



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/09-08/24)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 9:35-10:05AM	Max 3	\$60.00/\$115.00
Summer	Wednesday 5:40-6:10PM	Max 3	\$60.00/\$115.00
Summer	Saturday 9:00-9:30AM	Max 3	\$60.00/\$115.00

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

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 9:35-10:05AM	Max 3	\$60.00/\$115.00
Summer	Wednesday 6:20-6:50PM	Max 3	\$60.00/\$115.00
Summer	Saturday 9:35-10:05AM	Max 3	\$60.00/\$115.00

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

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Tuesday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Tuesday 6:00-6:30PM	3-5	\$60.00/\$115.00
Summer	Wednesday 9:00-9:30AM Parent/Child	2-3	\$60.00/\$115.00
Summer	Wednesday 9:35-10:05AM	3-5	\$60.00/\$115.00
Summer	Wednesday 5:00-5:30PM Parent/Child	2-3	\$60.00/\$115.00
Summer	Thursday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Thursday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Saturday 9:00-9:30AM	3-5	\$60.00/\$115.00
Summer	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00

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Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Tuesday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Wednesday 9:00-9:30AM	3-5	\$60.00/\$115.00
Summer	Wednesday 9:35-10:05AM	3-5	\$60.00/\$115.00
Summer	Thursday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Thursday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Thursday 6:00-6:30PM	3-5	\$60.00/\$115.00
Summer	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00
Summer	Saturday 10:15-10:45AM	3-5	\$60.00/\$115.00
Summer	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

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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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:10-6:40PM OUTSIDE	3-5	\$60.00/\$115.00
Summer	Tuesday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Tuesday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Wednesday 9:00-9:30AM	3-5	\$60.00/\$115.00
Summer	Thursday 4:40-5:10PM	3-5	\$60.00/\$115.00
Summer	Thursday 5:20-5:50PM	3-5	\$60.00/\$115.00
Summer	Saturday 10:15-10:45AM	3-5	\$60.00/\$115.00
Summer	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

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

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:10-6:40PM OUTSIDE	3-5	\$60.00/\$115.00
Summer	Tuesday 4:00-4:30PM	3-5	\$60.00/\$115.00
Summer	Wednesday 11:20-11:50AM	3-5	\$60.00/\$115.00
Summer	Thursday 4:00-4:30PM	3-5	\$60.00/\$115.00
Summer	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00
Summer	Saturday 10:15-10:45AM	3-5	\$60.00/\$115.00

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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.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:20-5:50PM	6-12	\$60.00/\$115.00
Summer	Wednesday 9:00-9:30AM	6-12	\$60.00/\$115.00
Summer	Thursday 4:40-5:10PM	6-12	\$60.00/\$115.00
Summer	Saturday 9:00-9:30AM	6-12	\$60.00/\$115.00

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

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:45-7:15PM OUTSIDE	6-12	\$60.00/\$115.00
Summer	Tuesday 4:00-4:30PM	6-12	\$60.00/\$115.00
Summer	Tuesday 6:00-6:30 PM	6-12	\$60.00/\$115.00
Summer	Wednesday 11:20-11:50AM	6-12	\$60.00/\$115.00
Summer	Thursday 4:00-4:30PM	6-12	\$60.00/\$115.00
Summer	Saturday 10:15-10:45AM	6-12	\$60.00/\$115.00
Summer	Saturday 10:50-11:20AM	6-12	\$60.00/\$115.00

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

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:10-6:40PM OUTSIDE	6-12	\$60.00/\$115.00
Summer	Tuesday 5:40-6:10PM	6-12	\$60.00/\$115.00
Summer	Tuesday 6:00-6:30PM	6-12	\$60.00/\$115.00
Summer	Wednesday 11:20-11:50AM	6-12	\$60.00/\$115.00
Summer	Thursday 5:40-6:10PM	6-12	\$60.00/\$115.00
Summer	Thursday 6:00-6:30PM	6-12	\$60.00/\$115.00
Summer	Saturday 9:00-9:30AM	6-12	\$60.00/\$115.00
Summer	Saturday 9:35-10:05AM	6-12	\$60.00/\$115.00
Summer	Saturday 10:50-11:20AM	6-12	\$60.00/\$115.00

