FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter II (02/21-04/10)

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
Winter II	Tuesday A & B 10:40-11:10AM	Max 3	$70.00/$140.00
Winter II	Wednesday 5:00-5:30PM	Max 3	$70.00/$140.00
Winter II	Saturday 9:15-9:45AM	Max 3	$70.00/$140.00

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
Winter II	Wednesday 5:40-6:10PM	Max 3	$70.00/$140.00
Winter II	Saturday 9:50-10:20 AM	Max 3	$70.00/$140.00

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
Winter II	Tuesday 11:20-11:50am	3-5	$70.00/$140.00
Winter II	Tuesday 4:55-5:25pm	3-5	$70.00/$140.00
Winter II	Tuesday 5:35-6:05pm	3-5	$70.00/$140.00
Winter II	Tuesday 6:15-6:45pm	3-5	$70.00/$140.00
Winter II	Wednesday 6:20-6:50pm Parent/Child 1	2-3	$70.00/$140.00
Winter II	Wednesday 5:00-5:30pm	3-5	$70.00/$140.00
Winter II	Wednesday 5:40-6:10pm	3-5	$70.00/$140.00
Winter II	Thursday 4:55-5:25pm	3-5	$70.00/$140.00
Winter II	Thursday 5:35-6:05pm	3-5	$70.00/$140.00
Winter II	Saturday 9:15-9:45am	3-5	$70.00/$140.00
Winter II	Saturday 9:50 -10:20am	3-5	$70.00/$140.00
Winter II	Saturday 10:25 -10:55am	3-5	$70.00/$140.00
Winter II	Sat 10:25-10:55am Parent/Child Stage	2-3	$70.00/$140.00

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
Winter II	Tuesday 12:00-12:30PM	3-5	$70.00/$140.00
Winter II	Tuesday 4:55-5:25PM	3-5	$70.00/$140.00
Winter II	Tuesday 5:35-6:05PM	3-5	$70.00/$140.00
Winter II	Wednesday 5:00-5:30PM	3-5	$70.00/$140.00
Winter II	Wednesday 5:40-6:10PM	3-5	$70.00/$140.00
Winter II	Thursday 5:35-6:05PM	3-5	$70.00/$140.00
Winter II	Thursday 6:15-6:45PM	3-5	$70.00/$140.00
Winter II	Saturday 9:15-9:45AM	3-5	$70.00/$140.00
Winter II	Saturday 9:50 -10:20AM	3-5	$70.00/$140.00
Winter II	Saturday 10:25 -10:55AM	3-5	$70.00/$140.00

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
Winter II	Tuesday 5:35-6:05pm	3-5	$70.00/$140.00
Winter II	Tuesday 6:15-6:45pm	3-5	$70.00/$140.00
Winter II	Wednesday 5:40-6:10pm	3-5	$70.00/$140.00
Winter II	Thursday 5:35-6:05pm	3-5	$70.00/$140.00
Winter II	Saturday 9:15-9:45AM	3-5	$70.00/$140.00
Winter II	Saturday 9:50-10:20AM	3-5	$70.00/$140.00
Winter II	Saturday 10:25-10:55AM	3-5	$70.00/$140.00

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
Winter II	Saturday 10:25 -10:55AM	3-5	$70.00/$140.00

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
Winter II	Tuesday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Thursday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Saturday 9:15 -9:45AM	6-12	$70.00/$140.00
Winter II	Saturday 10:25 -10:55AM	6-12	$70.00/$140.00

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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
Winter II	Tuesday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Tuesday 6:15-6:45PM	6-12	$70.00/$140.00
Winter II	Thursday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Thursday 6:15-6:45PM	6-12	$70.00/$140.00
Winter II	Saturday 10:25 -10:55AM	6-12	$70.00/$140.00
Winter II	Saturday 9:50-10:20AM	6-12	$70.00/$140.00
Winter II	Saturday 11:00-11:30AM	6-12	$70.00/$140.00

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
Winter II	Tuesday 6:15-6:45PM	6-12	$70.00/$140.00
Winter II	Thursday 6:15- 6:45PM	6-12	$70.00/$140.00
Winter II	Saturday 9:15-9:45 AM	6-12	$70.00/$140.00
Winter II	Saturday 9:50-10:20AM	6-12	$70.00/$140.00
Winter II	Saturday 11:00-11:30AM	6-12	$70.00/$140.00

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
Winter II	Tuesday 6:15-6:45PM	6-12	$70.00/$140.00
Winter II	Tuesday 6:55-7:25PM	6-12	$70.00/$140.00
Winter II	Thursday 5:35 -6:05PM	6-12	$70.00/$140.00
Winter II	Thursday 6:15 -6:45PM	6-12	$70.00/$140.00
Winter II	Saturday 11:00- 11:30AM	6-12	$70.00/$140.00
Winter II	Saturday 9:15- 9:45AM	6-12	$70.00/$140.00

