

# YAQUATICS™

We build strong kids, strong families, strong communities.

**WARD FAMILY YMCA - 614-252-3166**

Seth Bower: [Sbower@ymcacolumbus.org](mailto:Sbower@ymcacolumbus.org)

**Fall I Session: September 6th- October 24th**

Registration begins: Metro Members - July 31st

Program Members - August 8th

Class	\$ FEES			Code	Mo	Tu	We	Thr	Fr	Sa
	M	P*	F							
<b>Silver Sneakers®</b> SilverSplash	Free	20M	Free	Monthly Registration	10:30AM- 11:30AM		10:30AM- 11:30AM		10:30AM- 11:30AM	
<b>Silver Sneakers®</b> SilverSplash	Free	20M	Free	Monthly Registration	11:30AM- 12:30PM		11:30AM- 12:30PM		11:30AM- 12:30PM	
Arthritis Foundation Aquatics Program	28	68	28	AQUAARTH		1:00PM- 2:00PM		1:00PM- 2:00PM		
Cancer Survivors OSU Water Exercise	Free	Free	Free	CONTACT SETH		10:00AM- 11:00AM	5:30PM- 6:30PM	10:00AM- 11:00AM		
Private Swim Lessons/ Stroke Technique	30	N/A	30	ST1	1 Session- by appointment					
Private Swim Lessons/ Stroke Technique	150	N/A	150	ST6	6 Sessions- by appointment					
High Intensity Water Fitness	14	34	14	PMAQUA			6:45PM- 7:30PM			
Adult Swimming Lessons	28	68	28	ASWIMSAT						9:00AM- 9:40AM
AOA Swim Lessons (Senior)	28	68	28	AOASWIM				12:00PM- 12:40PM		
Polliwog, Guppy, Minnow	28	68	28	68SWIMSAT						11:05AM- 11:45AM
Fish, Flying Fish, Shark & Porpoise Lessons	28	68	28	912SWIMSAT						9:45AM- 10:25AM
Pike, Eel, Ray, & Starfish Swim Lessons	28	68	28	PSSWIMSAT						10:30AM- 11:00AM
Parent & Child Swim Lessons	28	68	28	PCSWIMSAT						10:30AM- 11:00AM
Young Adult Swim Lessons	28	68	28	YASWIMWED						9:45AM- 10:25AM

**M** = YMCA Metropolitan Member    **P\*** = YMCA Program Member (must have active Program Membership)  
**FREE** = Free for Metropolitan Members

*Register online at [ymcacolumbus.org](http://ymcacolumbus.org)*

Our mission: To serve the whole community through programs expressing  
Judeo-Christian principles that build a healthy spirit, mind and body.

8/17/2010

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## **Silver Sneakers Silver Splash**

Members of participating Medicare Health plans can join the nation's leading fitness program for seniors. This trademarked group exercise class is designed for older adults ready to have fun and get fit. An energy building class that includes a warm-up and rhythmic range of movement, stretch, work with resistance tools, cool down, final stretch and relaxation segment.

## **Arthritis Foundation Aquatics Program**

Trained personnel lead participants through a series of specifically designed exercises that use buoyancy and resistance to help improve joint flexibility.

## **High Intensity Water Fitness**

Participants will use the water for a high intensity, cardiovascular, and muscle conditioning workout.

## **Young Adult/Adult Swim/AOA Swim Lessons**

Teens and adults learn basic swim and safety skills. Techniques for overcoming fear of water are also covered. Classes can range from beginner swimmers, all the way through competitive leagues, or those who just want stroke refinement.

## **Polliwog, Guppy, Minnow Swim Lessons (Ages 6-12)**

Students build on stroke development, rescue, personal growth, personal safety, water sports and games. Child moves through progressive levels as they increase swimming distance, endurance, and ability with each level.

## **Fish, Flying Fish, Shark and Porpoise Swim Lessons (Ages 6-12)**

Students build on stroke development, rescue, personal growth, personal safety, water sports and games. Child moves through progressive levels as they increase swimming distance, endurance, and ability with each level.

## **Pike, Eel, Ray, and Starfish Swim Lessons (Ages 3-5)**

Preschool swim lessons focus on basic swim skills and pool safety. Children move through progressive levels as they increase swimming distance, endurance, and ability with each level.

## **Parent Child Swim Lessons (6 mos – 3 yrs.)**

This program offers activities based on the developmental abilities of the child. Parent learns how to positively and creatively encourage water skills through instruction and play as their child becomes more comfortable in the water.

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