



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Winter I (01/05-02/15), Winter II (02/23-04/12)

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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Sunday 12:15-12:45pm	3-5	\$60.00/\$115.00
Winter I	Sunday 12:15-12:45pm	3-5	\$52.00/\$100.00

Preschool Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Sunday 12:50-1:20pm	3-5	\$60.00/\$115.00
Winter I	Sunday 12:50-1:20pm	3-5	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Sunday 1:25-1:55pm	3-5	\$60.00/\$115.00
Winter I	Sunday 1:25-1:55pm	3-5	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00
Winter I	Saturday 9:00-9:30am	6-12	\$52.00/\$100.00

Youth Stage 2 Water Movement

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

Ses	Days & Times	Ages	Mem/Program
Winter II	Saturday 9:40-10:10am	6-12	\$60.00/\$115.00
Winter I	Saturday 9:40-10:10am	6-12	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Saturday 10:20-10:50am	6-12	\$60.00/\$115.00
Winter I	Saturday 10:20-10:50am	6-12	\$52.00/\$100.00

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
Winter II	Monday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Wednesday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter II	Friday 7:45 - 8:30am	16-99	\$20.00/\$75.00
Winter I	Monday 7:45 - 8:30am	16-99	\$17.00/\$65.00
Winter I	Wednesday 7:45 - 8:30am	16-99	\$17.00/\$65.00
Winter I	Friday 7:45 - 8:30am	16-99	\$17.00/\$65.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Riverfront Family YMCA

Winter I (01/05-02/15), Winter II (02/23-04/12)

Group Classes

Aqua Barre

Barre utilizes the ballet barre and/or chairs to incorporate simple ballet positioning to provide an effective core exercise experience for strengthening as well as flexibility for the abdomen, back, and hips.

Ses	Days & Times	Ages	Mem/Program
Winter II	Wednesday 11:15-12:00pm -	16-99	\$20.00/\$75.00
Winter I	Wednesday 11:15-12:00pm	16-99	\$17.00/\$65.00

Register Online at AKRONYMCA.ORG

(330) 923-9622

544 Broad Boulevard, Cuyahoga Falls, OH 44221