

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
Spring	Thurs 5:20 - 5:50pm	Max 3	\$52.00/\$100.00
Spring	Sat 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
Spring	Thurs 6:00 - 6:30pm	Max 4	\$52.00/\$100.00
Spring	Sat 11:00 - 11:30am	Max 4	\$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
Spring	Tues 10:00 - 10:30am	3-5	\$52.00/\$100.00
Spring	Tues 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Tues 6:00 - 6:30pm	3-5	\$52.00/\$100.00
Spring	Thurs 10:40 - 11:10am	3-5	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	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
Spring	Tues 10:40a - 11:10am	3-5	\$52.00/\$100.00
Spring	Tues 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Tues 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Spring	Thurs 10:00 - 10:30am	3-5	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	3-5	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	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
Spring	Tues 5:20 - 5:50pm	3-5	\$52.00/\$100.00
Spring	Tues 6:00 - 6:30pm	3-5	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	3-5	\$52.00/\$100.00
Spring	Sat 9:00 - 9:30am	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
Spring	Tues 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Thurs 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Sat 11:00 - 11:30am	5-12	\$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
Spring	Tues 4:40 - 5:10pm	5-12	\$52.00/\$100.00
Spring	Thurs 5:20 - 5:50pm	5-12	\$52.00/\$100.00
Spring	Thurs 6:00 - 6:30pm	5-12	\$52.00/\$100.00
Spring	Sat 9:40 - 10:10am	5-12	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	5-12	\$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
Spring	Tues 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Spring	Thurs 4:40 - 5:10pm	5-14	\$52.00/\$100.00
Spring	Thurs 6:00 - 6:30pm	5-14	\$52.00/\$100.00
Spring	Sat 9:00 - 9:30am	5-14	\$52.00/\$100.00
Spring	Sat 10:20 - 10:50am	5-14	\$52.00/\$100.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Green YMCA

Spring (04/20-06/02)

Aquatics

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
Spring	Sat 9:00 - 9:45am	5-14	\$52.00/\$100.00
Spring	Sat 10:00 - 10:45am	5-14	\$52.00/\$100.00
Spring	Sat 11:00 - 11:45am	5-14	\$52.00/\$100.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Spring	Sat 8:25 - 8:55am	15-95	\$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
Spring	Tues 10:00 - 10:50 am	16-99	\$20.00/\$75.00
Spring	Thurs 10:00 - 10:50am	16-99	\$20.00/\$75.00

Arthritis Exercise

Arthritis Exercise is a low-intensity, low-impact, aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis (MS), soft-tissue injury, cardiac issues and obesity.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon, Wed, Fri 11:00-11:50 am	18-99	\$20.00/\$75.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Spring	SUMMER BOOSTER FEE - REQUIRE	6-18	\$45.00/\$45.00
Spring	Summer 2025 Summer Only	5-18	\$210.00/\$265.00
Spring	Full Year 8 & Under	5-8	\$515.00/\$515.00
Spring	Full Year 8 & Under payments	5-8	\$87.50/\$87.50
Spring	Full Year Ages 9 & 10	9-10	\$560.00/\$560.00
Spring	Full Year 9 & 10 payments	9-10	\$95.00/\$95.00
Spring	Full Year Ages 11 & Up	11-18	\$590.00/\$590.00
Spring	Full Year 11 & Up payments	11-19	\$100.00/\$100.00

Register Online at AKRONYMCA.ORG



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Spring (04/20-06/02)

Group Classes

Self Defense Workshop

This is a participation class taught by a law enforcement officer. Techniques in self defense will be taught to fit a variety of situations and circumstances.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 11:30am - 12:15pm	13-99	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG

Youth Conditioning

Youth conditioning, focusing on strength, core strength, cardiovascular endurance, and balance.

Ses	Days & Times	Ages	Mem/Program
Spring	Speed and Agility - Wed 3:15 - 4:00pm	9-18	\$70.00/\$100.00

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
Spring	Wednesday 5:00pm - 5:45pm	ages 3-5	\$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
Spring	Wednesday 5:00pm - 5:45pm	3-5	\$50.00/\$80.00

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Ses	Days & Times	Ages	Mem/Program
Spring	Thurs 6:00 - 6:45pm	Ages 5-10	\$50.00/\$80.00

Basketball - Clinic

The Basketball Clinic will focus on the fundamentals of basketball through drills, games and activities that will help your child become a better basketball player.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:00 - 5:45 pm	ages 6-8	6-8 \$50.00/\$80.00
Spring	Tuesday 6:00 - 6:45 pm	ages 9-12	9-12 \$50.00/\$80.00

Tae Kwon Do

Youth Tae Kwon Do will offer participants the opportunity to learn specialized skills and knowledge. This is a basic class that will help participants develop as they move forward.

Ses	Days & Times	Ages	Mem/Program
Spring	Wed 6pm-7pm & Sat 9am-10am	May 5-99	\$40.00/\$55.00