



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Summer I (06/08-07/11), Summer II (07/20-08/22)

## Aquatics

### Summer Splash

Youth ages 5-13 are invited to this multi-level swim lesson, that combines a half hour of class (in the lap pool) with a half hour of play (in the rec pool). Great for families with children at different levels. We will divide swimmers up into groups for lessons.

Ses	Days & Times	Ages	Mem/Program
Summer I	Tuesdays 11:15am-12:15pm	Summer S 5-13	\$70.00/\$130.00
Summer I	Thursday 11:15am-12:15pm	Summer Sp 5-13	\$70.00/\$130.00

### 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 I	Wednesday 9:50-10:20AM	Max 3	\$45.00/\$85.00
Summer I	Wednesday 5:00-5:30PM	Max 3	\$45.00/\$85.00
Summer I	Saturday 9:15-9:45 AM	Max 3	\$45.00/\$85.00
Summer II	Wednesday 9:50-10:20AM	Max 3	\$45.00/\$85.00
Summer II	Wednesday 5:00-5:30PM	Max 3	\$45.00/\$85.00
Summer II	Saturday 9:15-9:45 AM	Max 3	\$45.00/\$85.00

No class Sat 7/4; make up on 7/18

### 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 I	Wednesday 10:25 - 10:55AM	Max 3	\$45.00/\$85.00
Summer I	Saturday 9:50-10:20 AM	Max 3	\$45.00/\$85.00
Summer I	Wednesday 5:40-6:10PM	Max 3	\$45.00/\$85.00
Summer II	Wednesday 10:25 - 10:55AM -	Max 3	\$45.00/\$85.00
Summer II	Wednesday 5:40-6:10PM	Max 3	\$45.00/\$85.00
Summer II	Saturday 9:50-10:20 AM	Max 3	\$45.00/\$85.00

No class on 7/4; make up on 7/18

### 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 I	Tuesday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer I	Tuesday 5:35-6:05PM	3-5	\$45.00/\$85.00
Summer I	Wednesday 9:15 -9:45AM	3-5	\$45.00/\$85.00
Summer I	Wednesday 10:25 -10:55AM	3-5	\$45.00/\$85.00
Summer I	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$45.00/\$85.00
Summer I	Thursday 4:55 -5:25PM	3-5	\$45.00/\$85.00
Summer I	Thursday 5:35 -6:05PM	3-5	\$45.00/\$85.00
Summer I	Saturday 9:15-9:45AM	3-5	\$45.00/\$85.00
Summer I	Saturday 9:50-10:20AM	3-5	\$45.00/\$85.00
Summer II	Tuesday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer II	Tuesday 5:35-6:05PM	3-5	\$45.00/\$85.00
Summer II	Wednesday 9:15 -9:45AM	3-5	\$45.00/\$85.00
Summer II	Wednesday 10:25 -10:55AM	3-5	\$45.00/\$85.00
Summer II	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$45.00/\$85.00
Summer II	Thursday 4:55 -5:25PM	3-5	\$45.00/\$85.00
Summer II	Thursday 5:35 -6:05PM	3-5	\$45.00/\$85.00
Summer II	Saturday 9:15-9:45AM	3-5	\$45.00/\$85.00
Summer II	Saturday 9:50-10:20AM	3-5	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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 I	Tuesday 5:35-6:05PM	3-5	\$45.00/\$85.00
Summer I	Tuesday 6:10-6:40PM	3-5	\$45.00/\$85.00
Summer I	Wednesday 9:15 - 9:45AM	3-5	\$45.00/\$85.00
Summer I	Wednesday 9:50 -10:20AM	3-5	\$45.00/\$85.00
Summer I	Thursday 5:35-6:05PM	3-5	\$45.00/\$85.00
Summer I	Saturday 9:15-9:45AM	3-5	\$45.00/\$85.00
Summer I	Saturday 10:25 -10:55AM	3-5	\$45.00/\$85.00
Summer II	Tuesday 5:35 -6:05PM	3-5	\$45.00/\$85.00
Summer II	Tuesday 6:10-6:40PM	3-5	\$45.00/\$85.00
Summer II	Wednesday 9:15 -9:45AM	3-5	\$45.00/\$85.00
Summer II	Wednesday 9:50 -10:20AM	3-5	\$45.00/\$85.00
Summer II	Thursday 5:35-6:05PM	3-5	\$45.00/\$85.00
Summer II	Saturday 9:15-9:45AM	3-5	\$45.00/\$85.00
Summer II	Saturday 10:25 -10:55AM	3-5	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

