



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Green YMCA

Fall I (09/06-10/25)

## 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 I | Thurs 5:20 - 5:50pm | Max 3 | \$60.00/\$115.00 |
| Fall I | Tue 4:40 - 5:10pm   | Max 3 | \$60.00/\$115.00 |
| Fall I | Sat 9:00 - 9:30am   | 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      |
|--------|---------------------|-------|------------------|
| Fall I | Thurs 6:00 - 6:30pm | Max 4 | \$60.00/\$115.00 |
| Fall I | Tue 6:00 - 6:30pm   | Max 4 | \$60.00/\$115.00 |
| Fall I | Sat 11:00 - 11:30am | Max 4 | \$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      |
|--------|-----------------------|------|------------------|
| Fall I | Thur 4:40 - 5:10pm    | 3-5  | \$60.00/\$115.00 |
| Fall I | Thur 6:00 - 6:30pm    | 3-5  | \$60.00/\$115.00 |
| Fall I | Tues 10:00 - 10:30am  | 3-5  | \$60.00/\$115.00 |
| Fall I | Tues 5:20 - 5:50pm    | 3-5  | \$60.00/\$115.00 |
| Fall I | Thurs 10:40 - 11:10am | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 9:40 - 10:10am    | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 10:20 - 10:50am   | 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      |
|--------|-----------------------|------|------------------|
| Fall I | Tues 10:40 - 11:10am  | 3-5  | \$60.00/\$115.00 |
| Fall I | Tues 5:20 - 5:50pm    | 3-5  | \$60.00/\$115.00 |
| Fall I | Thurs 10:00 - 10:30am | 3-5  | \$60.00/\$115.00 |
| Fall I | Thurs 4:40 - 5:10pm   | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 10:20 - 10:50pm   | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 9:40 - 10:10pm    | 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      |
|--------|---------------------|------|------------------|
| Fall I | Tues 6:00 - 6:30pm  | 3-5  | \$60.00/\$115.00 |
| Fall I | Thurs 4:40 - 5:10pm | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 9:00 - 9:30am   | 3-5  | \$60.00/\$115.00 |
| Fall I | Sat 9:40 - 10:10am  | 3-5  | \$60.00/\$115.00 |

### 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 I | Thur 4:40 - 5:10pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Tues 4:40 - 5:10pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Tues 5:20 - 5:50pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Tues 6:00 - 6:30pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Thurs 5:20 - 5:50pm | 5-12 | \$60.00/\$115.00 |
| Fall I | Sat 9:00 - 9:30am   | 5-12 | \$60.00/\$115.00 |
| Fall I | Sat 10:20 - 10:50am | 5-12 | \$60.00/\$115.00 |
| Fall I | Sat 11:00 - 11:30am | 5-12 | \$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      |
|--------|---------------------|------|------------------|
| Fall I | Tues 4:40 - 5:10pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Tues 5:20 - 5:50pm  | 5-12 | \$60.00/\$115.00 |
| Fall I | Thurs 6:00 - 6:30pm | 5-12 | \$60.00/\$115.00 |
| Fall I | Sat 9:40 - 10:10am  | 5-12 | \$60.00/\$115.00 |
| Fall I | Sat 10:20 - 10:50am | 5-12 | \$60.00/\$115.00 |

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

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



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## Aquatics

### 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 I | Thur 5:20 - 5:50pm  | 5-14 | \$60.00/\$115.00 |
| Fall I | Tues 4:40 - 5:10pm  | 5-14 | \$60.00/\$115.00 |
| Fall I | Tues 6:00 - 6:30pm  | 5-14 | \$60.00/\$115.00 |
| Fall I | Sat 9:00 - 9:30am   | 5-14 | \$60.00/\$115.00 |
| Fall I | Sat 11:00 - 11:30am | 5-14 | \$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      |
|--------|--------------------|------|------------------|
| Fall I | Thur 5:35 - 6:20pm | 5-14 | \$60.00/\$115.00 |
| Fall I | Tues 4:40 - 5:25pm | 5-14 | \$60.00/\$115.00 |
| Fall I | Sat 9:00 - 9:45am  | 5-14 | \$60.00/\$115.00 |

*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      |
|--------|---------------------|------|------------------|
| Fall I | Tues 5:35 - 6:20pm  | 6-14 | \$60.00/\$115.00 |
| Fall I | Sat 10:00 - 10:45am | 6-14 | \$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      |
|--------|---------------------|------|------------------|
| Fall I | Tues 5:35 - 6:20pm  | 6-14 | \$60.00/\$115.00 |
| Fall I | Sat 10:00 - 10:45am | 6-14 | \$60.00/\$115.00 |

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

| Ses    | Days & Times       | Ages  | Mem/Program      |
|--------|--------------------|-------|------------------|
| Fall I | Sat 8:25 - 8:55am  | 15-95 | \$60.00/\$115.00 |
| Fall I | Thur 6:00 - 6:30pm | 15-95 | \$60.00/\$115.00 |

*Saturday programs run 8 weeks*

### Swim Team

| Ses    | Days & Times                           | Ages  | Mem/Program       |
|--------|--|-------|-------------------|
| Fall I | BOOSTER FEE - REQUIRED FOR ALL SWI     | 6-18  | \$80.00/\$80.00   |
| Fall I | FALL 8 and Under & New Beginner Level  | 5-14  | \$325.00/\$325.00 |
| Fall I | FALL 8 & Under Payments (new beginner) | 5-14  | \$85.00/\$85.00   |
| Fall I | FALL Ages 9 & 10                       | 9-10  | \$370.00/\$370.00 |
| Fall I | FALL 9 & 10 Payments                   | 9-10  | \$96.25/\$96.25   |
| Fall I | FALL Ages 11 & Over                    | 11-18 | \$400.00/\$400.00 |
| Fall I | FALL 11 & Up Payments                  | 11-18 | \$102.50/\$102.50 |
| Fall I | High School Preseason                  | 13-18 | \$175.00/\$175.00 |

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