



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Spring (04/20-06/02)

## 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
Spring	Tuesday 10:45-11:15am PC A & B	Max 3	\$52.00/\$100.00
Spring	Wednesday 5:00-5:30PM	Max 3	\$52.00/\$100.00
Spring	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
Spring	Tuesday 10:45-11:15am Parent/Child A	Max 3	\$52.00/\$100.00
Spring	Wednesday 5:40-6:10PM	Max 3	\$52.00/\$100.00
Spring	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
Spring	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$52.00/\$100.00
Spring	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Tuesday 5:35-6:05pm	3-5	\$52.00/\$100.00
Spring	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	3-5	\$52.00/\$100.00
Spring	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
Spring	Tuesday 11:20-11:50	3-5	\$52.00/\$100.00
Spring	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:00-9:30PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:35-10:05 AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:10-10:40 AM	3-5	\$52.00/\$100.00
Spring	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
Spring	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	3-5	\$52.00/\$100.00
Spring	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
Spring	Tuesday 6:45-7:15PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	3-5	\$52.00/\$100.00

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Spring (04/20-06/02)

## 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
Spring	Tuesday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	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
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	6-12	\$52.00/\$100.00
Spring	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
Spring	Tuesday 4:55-5:25PM	6-12	\$52.00/\$100.00
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	6-12	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	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
Spring	Tuesday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:45AM	6-12	\$52.00/\$100.00
Spring	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
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	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
Spring	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Spring	Saturday 10:50-11:35AM	6-12	\$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
Spring	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
Spring	Fri 10:15-11:30AM Youth Stages 1-6	5-12	\$52.00/\$100.00
Spring	Friday 11:00-12:15PM Youth Stages 1-	5-12	\$52.00/\$100.00

### 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
Spring	Mon, Wed, Fri 5:15-6:15pm Competitive	6-18	\$100.00/\$150.00
Spring	Mon-Thu 6:30-7:45pm Tsunami Preseas	6-18	\$200.00/\$300.00
Spring	Mon-Fri 3:30-5:00pm High School Prese	6-18	\$200.00/\$300.00

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## Aquatics

### 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
Spring	Tuesday 7:10-7:55PM	18-99	\$21.00/\$65.00

### 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	Mon 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Spring	Wednesday 9:30-10:20AM	16-99	\$17.00/\$65.00
Spring	Thurs 7:40-8:30am Older Adult Exercise	16-99	\$17.00/\$65.00
Spring	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
Spring	Tues 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Spring	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
Spring	Monday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Monday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Monday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Monday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Monday 11:25-12:10PM	18-99	\$20.00/\$75.00
Spring	Monday 7:00-7:45PM	18-99	\$20.00/\$75.00
Spring	Wednesday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Wednesday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Wednesday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Wednesday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Wednesday 11:25-12:10PM	18-99	\$20.00/\$75.00
Spring	Wednesday 7:00-7:45PM	18-99	\$20.00/\$75.00
Spring	Friday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Friday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Friday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Friday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Friday 11:25-12:10PM	18-99	\$20.00/\$75.00

### 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
Spring	Monday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Monday 6:00pm-6:45pm	18-99	\$13.00/\$50.00
Spring	Wednesday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Friday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Saturday 12:00-12:45pm	18-99	\$13.00/\$50.00

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