



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Green YMCA**  
Fall I (09/08-10/26), Fall II (11/03-12/21)

**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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 6:00-6:30pm		Max 3	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:00-9:30a		Max 3	\$60.00/\$115.00
Fall II	Green YMCA	Tues 6:00-6:30pm		Max 3	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:00-9:30a		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Thurs 6:00-6:30pm		Max 4	\$60.00/\$115.00
Fall I	Green YMCA	Sat 11:00-11:30am		Max 4	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 6:00-6:30pm		Max 4	\$60.00/\$115.00
Fall II	Green YMCA	Sat 11:00-11:30am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 10:00-10:30a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Tues 4:40-5:10pm		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 10:00-10:30a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 10:40a-11:10a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:40-10:10am		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Sat 10:20-10:50am		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 10:00-10:30a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 4:40-5:10pm		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 10:00-10:30a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 10:40a-11:10a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:40-10:10am		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Sat 10:20-10:50am		3-5	\$60.00/\$115.00

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



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**Green YMCA**  
Fall I (09/08-10/26), Fall II (11/03-12/21)

**Aquatics**

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 10:00-10:30a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Tues 10:40-11:10a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Tues 5:20-5:50p		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 10:00-10:30am		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 4:40-5:10pm		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Sat 10:20-10:50am		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 10:00-10:30a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 10:40-11:10a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 5:20-5:50p		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 10:00-10:30am		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 4:40-5:10pm		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Sat 10:20-10:50am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 10:40-11:10a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 10:40-11:10a		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:40-10:10am		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Tues 10:40-11:10a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 10:40-11:10a		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:40-10:10am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 5:20-5:50pm		5-12	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 4:40-5:10p		5-12	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:40-10:10am		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Tues 5:20-5:50pm		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 4:40-5:10p		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:40-10:10am		5-12	\$60.00/\$115.00

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(330) 899-9622

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**Green YMCA**  
Fall I (09/08-10/26), Fall II (11/03-12/21)

**Aquatics**

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 4:40-5:10pm		5-12	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 6:00-6:30p		5-12	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:00-9:30am		5-12	\$60.00/\$115.00
Fall I	Green YMCA	Sat 10:20-10:50am		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Tues 4:40-5:10p		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 6:00-6:30p		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:00-9:30am		5-12	\$60.00/\$115.00
Fall II	Green YMCA	Sat 10:20-10:50am		5-12	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 6:00-6:30pm		5-14	\$60.00/\$115.00
Fall I	Green YMCA	Thurs 5:20-5:50p		5-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:00-9:30am		5-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 11:00-11:30am		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Tues 6:00-6:30pm		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Thurs 5:20-5:50p		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:00-9:30am		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 11:00-11:30am		5-14	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 4:40-5:25p		5-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 9:00-9:45am		5-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 11:00-11:45a		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Tues 4:40-5:25p		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 9:00-9:45am		5-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 11:00-11:45a		5-14	\$60.00/\$115.00

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**Aquatics**

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 5:35-6:20p		6-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 10:00-10:45am		6-14	\$60.00/\$115.00
Fall II	Green YMCA	Tues 5:35-6:20p		6-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 10:00-10:45am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 5:35-6:20p		6-14	\$60.00/\$115.00
Fall I	Green YMCA	Sat 10:00-10:45am		6-14	\$60.00/\$115.00
Fall II	Green YMCA	Tues 5:35-6:20p		6-14	\$60.00/\$115.00
Fall II	Green YMCA	Sat 10:00-10:45am		6-14	\$60.00/\$115.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Sat 8:25a-8:55am		15-95	\$60.00/\$115.00
Fall II	Green YMCA	Sat 8:25a-8:55am		15-95	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Tues 10:00 - 10:50 am		16-99	\$20.00/\$75.00
Fall I	Green YMCA	Thurs 10:00 - 10:50am		16-99	\$20.00/\$75.00
Fall II	Green YMCA	Tues 10:00 - 10:50 am		16-99	\$20.00/\$75.00
Fall II	Green YMCA	Thurs 10:00 - 10:50am		16-99	\$20.00/\$75.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	Mon, Wed, Fri 11:00-11:50 am		18-99	\$20.00/\$75.00
Fall II	Green YMCA	Mon, Wed, Fri 11:00-11:50 am		18-99	\$20.00/\$75.00