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
Winter II	Tuesday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Tuesday 6:55-7:25PM	6-12	$70.00/$140.00
Winter II	Thursday 5:35-6:05PM	6-12	$70.00/$140.00
Winter II	Thursday 6:55-7:25PM	6-12	$70.00/$140.00
Winter II	Saturday 9:15-9:45AM	6-12	$70.00/$140.00
Winter II	Saturday 9:50 -10:20AM	6-12	$70.00/$140.00

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
Winter II	Thursday 6:55 -7:25PM	6-12	$70.00/$140.00
Winter II	Saturday 10:25 -10:55AM	6-12	$70.00/$140.00
Winter II	Saturday 11:00 -11:30AM	6-12	$70.00/$140.00

Pathways Completed All Stages

Must have completed all previous swim lesson stages 1-6. Classes provide oportunities for leadership development and advanced strokework. Schedules and age requirements may be specific to the class.

Ses	Days & Times	Ages	Mem/Program
Winter II	Sat 11:00 -11:45AM Aquatic Conditioni	10-15	$70.00/$140.00

EveryBODY Swims - Adaptive 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
Winter II	Tuesday 7:00-7:30pm Adaptive Parent/	6-12	$70.00/$140.00

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Home School Lessons

These classes are tailored specifically for families with home-schooled children. Several skill levels are offered. This class is for school-aged children only.

Ses	Days & Times	Ages	Mem/Program
Winter II	Friday 10:30-11:30am Parent Child A &	Max 3	$70.00/$140.00
Winter II	Friday 10:30-11:30am Preschool 1 & 2	3-5	$70.00/$140.00
Winter II	Friday 10:15-11:30AM Youth Stages 1-	5-12	$70.00/$140.00
Winter II	Friday 11:00-12:15PM Youth Stages 1-	5-12	$70.00/$140.00

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
Winter II	Monday 8:30-9:20am	16-99	$25.00/$84.00
Winter II	Monday 9:30-10:20am	16-99	$25.00/$84.00
Winter II	Tuesday 10:30-11:15a Aqua Blast	16-99	$25.00/$84.00
Winter II	Wednesday 8:30-9:20am	16-99	$25.00/$84.00
Winter II	Wednesday 9:30-10:20AM	16-99	$25.00/$84.00
Winter II	Friday 8:30-9:15a Aqua Blast	16-99	$25.00/$84.00
Winter II	Friday 9:30-10:15a Cardio & Endurance	16-99	$25.00/$84.00

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
Winter II	Tues 9:30 - 10:20am	16-99	$25.00/$84.00
Winter II	Thursday 9:30 - 10:20am	16-99	$25.00/$84.00

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
Winter II	Monday 8:00 - 8:45 am	18-99	$32.00/$98.00
Winter II	Monday 9:00 - 9:45 am	18-99	$32.00/$98.00
Winter II	Monday 10:00 - 10:45 am	18-99	$32.00/$98.00
Winter II	Monday 11:00 - 11:45 am	18-99	$32.00/$98.00
Winter II	Monday 7:00-7:45PM	18-99	$32.00/$98.00
Winter II	Wednesday 8:00 - 8:45 am	18-99	$32.00/$98.00
Winter II	Wednesday 9:00 - 9:45 am	18-99	$32.00/$98.00
Winter II	Wednesday 10:00 - 10:45 am	18-99	$32.00/$98.00
Winter II	Wednesday 11:00 - 11:45 am	18-99	$32.00/$98.00
Winter II	Wednesday 7:00 - 7:45 pm	18-99	$32.00/$98.00
Winter II	Friday 8:00 - 8:45 am	18-99	$32.00/$98.00
Winter II	Friday 9:00 - 9:45 am	18-99	$32.00/$98.00
Winter II	Friday 10:00 - 10:45 am	18-99	$32.00/$98.00
Winter II	Friday 11:00 - 11:45 am	18-99	$32.00/$98.00

Warm Water Reserved 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
Winter II	Monday 12:00-12:45p	18-99	$27.00/$84.00
Winter II	Monday 6:00-6:45pm	18-99	$27.00/$84.00
Winter II	Wednesday 12:00-12:45p	18-99	$27.00/$84.00
Winter II	Thursday Al Chi 7:00-7:45pm	18-99	$27.00/$84.00
Winter II	Friday 12:00-12:45p	18-99	$27.00/$84.00
Winter II	Saturday 12:00-12:45p	18-99	$27.00/$84.00

Private Swim Lessons

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Adaptive Private Lessons ages 2 & up	2-99	$175.00/$275.00
Winter II	Private Lessons ages 5 & up	5-99	$175.00/$275.00
Winter II	Family Lessons (1 adult & 1-2 kids age	3-99	$225.00/$325.00
Winter II	Semi-Private Lessons Age 5 & up	5-99	$225.00/$325.00