turns, and introduced to various drills and workouts for each.

| Ses | Days & Times | Ages | Mem/Program |
|--------|-------------------------------------|------|-----------------|
| Spring | Mon & Wed 4:30-5:15pm Competitive S | 6-18 | \$60.00/\$95.00 |
| Spring | Mon & Wed 5:30-6:15pm Competitive S | 6-18 | \$60.00/\$95.00 |
| Spring | Mon & Wed 5:45-6:15pm Dryland Work | 6-18 | \$20.00/\$20.00 |
| Spring | Mon & Wed 6:30-7:15pm Competitive S | 6-18 | \$60.00/\$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 |
|--------|--------------------------------------|-------|-----------------|
| Spring | Mon 9:30-10:20AM | 16-99 | \$15.00/\$65.00 |
| Spring | Tues 8:00-8:50A Older Adult Exercise | 16-99 | \$20.00/\$75.00 |
| Spring | Wednesday 9:30-10:20AM | 16-99 | \$20.00/\$75.00 |
| Spring | Friday 8:30-9:15A 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 |
|--------|-------------------------|-------|-----------------|
| Spring | Tues 9:30 - 10:20AM | 16-99 | \$20.00/\$75.00 |
| Spring | Thursday 9:30 - 10:20AM | 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 |
|--------|-------------------------|-------|-----------------|
| Spring | Monday 8:00-8:45AM | 18-99 | \$20.00/\$75.00 |
| Spring | Monday 9:00-9:45AM | 18-99 | \$20.00/\$75.00 |
| Spring | Monday 10:00-10:45AM | 18-99 | \$20.00/\$75.00 |
| Spring | Monday 11:00-11:45AM | 18-99 | \$20.00/\$75.00 |
| Spring | Monday 7:00-7:45PM | 18-99 | \$25.00/\$90.00 |
| Spring | Wednesday 8:00-8:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Wednesday 9:00-9:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Wednesday 10:00-10:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Wednesday 11:00-11:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Wednesday 7:00-7:45PM | 18-99 | \$25.00/\$90.00 |
| Spring | Friday 8:00-8:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Friday 9:00-9:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Friday 10:00-10:45AM | 18-99 | \$25.00/\$90.00 |
| Spring | Friday 11:00-11:45AM | 18-99 | \$25.00/\$90.00 |

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 |
|--------|----------------------|-------|-----------------|
| Spring | Tuesday 7:10-7:55PM | 18-99 | \$25.00/\$90.00 |
| Spring | Thursday 7:10-7:55PM | 18-99 | \$25.00/\$90.00 |

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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 |
|--------|-------------------------|-------|-----------------|
| Spring | Monday 12:00-12:45PM | 18-99 | \$12.00/\$50.00 |
| Spring | Monday 6:00-6:45PM | 18-99 | \$15.00/\$60.00 |
| Spring | Wednesday 12:00-12:45PM | 18-99 | \$15.00/\$60.00 |
| Spring | Friday 12:00-12:45PM | 18-99 | \$15.00/\$60.00 |
| Spring | Saturday 12:00-12:45PM | 18-99 | \$15.00/\$60.00 |

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