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**Aquatics**

**Swim Team**

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Green YMCA	BOOSTER FEE - REQUIRED FOR ALL SWI		6-18	\$80.00/\$80.00
Fall I	Green YMCA	FALL 8 and Under & New Beginner Level		5-14	\$310.00/\$310.00
Fall I	Green YMCA	FALL 8 & Under Payments (new beginne		5-12	\$81.25/\$81.25
Fall I	Green YMCA	FALL Ages 9 & 10		9-10	\$355.00/\$355.00
Fall I	Green YMCA	FALL 9 & 10 Payments		9-10	\$92.50/\$92.50
Fall I	Green YMCA	FALL Ages 11 & Over		11-18	\$385.00/\$385.00
Fall I	Green YMCA	FALL 11 & Up Payments		11-18	\$98.75/\$98.75
Fall I	Green YMCA	High School Preseason		13-18	\$160.00/\$160.00

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# Kohl Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### Aqua Zumba

This program takes place in the main pool! "Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and internati

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Mondays 6:00-6:45pm		12-99	\$20.00/\$75.00
Fall II	Kohl Family YMCA	Mondays 6:00-6:45pm		12-99	\$20.00/\$75.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	6-12	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$60.00/\$115.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Beginner Saturday 10:30am-11:00am	Alex	13-99	\$60.00/\$115.00
Fall II	Kohl Family YMCA	Beginner Saturday 10:30am-11:00am	Alex	13-99	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall I	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Fall II	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00

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# Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 11:00 - 11:30 am			\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Therapy Po			\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Rec Pool)			\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 10:20 - 10:50 am (Rec Pool)			\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 11:00 - 11:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 11:00 - 11:30 am		3-5	\$60.00/\$115.00

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# Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 11:00 - 11:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 11:00 - 11:30 am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00

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**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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$60.00/\$115.00

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FOR YOUTH DEVELOPMENT  
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# Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00

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# Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$60.00/\$115.00
Fall II	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$60.00/\$115.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Adult Beginner Lessons Thursday 5:40 -		18-99	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00 -		18-99	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Adult Advanced Lessons Thursday 7:00		18-99	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Teen Beginner Lessons Saturday 11:40		13-17	\$60.00/\$115.00
Fall I	Lake Anna YMCA	Teen Advanced Lessons Saturday 11:40		13-17	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Adult Beginner Lessons Thursday 5:40 -		18-99	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00 -		18-99	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Adult Advanced Lessons Thursday 7:00		18-99	\$52.00/\$100.00
Fall II	Lake Anna YMCA	Teen Beginner Lessons Saturday 11:40		13-17	\$60.00/\$115.00
Fall II	Lake Anna YMCA	Teen Advanced Lessons Saturday 11:40		13-17	\$60.00/\$115.00

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# Lake Anna YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$20.00/\$75.00
Fall I	Lake Anna YMCA	Wed 8:30 - 9:20am	Pat	16-99	\$20.00/\$75.00
Fall I	Lake Anna YMCA	Fri 8:30 - 9:20am	Jessica	16-99	\$20.00/\$75.00
Fall II	Lake Anna YMCA	Mon 8:30 - 9:20am	Merry	16-99	\$20.00/\$75.00
Fall II	Lake Anna YMCA	Wed 8:30 - 9:20am	Pat	16-99	\$20.00/\$75.00
Fall II	Lake Anna YMCA	Fri 8:30 - 9:20am	Pat	16-99	\$20.00/\$75.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall I	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Fall II	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00

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FOR YOUTH DEVELOPMENT  
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# Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:05-9:35am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Wednesday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 10:35-11:05am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Wednesday 10:35-11:05am	Andrea	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:45-10:15am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Wednesday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 11:10-11:40am	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Wednesday 11:10-11:40am	Andrea	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 10:25-10:55am	Andrea	3-5	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Monday 11:45am-12:15pm	Andrea	3-5	\$60.00/\$115.00
Fall II	Riverfront Family YMCA	Monday 11:45-12:15am	Andrea	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:00-9:30am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 6:00-6:30pm		6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 9:40-10:10am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 6:35-7:05pm		6-12	\$60.00/\$115.00

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# Riverfront Family YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Saturday 10:20-10:50am		6-12	\$60.00/\$115.00
Fall I	Riverfront Family YMCA	Friday 7:10-7:40pm		6-12	\$60.00/\$115.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Monday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall I	Riverfront Family YMCA	Wednesday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall I	Riverfront Family YMCA	Friday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Monday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Friday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00
Fall II	Riverfront Family YMCA	Wednesday 7:45 - 8:30am	Sandy	16-99	\$20.00/\$75.00

