



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Winter I (01/05-02/15)

## 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
Winter I	Tuesday 10:45-11:15am PC A & B	Max 3	\$52.00/\$100.00
Winter I	Wednesday 5:00-5:30PM	Max 3	\$52.00/\$100.00
Winter I	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:40-6:10PM	Max 3	\$52.00/\$100.00
Winter I	Saturday 9:35-10:05AM	Max 3	\$52.00/\$100.00

### 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$52.00/\$100.00
Winter I	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$60.00/\$115.00
Winter I	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:35-6:05pm	3-5	\$52.00/\$100.00
Winter I	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00-9:30AM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:35-10:05AM	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	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:00-9:30PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:35-10:05 AM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:10-10:40 AM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:50-11:20AM	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	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:10-10:40AM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:50-11:20AM	3-5	\$52.00/\$100.00

### 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	3-5	\$52.00/\$100.00
Winter I	Saturday 9:35-10:05AM	3-5	\$52.00/\$100.00
Winter I	Saturday 10:50-11:20AM	3-5	\$52.00/\$100.00

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Winter I (01/05-02/15)

## 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:35-6:05PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9-9:30AM	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	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Thursday 5:35-6:05PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:00-9:30AM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:10-10:40AM	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	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Winter I	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:10-10:40AM	6-12	\$52.00/\$100.00
Winter I	Saturday 10:50-11:20AM	6-12	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:00-9:45AM	6-12	\$52.00/\$100.00
Winter I	Saturday 9:55-10:40AM	6-12	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Winter I	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Winter I	Saturday 10:50-11:35AM	6-12	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Sat 9:55-10:40AM Aquatic Conditioning	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:45-7:15pm Adult w/caregiver	14-99	\$52.00/\$100.00
Winter I	Thursday 7:10-7:40PM Youth w/ Caregi	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Fri 10:15-11:30AM Youth Stages 1-6	5-12	\$52.00/\$100.00
Winter I	Friday 11:00-12:15PM Youth Stages 1-	5-12	\$52.00/\$100.00

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## 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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Winter I	Thurs 7:40am-8:30AM Older Adult Exer	16-99	\$17.00/\$65.00
Winter I	Wednesday 9:30-10:20AM	16-99	\$17.00/\$65.00
Winter I	Friday 8:30-9:15AM Hi-Lo HIIT Class	16-99	\$17.00/\$65.00

### 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
Winter I	Tues 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Winter I	Thursday 9:30 - 10:20AM	16-99	\$17.00/\$65.00

### 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
Winter I	Monday 7:45-8:30AM	18-99	\$21.00/\$75.00
Winter I	Monday 8:40-9:25AM	18-99	\$21.00/\$75.00
Winter I	Monday 9:35-10:20AM	18-99	\$21.00/\$75.00
Winter I	Monday 10:30-11:15AM	18-99	\$21.00/\$75.00
Winter I	Monday 11:25-12:10PM	18-99	\$21.00/\$75.00
Winter I	Monday 7:00-7:45PM	18-99	\$21.00/\$75.00
Winter I	Wednesday 7:45-8:30AM	18-99	\$21.00/\$75.00
Winter I	Wednesday 8:40-9:25AM	18-99	\$21.00/\$75.00
Winter I	Wednesday 9:35-10:20AM	18-99	\$21.00/\$75.00
Winter I	Wednesday 10:30-11:15AM	18-99	\$21.00/\$75.00
Winter I	Wednesday 11:25-12:10PM	18-99	\$25.00/\$90.00
Winter I	Wednesday 11:25-12:10PM	18-99	\$21.00/\$75.00
Winter I	Wednesday 7:00-7:45PM	18-99	\$21.00/\$75.00
Winter I	Friday 7:45-8:30AM	18-99	\$21.00/\$75.00
Winter I	Friday 8:40-9:25AM	18-99	\$21.00/\$75.00
Winter I	Friday 9:35-10:20AM	18-99	\$21.00/\$75.00
Winter I	Friday 10:30-11:15AM	18-99	\$21.00/\$75.00
Winter I	Friday 11:25-12:10PM	18-99	\$21.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 7:10-7:55PM	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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:15-1:00PM	18-99	\$13.00/\$50.00
Winter I	Monday 6:00pm-6:45pm	18-99	\$13.00/\$50.00
Winter I	Wednesday 12:15-1:00PM	18-99	\$13.00/\$50.00
Winter I	Friday 12:15-1:00PM	18-99	\$13.00/\$50.00
Winter I	Saturday 12:00-12:45pm	18-99	\$13.00/\$50.00

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## Sports & Youth Programs

### Arts & Crafts

This parent-child class will enable you to enjoy arts and crafts experiences without a mess at home and with a guide! Bring a "paint shirt" to class each week and come excited to make fun arts and crafts with your child, helping him/her learn scissor skills as well as many other fine motor skills each week! Each class will include a story that relates to the craft and all supplies.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:30 - 10:15 am	1-5	\$30.00/\$60.00

### Beginner Volleyball

Come practice some gross motor skills, move around, learn the very basics of volleyball, and most of all have fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00

### Creative Movement

Creative movement is a fun class filled with fun music and continuous movement! Sing, march and jump!

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 10:30 - 11:15 am	2-5	\$50.00/\$80.00

*\*New East Room Policy: Parents may be present in room during the last 5-10 minutes*

### Discovering Art

Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:30 - 6:15 pm	6-12	\$30.00/\$60.00

### Gymnastics - Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Winter I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

### Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:30 - 7:15 pm	1-3	\$50.00/\$80.00
Winter I	Wednesday 6:30 - 7:15 pm	1-3	\$50.00/\$80.00
Winter I	Friday 9:30 - 10:15 am	1-3	\$50.00/\$80.00

### Kid's Strength & Conditioning

Kid's Strength & Conditioning will focus on improving participants body strength, help fitness and conditioning levels, and improve muscle mass. Fundamentals will be taught to develop better posture, speed and overall strength.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30 - 6:15 pm	8-12	\$30.00/\$60.00

### Kid's Stretch & Relax

Kids learn to stretch and release tension in a fun and safe environment. We will meditate, balance, breathe, and build strength using yoga type poses.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

### Little Dribblers

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00

*Parent participation may be required for some students.*

### Pickleball 101

Pickleball 101 will teach participants the basic skills and knowledge to move forward with confidence in this rapidly growing sport! Pickleball paddles will be provided.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:30 - 7:15 pm	8-12	\$50.00/\$80.00

### Sporties For Shorties (ages 3-5)

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

### Volleyball Class

Developmental class that allows all skill levels to learn the game of volleyball. This class works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:30 - 7:15 pm	7-12	\$50.00/\$80.00

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