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Summer I (06/08-07/11), Summer II (07/20-08/22)

## Aquatics

### 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 I	Tuesday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer I	Tuesday 5:35-06:05PM	3-5	\$45.00/\$85.00
Summer I	Wednesday 09:15 -09:45AM	3-5	\$45.00/\$85.00
Summer I	Thursday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer I	Saturday 09:15-9:45AM	3-5	\$45.00/\$85.00
Summer I	Saturday 09:15-9:45AM	3-5	\$45.00/\$85.00
Summer I	Saturday 09:50 -10:20AM	3-5	\$45.00/\$85.00
Summer II	Tuesday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer II	Tuesday 5:35-06:05PM	3-5	\$45.00/\$85.00
Summer II	Wednesday 09:15 -09:45AM	3-5	\$45.00/\$85.00
Summer II	Thursday 4:55-5:25PM	3-5	\$45.00/\$85.00
Summer II	Saturday 09:50 -10:20AM	3-5	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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
Summer I	Wednesday 11:00-11:30AM	3-5	\$45.00/\$85.00
Summer I	Saturday 9:50-10:20AM	3-5	\$45.00/\$85.00
Summer II	Wednesday 11:00-11:30AM	3-5	\$45.00/\$85.00
Summer II	Saturday 9:50-10:20AM	3-5	\$45.00/\$85.00

No class Sat 7/4; make up on 7/18

### 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 I	Tuesday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer I	Wednesday 9:15-9:45AM	6-12	\$45.00/\$85.00
Summer I	Thursday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer I	Saturday 9:50 -10:20AM	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer II	Wednesday 9:15-9:45AM	6-12	\$45.00/\$85.00
Summer II	Thursday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer II	Saturday 9:50 -10:20AM	6-12	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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 I	Tuesday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer I	Tuesday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer I	Wednesday 9:15-9:45AM	6-12	\$45.00/\$85.00
Summer I	Wednesday 9:50-10:20AM	6-12	\$45.00/\$85.00
Summer I	Thursday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer I	Saturday 9:15-9:45AM	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer II	Tuesday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer II	Wednesday 9:15-9:45AM	6-12	\$45.00/\$85.00
Summer II	Wednesday 9:50-10:20AM	6-12	\$45.00/\$85.00
Summer II	Thursday 5:35-6:05PM	6-12	\$45.00/\$85.00
Summer II	Saturday 9:15-9:45AM	6-12	\$45.00/\$85.00

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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
Summer I	Tuesday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer I	Tuesday 6:45-7:15PM	6-12	\$45.00/\$85.00
Summer I	Wednesday 10:25-10:55AM	6-12	\$45.00/\$85.00
Summer I	Wednesday 11:00-11:30AM	6-12	\$45.00/\$85.00
Summer I	Thursday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer I	Saturday 10:25-10:55AM	6-12	\$45.00/\$85.00
Summer I	Saturday 11:00-11:30AM	6-12	\$45.00/\$85.00
Summer II	Tuesday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer II	Tuesday 6:45-7:15PM	6-12	\$45.00/\$85.00
Summer II	Wednesday 10:25-10:55AM	6-12	\$45.00/\$85.00
Summer II	Wednesday 11:00-11:30AM	6-12	\$45.00/\$85.00
Summer II	Thursday 6:10-6:40PM	6-12	\$45.00/\$85.00
Summer II	Saturday 10:25-10:55AM	6-12	\$45.00/\$85.00
Summer II	Saturday 11:00-11:30AM	6-12	\$45.00/\$85.00

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Summer I (06/08-07/11), Summer II (07/20-08/22)

## Aquatics

### 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 I	Tuesday 5:45-6:30PM	6-12	\$45.00/\$85.00
Summer I	Wednesday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer I	Thursday 5:45-6:30PM	6-12	\$45.00/\$85.00
Summer I	Saturday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer II	Tuesday 5:45-6:30PM	6-12	\$45.00/\$85.00
Summer II	Wednesday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer II	Thursday 5:45-6:30PM	6-12	\$45.00/\$85.00
Summer II	Saturday 10:00-10:45AM	6-12	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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 I	Thursday 4:45-5:30PM	6-12	\$45.00/\$85.00
Summer I	Wednesday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer I	Saturday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer II	Thursday 4:45-5:30PM	6-12	\$45.00/\$85.00
Summer II	Wednesday 10:00-10:45AM	6-12	\$45.00/\$85.00
Summer II	Saturday 10:00-10:45AM	6-12	\$45.00/\$85.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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 I	Thursday 5:45-6:30pm	6-12	\$45.00/\$85.00
Summer II	Thursday 5:45-6:30pm	6-12	\$45.00/\$85.00

