



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Aquatics

### Private Lessons

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter I	Green YMCA	Family Swim Lessons - 5 pack Sessio			\$200.00/\$300.00
Winter I	Green YMCA	Private Lessons - 30 minute - 5 pack			\$150.00/\$250.00

### 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
Winter II	Kohl Family YMCA	Mondays 6:00-6:45pm		12-99	\$20.00/\$75.00
Winter II	Kohl Family YMCA	Wednesday 6:00-6:45pm		12-99	\$20.00/\$75.00
Winter I	Kohl Family YMCA	Mondays 6:00-6:45pm		12-99	\$17.00/\$65.00
Winter I	Kohl Family YMCA	Wednesday 6:00-6:45pm		12-99	\$17.00/\$65.00

### Synchronized Swimming

Swimmers focus on synchronized skill basics like eggbeater technique, beginner figures and patterns. As swimmers become more comfortable and confident, they focus on improved team dynamics and choreography. Participants will flex their mental muscles whil

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 -	Liv	6-18	\$118.00/\$186.00
Winter I	Lake Anna YMCA	Synchro Swimming Clinic Thurs. 6:30 -	Liv	6-18	\$100.00/\$160.00



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Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 10:00 - 10:30am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Tues 4:40 - 5:10pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Tues 6:00 - 6:30pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 10:40 - 11:10am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:40 - 10:10am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:20 - 10:50am		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Sunday 12:15-12:45pm	Andrea	3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 5:35-6:05pm		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Wednesday 6:20-6:50PM Parent/Child		2-3	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:10-6:40PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:00-9:30AM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$60.00/\$115.00
Winter I	Green YMCA	Tues 10:00 - 10:30am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Tues 4:40 - 5:10pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Tues 6:00 - 6:30pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 10:40 - 11:10am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:40 - 10:10am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:20 - 10:50am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Sunday 12:15-12:45pm	Andrea	3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 11:20-11:50am Stage 1 & 2		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 11:20-11:50am Stage 1 & 2		3-5	\$60.00/\$115.00
Winter I	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$52.00/\$100.00

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



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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
Winter I	Wadsworth YMCA	Tuesday 5:35-6:05pm		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Wednesday 6:20-6:50PM Parent/Child		2-3	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:10-6:40PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:00-9:30AM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$52.00/\$100.00



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Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 4:40 - 5:10pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Tues 5:20 - 5:50pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 10:00 - 10:30am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:40 - 10:10am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:20 - 10:50am		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Sunday 12:50-1:20pm	Andrea	3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 5:35-6:05PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:10-6:40PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:00-9:30PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:35-10:05 AM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:10-10:40 AM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$60.00/\$115.00
Winter I	Green YMCA	Tues 4:40 - 5:10pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Tues 5:20 - 5:50pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 10:00 - 10:30am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:40 - 10:10am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:20 - 10:50am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:40 - 6:10 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		3-5	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Sunday 12:50-1:20pm	Andrea	3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 5:35-6:05PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$52.00/\$100.00



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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
Winter I	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:10-6:40PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:00-9:30PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:35-10:05 AM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:10-10:40 AM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$52.00/\$100.00



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### 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
Winter II	Green YMCA	Tues 10:40 - 11:10am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Tues 5:20 - 5:50pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Tues 6:00 - 6:30pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:00 - 9:30am		3-5	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:20 - 10:50am		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Sunday 1:25-1:55pm	Andrea	3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$60.00/\$115.00
Winter I	Green YMCA	Tues 10:40 - 11:10am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Tues 5:20 - 5:50pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Tues 6:00 - 6:30pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 4:40 - 5:10pm		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:00 - 9:30am		3-5	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:20 - 10:50am		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Sunday 1:25-1:55pm	Andrea	3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 4:55-5:25PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 4:55-5:25PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:35-6:05PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$52.00/\$100.00

