

A decorative border of small yellow stars surrounds the entire text on the page.

WINTER II

FEB 25th – Apr 13th

REGISTRATION

MEMBER REGISTRATION

SUNDAY February 10th

PROGRAM MEMBER

REGISTRATION

THURSDAY February 14th



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Winter II (02/24-04/13)

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 I | Monday 7:00 - 7:30 pm | Max 3 | \$25.00/\$50.00 |
| Winter I | Tuesday 6:35 - 7:05 pm | Max 3 | \$25.00/\$50.00 |
| Winter I | Wednesday 10:00 - 10:30 am | Max 3 | \$25.00/\$50.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|----------------------------|-------|-----------------|
| Winter I | Monday 6:20 - 6:50 pm | Max 3 | \$25.00/\$50.00 |
| Winter I | Wednesday 10:30 - 11:00 am | Max 3 | \$25.00/\$50.00 |
| Winter I | Thursday 6:35 - 7:05 pm | Max 3 | \$25.00/\$50.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|----------------------------|------|-----------------|
| Winter I | Monday 10:05 - 10:50 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Monday 5:25 - 6:10 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Tuesday 5:40 - 6:25 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Wednesday 11:10 - 11:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Thursday 10:05 - 10:50 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Thursday 4:45 - 5:30 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|----------------------------|------|-----------------|
| Winter I | Monday 10:05 - 10:50 | 3-5 | \$35.00/\$70.00 |
| Winter I | Monday 4:30 - 5:15 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Monday 5:25 - 6:10 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Tuesday 4:45 - 5:30 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Tuesday 10:05 - 10:50 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Wednesday 11:10 - 11:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Thursday 10:05 - 10:50 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Thursday 5:40 - 6:25 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Saturday 9:10 - 9:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Saturday 9:10 - 9:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|---------------------------|------|-----------------|
| Winter I | Monday 10:05 - 10:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Monday 4:30 - 5:15 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Tuesday 10:05 - 10:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Tuesday 5:40 - 6:25 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Thursday 4:45 - 5:30 pm | 3-5 | \$35.00/\$70.00 |
| Winter I | Saturday 10:05 - 10:55 am | 3-5 | \$35.00/\$70.00 |
| Winter I | Saturday 11:00 - 11:45 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.

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

Register Online at AKRONYMCA.ORG



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Winter II (02/24-04/13)

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Youth Stage 1 Water Acclimation

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|----------|---------------------------|------|-----------------|
| Winter I | Tuesday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| Winter I | Thursday 5:40 - 6:25 pm | 6-12 | \$35.00/\$70.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|---------------------------|------|-----------------|
| Winter I | Tuesday 5:40 - 6:25 pm | 6-12 | \$35.00/\$70.00 |
| Winter I | Thursday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
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| Winter I | Saturday 9:10 - 9:55 am | 6-12 | \$35.00/\$70.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|---------------------------|------|-----------------|
| Winter I | Tuesday 4:45 - 5:30 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Tuesday 5:40 - 6:25 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Thursday 4:45 - 5:30 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Thursday 5:40 - 6:25 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Saturday 9:10 - 9:55 am | 5-12 | \$35.00/\$70.00 |
| Winter I | 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|----------------------------|------|-----------------|
| Winter I | Tuesday 5:40 - 6:25 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Thursday 5:40 pm - 6:25 pm | 5-12 | \$35.00/\$70.00 |
| Winter I | Saturday 9:10 - 9:55 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.

| Ses | Days & Times | Ages | Mem/Program |
|----------|--------------------------------|------|-----------------|
| Winter I | NEXT Saturday 10:05 - 10:50 am | 8-18 | \$35.00/\$70.00 |

Register Online at AKRONYMCA.ORG

(330) 899-9622

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