### Swim Team

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Riverfront Family YMCA	Tigershark - Placement Period		4-18	\$70.00/\$70.00
Fall I	Riverfront Family YMCA	Tigershark Beginner Group		4-18	\$65.00/\$65.00
Fall I	Riverfront Family YMCA	Tigershark Developmental Group		4-18	\$70.00/\$70.00
Fall I	Riverfront Family YMCA	Tigershark Junior Group		4-18	\$75.00/\$75.00
Fall I	Riverfront Family YMCA	Tigershark Senior Group		4-18	\$80.00/\$80.00

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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:00-5:30pm Therapy Pool		Max 3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 5-5:30PM		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		Max 3	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:40-6:10pm Therapy Pool		Max 3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 5:40-6:10PM		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		Max 3	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Wednesday 6:20-6:50pm Parent/Child 1		2-3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:00-9:30am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 6:20-6:50PM Parent/Child		2-3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$60.00/\$115.00

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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:00-9:30am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 5:20-5:50PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05 AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40 AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:30am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 5:20-5:50PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		3-5	\$60.00/\$100.00

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FOR YOUTH DEVELOPMENT  
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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:40-6:10PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:40-6:10PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9-9:30AM		6-12	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:30am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		6-12	\$60.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		6-12	\$60.00/\$100.00

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FOR YOUTH DEVELOPMENT  
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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		6-12	\$52.00/\$100.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:40-6:10PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:40-6:10PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:20AM		6-12	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-6:05pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:30-6:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:45am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:55-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:15-7PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:20-6:05PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:15-7PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:50-10:35AM		6-12	\$60.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 6:15-7:00pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 6:30-7:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:55-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:15-7:00PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

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FOR YOUTH DEVELOPMENT  
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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 6:30-7:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:35am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 6:15-7:00PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Saturday 10:50-11:35am Competitive S	Lydia Lange	12-15	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Sat 9:00-9:45AM Competitive Skills		10-15	\$60.00/\$115.00

### Drew Howell Adaptive Swim 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 6:30-7:00pm Parent/Child Ada	Jeff Vogel	6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 6:30-7:00pm Parent Child Ada	Jeff Vogel	6-12	\$60.00/\$115.00

\* No swim lessons on June 18 and July 3, 4, or 6.

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Fri 10:15-11:30am Youth Stages 1-6		5-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Friday 11:00a-12:15p Youth Stages 1-		5-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Fri 10:15-11:30AM Youth Stages 1-6		5-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Friday 11:00-12:15PM Youth Stages 1-		5-12	\$60.00/\$115.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm Adult Lessons		13-99	\$60.00/\$115.00

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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 9:30-10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Tues 8:00 - 8:50am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Wednesday 9:30-10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Friday 8:30-9:15a Hi-Lo HIIT Class		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Mon 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Tues 8:00 - 8:50AM Older Adult Exercis	Lisa	16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Wednesday 9:30-10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Friday 8:30-9:15AM Hi-Lo HIIT Class	Sarah	16-99	\$20.00/\$75.00

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tues 9:30 - 10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Thursday 9:30 - 10:20am		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Tues 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Thursday 9:30 - 10:20AM		16-99	\$20.00/\$75.00

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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$25.00/\$90.00

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# Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

## Aquatics

### Ai CHI

Ai Chi - similar to Tai Chi but performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movement using your arms, legs, torso, and deep breathing. Improve range of motion and mobility and experience deep relaxation to ease the mind.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00
Fall I	Wadsworth YMCA	Thursday 7:10-7:55PM	No Instructor Provided	18-99	\$25.00/\$75.00
Fall II	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00
Fall II	Wadsworth YMCA	Thursday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00

### Warm Water Open 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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Saturday 12:00-12:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Monday 6:00-6:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Monday 6:00pm-6:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Friday 12:00-12:45pm	No Instructor Provided	18-99	\$15.00/\$60.00

### Swim Team

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wadsworth Waves - Team Fee/Concessi		5-17	\$25.00/\$25.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Tidal Mo/Th		6-17	\$315.00/\$315.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Swell Mo/Tu/We		6-17	\$325.00/\$325.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Tsunami M-Th	Noah Peterson	6-17	\$335.00/\$335.00
Fall I	Wadsworth YMCA	Wadsworth Waves - High School Pre/Po	Noah Peterson	13-17	\$125.00/\$125.00

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