### Preschool Swim Lessons

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
Winter II	Riverfront Family YMCA	Wednesday 10:35-11:05am (Stages 1,	Andrea	3-5	\$60.00/\$115.00
Winter I	Riverfront Family YMCA	Wednesday 10:35-11:05am (Stages 1,	Andrea	3-5	\$52.00/\$100.00



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Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 5:20 - 5:50pm		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 5:20 - 5:50pm		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:40 - 10:10am		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:20 - 10:50am		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 11:00 - 11:30am		5-12	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	6-12	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Tuesday 05:15pm - 05:45m	Tonee	6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Saturday 9:00-9:30am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 5:35-6:05PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:10-6:40PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9-9:30AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 5:20 - 5:50pm		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 5:20 - 5:50pm		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:40 - 10:10am		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:20 - 10:50am		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 11:00 - 11:30am		5-12	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Saturday 09:00am - 09:30am	Alex	6-12	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Tuesday 05:15pm - 05:45m	Tonee	6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 pm		6-12	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Saturday 9:00-9:30am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 5:35-6:05PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:10-6:40PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9-9:30AM		6-12	\$52.00/\$100.00



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Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 4:40 - 5:10pm		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 5:20 - 5:50pm		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 6:00 - 6:30pm		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:00 - 9:30am		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:40 - 10:10am		5-12	\$60.00/\$115.00
Winter II	Green YMCA	Sat 11:00 - 11:30am		5-12	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Tuesday 6:00pm-6:30pm	Alex	6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Saturday 9:40-10:10am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 6:45-7:15PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:35-6:05PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:45-7:15PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:00-9:30AM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 4:40 - 5:10pm		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 5:20 - 5:50pm		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 6:00 - 6:30pm		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:00 - 9:30am		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:40 - 10:10am		5-12	\$52.00/\$100.00
Winter I	Green YMCA	Sat 11:00 - 11:30am		5-12	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Saturday 09:45am-10:15am	Alex	6-12	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Tuesday 6:00pm-6:30pm	Tonee	6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Saturday 9:40-10:10am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 6:45-7:15PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:35-6:05PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:45-7:15PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:00-9:30AM		6-12	\$52.00/\$100.00

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





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter I	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 6:00 - 6:30pm		5-14	\$60.00/\$115.00
Winter II	Green YMCA	Thurs 6:00 - 6:30pm		5-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:00 - 9:30am		5-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 11:00 - 11:30am		5-14	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Saturday 10:30am-11:00am	Alex	6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$60.00/\$115.00
Winter II	Riverfront Family YMCA	Saturday 10:20-10:50am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 6:45-7:15PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:10-6:40PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:45-7:15PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:20AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 6:00 - 6:30pm		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 4:40 - 5:10pm		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Thurs 6:00 - 6:30pm		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:00 - 9:30am		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 11:00 - 11:30am		5-14	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Saturday 10:30am-11:00am	Alex	6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:40 - 12:10 pm		6-12	\$52.00/\$100.00
Winter I	Riverfront Family YMCA	Saturday 10:20-10:50am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 6:45-7:15PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:10-6:40PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:45-7:15PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:20AM		6-12	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Thurs 5:20 - 5:50pm		Max 3	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:00 - 9:30am		Max 3	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Monday 6:00pm - 6:30pm	Tonee	Max 3	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Poo)			\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Therapy P)			\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 10:45-11:15am PC A & B		Max 3	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Wednesday 5:00-5:30PM		Max 3	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:00-9:30AM		Max 3	\$60.00/\$115.00
Winter I	Green YMCA	Thurs 5:20 - 5:50pm		Max 3	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:00 - 9:30am		Max 3	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Monday 6:00pm - 6:30pm	Tonee	Max 3	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Therapy Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Poo)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Therapy P)			\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 10:45-11:15am PC A & B		Max 3	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Wednesday 5:00-5:30PM		Max 3	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:00-9:30AM		Max 3	\$52.00/\$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
Winter II	Green YMCA	Thurs 6:00 - 6:30pm		Max 4	\$60.00/\$115.00
Winter II	Green YMCA	Sat 11:00 - 11:30am		Max 4	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Poo)			\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Rec Pool)			\$60.00/\$115.00
Winter II	Wadsworth YMCA	Wednesday 5:40-6:10PM		Max 3	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:35-10:05AM		Max 3	\$60.00/\$115.00
Winter I	Green YMCA	Thurs 6:00 - 6:30pm		Max 4	\$52.00/\$100.00
Winter I	Green YMCA	Sat 11:00 - 11:30am		Max 4	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm (Rec Pool)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 6:20 - 6:50 pm (Therapy Poo)			\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 11:00 - 11:30 am (Rec Pool)			\$52.00/\$100.00
Winter I	Wadsworth YMCA	Wednesday 5:40-6:10PM		Max 3	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:35-10:05AM		Max 3	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 6:45-7:15PM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$60.00/\$115.00
Winter I	Lake Anna YMCA	Tuesday 5:00 - 5:30 pm		3-5	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 6:10-6:40PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 6:45-7:15PM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

