



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Kohl Family YMCA

2018 - Fall I (Sep 4 - Oct 22)

Aquatics

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
Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
Tuesday 5:50 - 6:35 pm	3-5	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Saturday 9:50 - 10:35 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
Tuesday 5:00 - 5:45 pm	3-5	\$35.00/\$70.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Saturday 9:50 - 10:35 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
Tuesday 5:50 - 6:35 pm	3-5	\$35.00/\$70.00
Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 10:45 - 11:30 am	18-99	\$15.00/\$60.00
Mon, Wed, Fri 11:30 - 12:15 pm	18-99	\$15.00/\$60.00
Mon, Wed, Fri 4:45 - 5:30 pm	18-99	\$15.00/\$60.00
Mon, Wed, Fri 5:30 - 6:15 pm	18-99	\$15.00/\$60.00
Tue, Thu 10:45 - 11:30 am	18-99	\$10.00/\$40.00
Tue, Thu 11:30 - 12:15 pm	18-99	\$10.00/\$40.00

Register Online at AKRONYMCA.ORG