



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Green YMCA

2018 - Fall I (Sep 4 - Oct 22)

## 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.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:30 pm	Max 3	\$25.00/\$50.00
Tuesday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Wednesday 11:15 - 11:45 am	Max 3	\$25.00/\$50.00
Saturday 8:30 - 9:00am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### 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.

Days & Times	Ages	Mem/Program
Monday 6:20 - 6:50 pm	Max 3	\$25.00/\$50.00
Wednesday 11:15 - 11:45 am	Max 3	\$25.00/\$50.00
Thursday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Friday 6:35 - 7:05 pm	Max 3	\$25.00/\$50.00
Saturday 11:00 - 11:30 am	Max 3	\$25.00/\$50.00

\* Parent/child participation class

### 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Tuesday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Friday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Friday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:50	3-5	\$35.00/\$70.00
Monday 5:25 - 6:10 pm	3-5	\$35.00/\$70.00
Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Thursday 10:05 - 10:50 am	3-5	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Friday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	3-5	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	3-5	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Monday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Tuesday 10:05 - 10:55 am	3-5	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	3-5	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Friday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 10:05 - 10:55 am	3-5	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	3-5	\$35.00/\$70.00

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

(330) 899-9622

3800 Massillon Road, Uniontown, OH 44685



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2018 - Fall I (Sep 4 - Oct 22)

## Aquatics

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Friday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Friday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

### Youth Stage 3 Water Stamina

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Days & Times	Ages	Mem/Program
Tuesday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	6-12	\$35.00/\$70.00
Friday 6:35 - 7:20 pm	6-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	6-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Thursday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Friday 6:35 - 7:20 pm	5-12	\$35.00/\$70.00
Saturday 9:10 - 9:55 am	5-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	6-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Tuesday 5:40 - 6:25 pm	5-12	\$35.00/\$70.00
Thursday 5:40 pm - 6:25 pm	5-12	\$35.00/\$70.00
Friday 5:40 pm - 6:25 pm	5-12	\$35.00/\$70.00
Saturday 11:00 - 11:45 am	5-12	\$35.00/\$70.00

### 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.

Days & Times	Ages	Mem/Program
Thursday 4:45 - 5:30 pm	5-12	\$35.00/\$70.00
Saturday 10:05 - 10:50 am	5-12	\$35.00/\$70.00

### Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Days & Times	Ages	Mem/Program
NEXT STAGE fitness swim	8-18	\$35.00/\$70.00

### Swim Team

Must be enrolled in Summer 1 swim lessons, stage 5 or 6 or next.

Days & Times	Ages	Mem/Program
Highschool Preseason	14-18	\$95.00/\$95.00

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## Group Classes

### Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15 am	13-99	\$0.00/\$35.00
Wednesday 9:30 - 10:15 am	13-99	\$0.00/\$35.00

### Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Days & Times	Ages	Mem/Program
Thurs 5:15 - 5:45 pm	13-99	\$0.00/\$35.00

### Core Conditioning

Core Conditioning works to tone and strengthen the mid-section by using effective abdominal, back, and hip exercises.

Days & Times	Ages	Mem/Program
Monday 5:00 - 5:45 pm	16-99	\$0.00/\$35.00
Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$35.00

### Country Heat

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun, you'll always be ready for more. The simple steps and catchy country songs make it a fun-filled, calorie-scorching good time!

Days & Times	Ages	Mem/Program
Monday 8:00 - 8:45 pm	16-99	\$0.00/\$35.00

### Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15 am	13-99	\$9.00/\$43.00
Monday 6:00 - 6:45 pm	13-99	\$9.00/\$43.00
Wednesday 5:30-6:15 am	13-99	\$9.00/\$43.00
Wednesday 6:15 - 7:00 pm	13-99	\$9.00/\$43.00
Wednesday 9:30 - 10:00 am *Senior	13-99	\$5.00/\$25.00
Friday 9:30 - 10:00 am *Senior Cycle	13-99	\$5.00/\$25.00
Thursday 6:30 - 7:15 pm	13-99	\$9.00/\$43.00
Saturday 8:30 - 9:15 am	13-99	\$9.00/\$43.00

### Golden Rhythms

This class provide modified, low-impact moves for active older adults, and lets you move to the beat at your own speed. It's an invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating!

