



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

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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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## 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     |
|--------|---------------------------------|-------|-----------------|
| Fall I | Thurs 11:15 - 12:15 - October   | 10-99 | \$30.00/\$50.00 |
| Fall I | Thurs 11:15 - 12:15 - September | 10-99 | \$30.00/\$50.00 |

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## 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     |
|--------|---------------------|------|-----------------|
| Fall I | Fri 11:30 - 12:45pm | 3-5  | \$50.00/\$80.00 |

### Youth Conditioning

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

| Ses    | Days & Times                    | Ages | Mem/Program     |
|--------|---------------------------------|------|-----------------|
| Fall I | Wed 3:15 - 4:00pm Speed/Agility | 9-18 | \$50.00/\$80.00 |

### 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     |
|--------|-------------------|------|-----------------|
| Fall I | Wed 5:00 - 5:45pm | 3-5  | \$50.00/\$80.00 |

### Sporties For Shorties

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     |
|--------|-------------------|------|-----------------|
| Fall I | Wed 5:00 - 5:45pm | 3-5  | \$50.00/\$80.00 |

### 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     |
|--------|-------------------|------|-----------------|
| Fall I | Mon 5:00 - 5:45pm | 5-10 | \$50.00/\$80.00 |

### 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     |
|--------|--------------------|------|-----------------|
| Fall I | Tues 5:00 - 5:45pm | 6-8  | \$50.00/\$80.00 |
| Fall I | Tues 6:00 - 6:45pm | 9-12 | \$50.00/\$80.00 |

### 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     |
|--------|---------------------------------|------|-----------------|
| Fall I | Wed 6pm-7pm & Sat 9am-10am Sept | 5-99 | \$40.00/\$55.00 |
| Fall I | Wed 6pm-7pm & Sat 9am-10am Oct  | 5-99 | \$40.00/\$55.00 |

### Wee Movement

Formally "Wee-tumblers". This engaging class focuses on developing children's fine motor skills and sensory abilities through interactive play. Sensory play, including tactile and auditory exercises, further supports sensory processing and exploration in a fun, supportive environment.

| Ses    | Days & Times          | Ages | Mem/Program     |
|--------|-----------------------|------|-----------------|
| Fall I | Thurs 10:15 - 11:00am | 1-3  | \$50.00/\$80.00 |

*\* Parent/child participation class*

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