



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 10:45-11:15am PC A & B	Max 3	\$60.00/\$115.00
Winter II	Wednesday 5:00-5:30PM	Max 3	\$60.00/\$115.00
Winter II	Saturday 9:00-9:30AM	Max 3	\$60.00/\$115.00

### 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 II	Tuesday 10:45-11:15am PC A & B	Max 3	\$60.00/\$115.00
Winter II	Wednesday 5:40-6:10PM	Max 3	\$60.00/\$115.00
Winter II	Saturday 9:35-10:05AM	Max 3	\$60.00/\$115.00

### 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 II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:35-6:05pm	3-5	\$60.00/\$115.00
Winter II	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Thursday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00-9:30AM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00

### 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	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Thursday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:00-9:30PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:35-10:05 AM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:10-10:40 AM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

### 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	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Tuesday 6:10-6:40PM	3-5	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:10-10:40AM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

### 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 II	Tuesday 6:45-7:15PM	3-5	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05pm	3-5	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	3-5	\$60.00/\$115.00
Winter II	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00
Winter II	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

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# Wadsworth YMCA

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.

Ses	Days & Times	Ages	Mem/Program
Winter II	Thursday 6:10-6:40PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9-9:30AM	6-12	\$60.00/\$115.00

### 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	Tuesday 5:35-6:05PM	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Thursday 5:35-6:05PM	6-12	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:00-9:30AM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:10-10:40AM	6-12	\$60.00/\$115.00

### 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	Tuesday 4:55-5:25pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Thursday 4:55-5:25pm	6-12	\$60.00/\$115.00
Winter II	Thursday 6:45-7:15PM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:10-10:40AM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:50-11:20AM	6-12	\$60.00/\$115.00

### 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 II	Tuesday 4:55-5:40pm	6-12	\$60.00/\$115.00
Winter II	Tuesday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Thursday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:00-9:45AM	6-12	\$60.00/\$115.00
Winter II	Saturday 9:55-10:40AM	6-12	\$60.00/\$115.00

### 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 II	Tuesday 5:45-6:30PM	6-12	\$60.00/\$115.00
Winter II	Saturday 10:50-11:35AM	6-12	\$60.00/\$115.00

### 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 II	Tuesday 5:45-6:30pm	6-12	\$60.00/\$115.00
Winter II	Saturday 10:50-11:35AM	6-12	\$60.00/\$115.00

### 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 II	Sat 10:50-11:35AM Aquatic Conditionin	10-15	\$60.00/\$115.00

### 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 II	Tuesday 6:45-7:15pm Adult w/Caregive	14-99	\$60.00/\$115.00
Winter II	Thursday 7:00-7:30PM Youth w/ Caregi	4-14	\$60.00/\$115.00

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

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## Aquatics

### Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter II	Saturday 9:00-9:30AM Teen/Adult	13-99	\$60.00/\$115.00

### Swim Clinic

Stroke clinics are an excellent introduction to the sport of competitive swimming and are a great lead up for any swimmer wishing to participate on a swim team. They are also a great way for current swim team members to brush up on their skills. Participants will be presented with the four competitive strokes, starts and turns, and introduced to various drills and workouts for each.

Ses	Days & Times	Ages	Mem/Program
Winter II	Mon, Wed, Fri 5:15-6:15pm Competitive	6-18	\$100.00/\$150.00
Winter II	Mon, Wed, Fri 6:30-7:30pm Competitive	6-18	\$100.00/\$150.00

### Lifeguard Certification Class

Ses	Days & Times	Ages	Mem/Program
Winter II	Lifeguard Class March 21, 22 and 23, 2		\$200.00/\$230.00
Winter II	Lifeguard Class March 24, 25, 26, & 27	15-99	\$200.00/\$230.00
Winter II	Lifeguard Class March 31, April 1, 2, &	15-99	\$200.00/\$230.00

### 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 II	Tuesday 7:10-7:55PM	18-99	\$25.00/\$90.00

### 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	Mon 9:30 - 10:20AM	16-99	\$20.00/\$75.00
Winter II	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Winter II	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
Winter II	Tues 9:30 - 10:20AM	16-99	\$20.00/\$75.00
Winter II	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
Winter II	Monday 7:45-8:30AM	18-99	\$25.00/\$90.00
Winter II	Monday 8:40-9:25AM	18-99	\$25.00/\$90.00
Winter II	Monday 9:35-10:20AM	18-99	\$25.00/\$90.00
Winter II	Monday 10:30-11:15AM	18-99	\$25.00/\$90.00
Winter II	Monday 11:25-12:10PM	18-99	\$25.00/\$90.00
Winter II	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Winter II	Wednesday 7:45-8:30AM	18-99	\$25.00/\$90.00
Winter II	Wednesday 8:40-9:25AM	18-99	\$25.00/\$90.00
Winter II	Wednesday 9:35-10:20AM	18-99	\$25.00/\$90.00
Winter II	Wednesday 10:30-11:15AM	18-99	\$25.00/\$90.00
Winter II	Wednesday 11:25-12:10PM	18-99	\$25.00/\$90.00
Winter II	Wednesday 7:00-7:45PM	18-99	\$25.00/\$90.00
Winter II	Friday 7:45-8:30AM	18-99	\$25.00/\$90.00
Winter II	Friday 8:40-9:25AM	18-99	\$25.00/\$90.00
Winter II	Friday 9:35-10:20AM	18-99	\$25.00/\$90.00
Winter II	Friday 10:30-11:15AM	18-99	\$25.00/\$90.00
Winter II	Friday 11:25-12:10PM	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
Winter II	Monday 12:15-1:00PM	18-99	\$15.00/\$60.00
Winter II	Monday 6:00pm-6:45pm	18-99	\$15.00/\$60.00
Winter II	Wednesday 12:15-1:00PM	18-99	\$15.00/\$60.00
Winter II	Friday 12:15-1:00PM	18-99	\$15.00/\$60.00
Winter II	Saturday 12:00-12:45pm	18-99	\$15.00/\$60.00

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