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

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:45-7:30PM OUTSIDE	6-12	\$60.00/\$115.00
Summer	Tuesday 4:40-5:35PM	6-12	\$60.00/\$115.00
Summer	Thursday 11:00-11:45AM	6-12	\$60.00/\$115.00
Summer	Thursday 4:40-5:25PM	6-12	\$60.00/\$115.00
Summer	Thursday 6:00-6:45PM	6-12	\$60.00/\$115.00
Summer	Saturday 9:00-9:45AM	6-12	\$60.00/\$115.00
Summer	Saturday 10:50-11:35	6-12	\$60.00/\$115.00

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Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:45-7:30PM OUTSIDE	6-12	\$60.00/\$115.00
Summer	Tuesday 4:40-5:35PM	6-12	\$60.00/\$115.00
Summer	Thursday 11:00-11:45AM	6-12	\$60.00/\$115.00
Summer	Thursday 5:40-6:25PM	6-12	\$60.00/\$115.00
Summer	Saturday 9:55-10:40AM	6-12	\$60.00/\$115.00

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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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:45-7:30PM OUTSIDE	6-12	\$60.00/\$115.00
Summer	Tuesday 5:40-6:25PM	6-12	\$60.00/\$115.00
Summer	Saturday 9:55-10:40AM	6-12	\$60.00/\$115.00

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Pathways Completed All Stages

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

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 9:00-9:30AM Endurance	10-15	\$60.00/\$115.00
Summer	Sat 10:00-10:45AM Games - OUTSID	10-15	\$30.00/\$60.00
Summer	Tues & Fri 9:00-11:00AM JR GUARD	12-15	\$60.00/\$115.00

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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.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 7:00-7:30PM Adaptive Instruc	3-6	\$60.00/\$115.00
Summer	Thursday 7:00-7:30PM Adaptive Instru	6-12	\$60.00/\$115.00

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

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 4:00-4:30PM Teen	13-99	\$60.00/\$115.00
Summer	Thursday 4:00-4:30PM Adult	13-99	\$60.00/\$115.00
Summer	Saturday 9:00-9:30AM	13-99	\$60.00/\$115.00

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

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages	Mem/Program
Summer	Private Lessons age 5 & up	5-99	\$150.00/\$250.00
Summer	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Summer	Family Lessons Ages 3 and up	3-99	\$200.00/\$300.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 9:30-10:20AM	16-99	\$20.00/\$75.00
Summer	Tuesday 8:00-8:50AM Older Adult Exe	16-99	\$20.00/\$75.00
Summer	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Summer	Friday 8:30-9:15AM Hi-Lo HIIT Class	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.

Ses	Days & Times	Ages	Mem/Program
Summer	Tues 9:30 - 10:20AM	16-99	\$20.00/\$75.00
Summer	Thursday 9:30 - 10:20AM	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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 8:00-8:45AM	18-99	\$25.00/\$90.00
Summer	Monday 9:00-9:45AM	18-99	\$25.00/\$90.00
Summer	Monday 10:00-10:45AM	18-99	\$25.00/\$90.00
Summer	Monday 11:00-11:45AM	18-99	\$20.00/\$75.00
Summer	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Summer	Wednesday 8:00-8:45AM	18-99	\$25.00/\$90.00
Summer	Wednesday 9:00-9:45AM	18-99	\$25.00/\$90.00
Summer	Wednesday 10:00-10:45AM	18-99	\$25.00/\$90.00
Summer	Wednesday 11:00-11:45AM	18-99	\$25.00/\$90.00
Summer	Wednesday 7:00-7:45PM	18-99	\$25.00/\$90.00
Summer	Friday 8:00-8:45AM	18-99	\$25.00/\$90.00
Summer	Friday 9:00-9:45AM	18-99	\$25.00/\$90.00
Summer	Friday 10:00-10:45AM	18-99	\$25.00/\$90.00
Summer	Friday 11:00-11:45AM	18-99	\$25.00/\$90.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 12:00-12:45PM	18-99	\$15.00/\$60.00
Summer	Monday 6:00-6:45PM	18-99	\$15.00/\$60.00
Summer	Wednesday 12:00-12:45PM	18-99	\$15.00/\$60.00
Summer	Friday 12:00-12:45PM	18-99	\$15.00/\$60.00
Summer	Saturday 12:00-12:45PM	18-99	\$15.00/\$60.00

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