



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter I (01/01-02/15)

**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 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 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 I	Sunday 1:25-1:55pm	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:35-11:05am (Stages 1,2	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 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 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 I	Saturday 10:20-10:50am	6-12	\$52.00/\$100.00

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



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Riverfront Family YMCA

Winter I (01/01-02/15)

## Group Classes

### 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 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

### 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 I	Wednesday 11:15-12:00pm	16-99	\$17.00/\$65.00

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