### 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
Summer I	Tuesday 7:00-7:30pm Parent/Child	6-12	\$45.00/\$85.00
Summer I	Saturday Parent Child Swim age 2 & und	18-99	\$20.00/\$65.00
Summer II	Tuesday 7:00-7:30pm Parent/Child	6-12	\$45.00/\$85.00
Summer II	Saturday Parent Child Swim age 2 & und	18-99	\$20.00/\$65.00

No class on Tues 6/23; make up on 7/14. No class Sat 7/4; make up on 7/18

### 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 I	Monday 8:30-9:20am	16-99	\$15.00/\$55.00
Summer I	Monday 9:30-10:20am	16-99	\$15.00/\$55.00
Summer I	Wednesday 8:30-9:20am	16-99	\$15.00/\$55.00
Summer I	Wednesday 9:30-10:20AM	16-99	\$15.00/\$55.00
Summer I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$15.00/\$55.00
Summer II	Monday 8:30-9:20am	16-99	\$15.00/\$55.00
Summer II	Monday 9:30-10:20am	16-99	\$15.00/\$55.00
Summer II	Wednesday 8:30-9:20am	16-99	\$15.00/\$55.00
Summer II	Wednesday 9:30-10:20AM	16-99	\$15.00/\$55.00
Summer II	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$15.00/\$55.00

### 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
Summer I	Tues 9:30 - 10:20am	16-99	\$15.00/\$55.00
Summer I	Thursday 9:30 - 10:20am	16-99	\$15.00/\$55.00
Summer II	Tues 9:30 - 10:20am	16-99	\$15.00/\$55.00
Summer II	Thursday 9:30 - 10:20am	16-99	\$15.00/\$55.00

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# Wadsworth YMCA

Summer I (06/08-07/11), Summer II (07/20-08/22)

## Aquatics

### 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
Summer I	Monday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer I	Monday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer I	Monday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer I	Monday 11:00 - 11:45 am	18-99	\$20.00/\$65.00
Summer I	Monday 7:00-7:45PM	18-99	\$20.00/\$65.00
Summer I	Wednesday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer I	Wednesday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer I	Wednesday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer I	Wednesday 11:00 - 11:45 am	18-99	\$20.00/\$65.00
Summer I	Wednesday 7:00 - 7:45 pm	18-99	\$20.00/\$65.00
Summer I	Friday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer I	Friday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer I	Friday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer I	Friday 11:00 - 11:45 am	18-99	\$20.00/\$65.00
Summer II	Monday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer II	Monday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer II	Monday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer II	Monday 11:00 - 11:45 am	18-99	\$20.00/\$65.00
Summer II	Monday 7:00-7:45PM	18-99	\$20.00/\$65.00
Summer II	Wednesday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer II	Wednesday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer II	Wednesday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer II	Wednesday 11:00 - 11:45 am	18-99	\$20.00/\$65.00
Summer II	Wednesday 7:00 - 7:45 pm	18-99	\$20.00/\$65.00
Summer II	Friday 8:00 - 8:45 am	18-99	\$20.00/\$65.00
Summer II	Friday 9:00 - 9:45 am	18-99	\$20.00/\$65.00
Summer II	Friday 10:00 - 10:45 am	18-99	\$20.00/\$65.00
Summer II	Friday 11:00 - 11:45 am	18-99	\$20.00/\$65.00

### 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
Summer I	Monday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer I	Monday 6:00-6:45pm	18-99	\$20.00/\$65.00
Summer I	Wednesday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer I	Thursday AI Chi 7:00-8:00pm	18-99	\$20.00/\$65.00
Summer I	Friday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer I	Saturday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer II	Monday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer II	Monday 6:00-6:45pm	18-99	\$20.00/\$65.00
Summer II	Wednesday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer II	Thursday AI Chi 7:00-8:00pm	18-99	\$20.00/\$65.00
Summer II	Friday 12:00-12:45p	18-99	\$20.00/\$65.00
Summer II	Saturday 12:00-12:45p	18-99	\$20.00/\$65.00

*No class Sat 7/4; make up on 7/18*

### Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Summer I	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Summer I	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Summer I	Family Lessons (1 adult & 1-2 kids age	3-99	\$200.00/\$300.00
Summer II	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Summer II	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Summer II	Family Lessons (1 adult & 1-2 kids age	3-99	\$200.00/\$300.00

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