Days & Times	Ages	Mem/Program
Friday 9:30-10:15 am	55-99	\$0.00/\$35.00

### Kickboxing Cardio

This total body workout combines boxing, martial arts and aerobics to provide overall physical conditioning and toning. No bags or gloves are used.

Days & Times	Ages	Mem/Program
Thursday 9:30 - 10:15 am	16-108	\$0.00/\$35.00

### Line Dancing

Enjoy line dancing in a relaxed, fun and positive atmosphere. Learn the basics of building a strong foundation that will motivate you to achieve your highest potential in dance. Whether you dance solo or as a couple, our unique approach to teaching will have you moving across the dance floor in a celebration of movement and melody!

Days & Times	Ages	Mem/Program
Wednesday 8:30 - 9:15 am	16-99	\$0.00/\$35.00

### Mommy, Me & Stroller

Fitness for you and bonding time with your child. Class will include walking, stretch moves, and stretching all while allowing you to keep your child with you in a stroller.

Days & Times	Ages	Mem/Program
Monday 11:15 - 12:00 pm		\$0.00/\$35.00
Friday 11:15 - 12:00 pm		\$0.00/\$35.00

### Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Days & Times	Ages	Mem/Program
Tuesday 9:30 - 10:15 am	13-99	\$9.00/\$43.00
Saturday 9:00 - 9:45 am	13-99	\$9.00/\$43.00

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## Group Classes

### Power Pump

This is a group weight-training workout using bars and plates. This program strengthens and tones every muscle group in the body.

Days & Times	Ages	Mem/Program
Monday 7:00 - 7:45 pm	13-99	\$0.00/\$35.00
Sunday 12:15 - 1:00 pm	13-99	\$0.00/\$35.00

### SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday & Wednesday 9:30 - 10:15 am	50-99	\$0.00/\$65.00
Tuesday 8:45 - 9:30 am	50-99	\$0.00/\$40.00
Thursday 9:45 - 10:30 am	50-99	\$0.00/\$40.00

### SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Mon, Fri 8:30 - 9:15 am	50-99	\$0.00/\$65.00

### Step & Sculpt

Step into a great cardiovascular endurance class using a bench and risers, fun music and a motivational instructor to give you a full body workout that you are sure to love. This class also offers muscle conditioning.

Days & Times	Ages	Mem/Program
Friday 9:30 - 10:15 am	13-99	\$0.00/\$35.00

### Stretching for Better Performance

Feeling a little stiff? Performance stretching will help prepare you for basic physical activity, help you unwind after exertion, increase flexibility and blood flow to the muscles, ligaments and tendons by providing cells with more oxygen and nutrients.

Days & Times	Ages	Mem/Program
Tuesday 8:30 - 9:15 am		\$0.00/\$35.00
Thursday 8:30 - 9:15 am		\$0.00/\$35.00

### Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Monday 6:00 - 6:45 pm		\$0.00/\$35.00
Tuesday 9:45 - 10:30 am		\$0.00/\$35.00
Tuesday 5:00 - 5:45 pm		\$0.00/\$35.00
Wednesday 7:00 - 7:45 pm		\$0.00/\$35.00

### Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Days & Times	Ages	Mem/Program
Tues & Thurs 10:30 - 11:15 am	18-108	\$20.00/\$65.00

### Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Monday 8:30 - 9:15 am	13-99	\$0.00/\$35.00
Monday 5:30 - 6:15 am	13-99	\$0.00/\$35.00
Monday 11:30 - 12:15 pm	13-99	\$0.00/\$35.00
Wednesday 8:30 - 9:15 am	13-99	\$0.00/\$35.00
Wednesday 10:30 - 11:15 am	13-99	\$0.00/\$35.00
Thursday 5:30 - 6:15 am	13-99	\$0.00/\$35.00
Thursday 7:00 - 7:45 pm	13-99	\$0.00/\$35.00
Friday 8:30 - 9:15 am	13-99	\$0.00/\$35.00

### Wild Card

Take a walk on the wild side and mix up your workout! Wild Card offers a new exercise each week. Wild Card exercises may include boot camp, kickboxing, pilates, cycling, toning or other classes.

Days & Times	Ages	Mem/Program
Tuesday 6:00 - 6:45 pm		\$0.00/\$35.00
Saturday 8:00 - 8:45 am		\$0.00/\$35.00

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