Aquatics

### 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
Winter II	Green YMCA	Tues 4:40 - 5:25pm		5-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 9:00 - 9:45am		5-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 11:00 - 11:45am		5-14	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 5:45-6:30PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:45-6:30PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:00-9:45AM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 9:55-10:40AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 4:40 - 5:25pm		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 9:00 - 9:45am		5-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 11:00 - 11:45am		5-14	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:40 - 10:10 am		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 10:20 - 10:50 am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 5:45-6:30PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:45-6:30PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:00-9:45AM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 9:55-10:40AM		6-12	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Green YMCA	Tues 5:35 - 6:20pm		6-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:00 - 10:45am		6-14	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Tuesday 5:45-6:30PM		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 5:35 - 6:20pm		6-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:00 - 10:45am		6-14	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 6:20 - 6:50 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Tuesday 5:45-6:30PM		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$52.00/\$100.00

### 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
Winter II	Green YMCA	Tues 5:35 - 6:20pm		6-14	\$60.00/\$115.00
Winter II	Green YMCA	Sat 10:00 - 10:45am		6-14	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 5:45-6:30pm		6-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$115.00
Winter I	Green YMCA	Tues 5:35 - 6:20pm		6-14	\$52.00/\$100.00
Winter I	Green YMCA	Sat 10:00 - 10:45am		6-14	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Monday 5:40 - 6:10 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Tuesday 7:00 - 7:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Thursday 5:00 - 5:30 pm		6-12	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Saturday 9:00 - 9:30 am		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 5:45-6:30pm		6-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$52.00/\$100.00



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

Winter I (01/01-02/15), Winter II (02/22-04/12)

## Aquatics

### 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
Winter II	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Sat 9:55-10:40AM Aquatic Conditionin		10-15	\$60.00/\$115.00
Winter I	Lake Anna YMCA	AQ Conditioning M 7:00 - 7:30 pm		10-13	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Sat 9:55-10:40AM Aquatic Conditionin		10-15	\$52.00/\$100.00

### 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
Winter II	Wadsworth YMCA	Tuesday 6:45-7:15pm Adult w/Caregiv	Jeff Vogel	14-99	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Thursday 7:10-7:40PM Youth w/ Careg	Jeff Vogel	4-14	\$60.00/\$115.00
Winter I	Wadsworth YMCA	Tuesday 6:45-7:15pm Adult w/caregiv	Jeff Vogel	14-99	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Thursday 7:10-7:40PM Youth w/ Careg	Jeff Vogel	4-14	\$52.00/\$100.00

### 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
Winter II	Wadsworth YMCA	Fri 10:15-11:30AM Youth Stages 1-6		5-12	\$60.00/\$115.00
Winter II	Wadsworth YMCA	Friday 11:00-12:15PM Youth Stages 1		5-12	\$60.00/\$115.00
Winter I	Wadsworth YMCA	Fri 10:15-11:30AM Youth Stages 1-6		5-12	\$52.00/\$100.00
Winter I	Wadsworth YMCA	Friday 11:00-12:15PM Youth Stages 1		5-12	\$52.00/\$100.00

