

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	Sat 9:00 - 9:30am	Max 3	\$70.00/\$130.00

Saturday programs run 8 weeks

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	Tues & Thurs 6:00 - 6:30pm	Max 4	\$70.00/\$130.00

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	Sat 11:00 - 11:30am	3-5	\$70.00/\$130.00
Summer	Tues & Thurs 10:00 - 10:30am	3-5	\$70.00/\$130.00
Summer	Tues & Thurs 10:40 - 11:10am	3-5	\$70.00/\$130.00
Summer	Tues & Thurs 5:20 - 5:50pm	3-5	\$70.00/\$130.00

Saturday programs run 8 weeks

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	Sat 9:40 - 10:10am	3-5	\$70.00/\$130.00
Summer	Tues & Thurs 10:00a - 10:30am	3-5	\$70.00/\$130.00
Summer	Tues & Thurs 10:40a - 11:10am	3-5	\$70.00/\$130.00

Saturday programs run 8 weeks

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	Tues & Thurs 4:40 - 5:10pm	3-5	\$70.00/\$130.00

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	Tues & Thurs 5:20 - 5:50pm	5-12	\$70.00/\$130.00

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
Summer	Sat 10:20 - 10:50am	5-12	\$70.00/\$130.00
Summer	Tues & Thurs 6:00 - 6:30pm	5-12	\$70.00/\$130.00

Saturday programs run 8 weeks

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	Tues & Thurs 4:40 - 5:10pm	5-14	\$70.00/\$130.00

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	Sat 9:00 - 9:45am	5-14	\$70.00/\$130.00
Summer	Tues & Thurs 4:40 - 5:25pm	5-14	\$70.00/\$130.00
Summer	Sat 10:00 - 10:45am	5-14	\$70.00/\$130.00
Summer	Sat 11:00 - 11:45am	5-14	\$70.00/\$130.00

Saturday programs run 8 weeks

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	Tues & Thurs 5:35 - 6:20pm	6-14	\$70.00/\$130.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer I (06/08-07/07)

Aquatics

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	Tues & Thurs 5:35 - 6:20pm	6-14	\$70.00/\$130.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Sat 8:25 - 8:55am	15-95	\$70.00/\$130.00

Saturday programs run 8 weeks

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	\$25.00/\$85.00
Summer	Thurs 10:00 - 10:50am	16-99	\$25.00/\$85.00

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	\$25.00/\$85.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



FOR YOUTH DEVELOPMENT
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Green YMCA

Summer I (06/08-07/07)

Sports & Youth Programs

Preschool Gym & Swim

This is a specialty class created for parents and their preschoolers to spend some quality time doing different activities in the gym and swimming together. Parents will need to be in the pool with their child.

Ses	Days & Times	Ages	Mem/Program
Summer	Mon/Fri 11:30-12:45pm	3-5	\$60.00/\$90.00

Sports Camp

3-Day camp, focusing on fundamentals and skill work, along with technique and player development. This camp will consist of skills and drills, competitions, and games. Age Division's will be split up 6-9yr and 10-12yr.

Ses	Days & Times	Ages	Mem/Program
Summer	Basketball Camp-July 9-12, 10:30a-12	6-12	\$75.00/\$100.00
Summer	Basketball Camp-June 11-13, 10:30a-	6-12	\$75.00/\$100.00
Summer	Football Camp-June 25-27, 10:30a-12:	6-12	\$75.00/\$100.00
Summer	Soccer Camp-June 18-20, 10:30a-12:	6-12	\$75.00/\$100.00

Youth Conditioning

Youth conditioning, focusing on strength, core strength, cardiovascular endurance, and balance.

Ses	Days & Times	Ages	Mem/Program
Summer	Speed and Agility - Tues/Thur 3-3:45p	9-18	\$60.00/\$90.00

Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Summer	Tues/Thurs 5:00-5:45pm	3-5	\$60.00/\$90.00

Sporties For Shorties (ages 3-5)

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Summer	Tues/Thurs 5:00-5:45pm	3-5	\$60.00/\$90.00

Mens Basketball League

An adult men's basketball league for recreational basketball players with some experience on the court.

Ses	Days & Times	Ages	Mem/Program
Summer	Men's Basketball League- Mondays	19-59	\$500.00/\$500.00

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 5:00-5:45pm	5-10	\$60.00/\$90.00

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	Tues/Thurs 6:00-6:45pm	9-12	\$60.00/\$90.00
Summer	Tues/Thurs 6:00-6:45pm	6-8	\$60.00/\$90.00

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
Summer	Wed 6pm-7pm & Sat 9am-10am Jul	5-99	\$40.00/\$55.00

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FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

Green YMCA

Summer I (06/08-07/07)

Group Classes

Self Defense Workshop

This is a participation class taught by a law enforcement officer. Techniques in self defense will be taught to fit a variety of situations and circumstances.

Ses	Days & Times	Ages	Mem/Program
Summer	Thurs 11:30am - 12:15pm	13-99	\$30.00/\$45.00

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Summer II (07/13-08/11)

Aquatics

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