

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
Fall II	SILVER SNEAKERS M-F, 8:00 - 8:50	16-99	\$0.00/\$0.00
Fall II	Thurs 10:00 - 10:50 am	16-99	\$17.00/\$65.00
Fall II	Tues 10:00 - 10:50 am	16-99	\$20.00/\$75.00

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
Fall II	Sat 9:00 - 9:30am	Max 3	\$60.00/\$115.00
Fall II	Tue 5:20 - 5:50pm	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 II	Sat 11:00 - 11:30am	Max 4	\$60.00/\$115.00
Fall II	Thurs 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Fall II	Tue 6:00 - 6:30pm	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 II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Tues 4:40 - 5:10pm	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 II	Sat 10:20 - 10:50pm	3-5	\$60.00/\$115.00
Fall II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Thurs. 10:40 - 11:10am	3-5	\$52.00/\$100.00
Fall II	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Fall II	Tues 10:40 - 11:10am	3-5	\$60.00/\$115.00
Fall II	Tues 5:20 - 5:50pm	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 II	Sat 9:40 - 10:10am	3-5	\$60.00/\$115.00
Fall II	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Fall II	Tues 6:00 - 6:30pm	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 II	Sat 10:20 - 10:50am	5-12	\$60.00/\$115.00
Fall II	Sat 11:00 - 11:30am	5-12	\$60.00/\$115.00
Fall II	Sat 9:00 - 9:30am	5-12	\$60.00/\$115.00
Fall II	Thurs 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Fall II	Tues 5:20 - 5:50pm	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 II	Sat 10:20 - 10:50am	5-12	\$60.00/\$115.00
Fall II	Sat 9:40 - 10:10am	5-12	\$60.00/\$115.00
Fall II	Thurs 6:00 - 6:30pm	5-12	\$52.00/\$100.00
Fall II	Tues 4:40 - 5:10pm	5-12	\$60.00/\$115.00
Fall II	Tues 6:00 - 6:30pm	5-12	\$60.00/\$115.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Fall II (11/01-12/19)

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 II	Sat 11:00 - 11:30am	5-14	\$60.00/\$115.00
Fall II	Sat 9:00 - 9:30am	5-14	\$60.00/\$115.00
Fall II	Thur 5:20 - 5:50pm	5-14	\$52.00/\$100.00
Fall II	Tues 6:00 - 6:30pm	5-14	\$60.00/\$115.00

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
Fall II	Mon, Wed, Fri 11:00-11:50 am	18-99	\$25.00/\$90.00

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 II	Sat 9:00 - 9:45am	5-14	\$60.00/\$115.00
Fall II	Thur 5:35 - 6:20pm	5-14	\$52.00/\$100.00
Fall II	Tues 4:40 - 5:25pm	5-14	\$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
Fall II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00
Fall II	Sat 11:00 - 11:45am	6-14	\$60.00/\$115.00
Fall II	Tues 5:35 - 6:20pm	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 II	Sat 10:00 - 10:45am	6-14	\$60.00/\$115.00
Fall II	Tues 5:35 - 6:20pm	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 II	Sat 8:25 - 8:55am	15-95	\$60.00/\$115.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Green YMCA

Fall II (11/01-12/19)

Sports & Youth Programs

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 II	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 II	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 II	Thurs 5:00 - 5:45pm	5-10	\$45.00/\$70.00

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 II	Tues 5:00 - 5:45pm	6-8	\$50.00/\$80.00
Fall II	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 II	Weds 6-7pm & Sat 9-10am December	5-99	\$40.00/\$55.00
Fall II	Wed 6pm-7pm & Sat 9am-10am Nov	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 II	Thurs 10:15 - 11:00am	1-3	\$45.00/\$70.00

* Parent/child participation class



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Fall II (11/01-12/19)

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 II	Thurs 11:15- 12:15 Nov		\$30.00/\$50.00

Register Online at AKRONYMCA.ORG

(330) 899-9622

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