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Winter II	Green YMCA	Sat 8:25 - 8:55am		15-95	\$60.00/\$115.00
Winter II	Kohl Family YMCA	Beginner Monday 5:15pm-5:45pm	Tonee	13-99	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00		18-99	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Adult Advanced Lessons Thursday 7:0		18-99	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Teen Beginner Lessons Saturday 11:0		13-17	\$60.00/\$115.00
Winter II	Lake Anna YMCA	Teen Advanced Lessons Saturday 11:		13-17	\$60.00/\$115.00
Winter I	Green YMCA	Sat 8:25 - 8:55am		15-95	\$52.00/\$100.00
Winter I	Kohl Family YMCA	Beginner Monday 5:15pm-5:45pm	Tonee	13-99	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Adult Beginner Lessons Thursday 7:00		18-99	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Adult Advanced Lessons Thursday 7:0		18-99	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Teen Beginner Lessons Saturday 11:0		13-17	\$52.00/\$100.00
Winter I	Lake Anna YMCA	Teen Advanced Lessons Saturday 11:		13-17	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
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Winter I (01/01-02/15), Winter II (02/22-04/12)

Aquatics

### 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
Winter II	Wadsworth YMCA	Tues 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Winter II	Wadsworth YMCA	Thursday 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Tues 9:30 - 10:20AM		16-99	\$17.00/\$65.00
Winter I	Wadsworth YMCA	Thursday 9:30 - 10:20AM		16-99	\$17.00/\$65.00

### 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
Winter II	Green YMCA	Mon, Wed, Fri 11:00-11:50 am		18-99	\$20.00/\$75.00
Winter I	Green YMCA	Mon, Wed, Fri 11:00-11:50 am		18-99	\$20.00/\$75.00





FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter II	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Winter II	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Winter II	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$25.00/\$90.00
Winter II	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Monday 7:00-7:45PM	No Instructor Provided	18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Wednesday 7:00-7:45PM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$25.00/\$90.00
Winter II	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$25.00/\$90.00
Winter I	Kohl Family YMCA	Tuesday 10:20am - 11:05am	Mary	18-99	\$20.00/\$75.00
Winter I	Kohl Family YMCA	Tuesday 11:10am - 11:55am	Mary	18-99	\$20.00/\$75.00
Winter I	Kohl Family YMCA	Thursday 10:20am - 11:05am	Mary	18-99	\$20.00/\$75.00
Winter I	Kohl Family YMCA	Thursday 11:10am - 11:55am	Mary	18-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Mon 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Mon 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 9:50 - 10:40 am	Pat	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Wed 10:50 - 11:40 am	Pat	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Fri 8:50 - 9:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Lake Anna YMCA	Fri 9:50 - 10:40 am	Riva	16-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$20.00/\$75.00



FOR YOUTH DEVELOPMENT  
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Winter I (01/01-02/15), Winter II (02/22-04/12)

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
Winter I	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Monday 7:00-7:45PM	No Instructor Provided	18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$25.00/\$90.00
Winter I	Wadsworth YMCA	Wednesday 7:00-7:45PM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$20.00/\$75.00
Winter I	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$20.00/\$75.00

### 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
Winter II	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$25.00/\$90.00
Winter I	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$21.00/\$65.00

### 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
Winter II	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Winter II	Wadsworth YMCA	Monday 6:00pm-6:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Winter II	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Winter II	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Winter II	Wadsworth YMCA	Saturday 12:00-12:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Winter I	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$13.00/\$50.00
Winter I	Wadsworth YMCA	Monday 6:00pm-6:45pm	No Instructor Provided	18-99	\$13.00/\$50.00
Winter I	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$13.00/\$50.00
Winter I	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$13.00/\$50.00
Winter I	Wadsworth YMCA	Saturday 12:00-12:45pm	No Instructor Provided	18-99	\$13.00/\$50.00