

Aquatics – Healthy Living

Fall 2022 POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open / Lap Swim 5:15–9:00 am	Adult Open / Lap Swim 5:15–9:00 am	Adult Open / Lap Swim 5:15–9:00 am	Adult Open / Lap Swim 5:15–9:00 am	Adult Open / Lap Swim 5:15–9:00 am	Open Swim 8:00–11:00am	Open Swim 10:30–1:30pm
Aquarobics 9:15–10:05am	Open Aquarobics 9:00–9:50am	Aquarobics 9:15–10:05am	Open Aquarobics 9:00–9:50am	Aquarobics 9:15–10:00am	 <p>Schedule is subject to change.</p> <p>Watch our website: cantonfamily ymca.org</p> <p>Call us at: 309-647-1616</p>	
Aquazumba 10:15–11:05am	Open Swim 10:00–1:00pm	Aquazumba 10:15–11:05am	Open Swim 10:00–1:00pm	Aquazumba 10:15–11:05am		
Open Swim 11:15–3:30pm	Pool Closed 1:00–3:30pm	Open Swim 11:15–3:30pm	Pool Closed 1:00–3:30pm	Open Swim 11:15–3:30pm		
Swim Team 3:30–5:30pm	Swim Team 3:30–5:30pm	Swim Team 3:30–5:30pm	Swim Team 3:30–5:30pm	Swim Team 3:30–5:30pm		
Open Swim 5:30–8:00pm	Swim Lessons 5:30–7:00pm Open Swim 7:00–8:00pm	Open Swim 5:30–8:00pm	Swim Lessons 5:30–7:00pm Open Swim 7:00–8:00pm	Open Swim 5:30–6:30pm		

- Fall Sessions: Aug 23rd–Sept 25th, Oct 3rd–Nov 6th, & Nov 14th–Dec 18th
- Schedule is subject to change; watch our website, www.cantonfamilyymca.org, and Facebook for updates.
- One lap lane will be available, except during swim team.
- Open Aquarobics – Is set time for Aquatic Fitness Participants without an instructor.

Questions? Contact Program Director Caleb Taylor at cantonymcaaquatics@gmail.com.

Aquatics – Youth Development

SWIM LESSONS FOR ALL AGES

At the Y, our swim lessons build skills, confidence and character. Our curriculum develops sequence-based skill sets that build on one another. Students will learn faster, be safer sooner, and progress more quickly through levels. To help you determine swim level go to www.cantonfamilyymca.org/swim-lessons and click on LESSON SELECTOR. This is a three page document that breaks down the various levels.

Call or email Program Director Caleb Taylor, 647-1616 or cantonymcaaquatics@gmail.com

SWIM STARTERS

Ages 6 Months–3 Years

Parent and child lessons.

Accompanied by an adult, infants and toddlers will learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A–Water Discovery: Introduces infants and toddlers to the aquatic environment.

B–Water Exploration: Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

Class Times:

Tues/Thurs 6:30–7:00 pm

Swim Starters Fees:

Member \$34

Community \$59

Swim Basics and Strokes Fees:

Members \$39

Community \$74

SWIM BASICS

Ages 3 Years and up

Recommended skills to have around water. Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills.

1–Water Acclimation: Increases comfort with underwater exploration and introduces self-rescue skills.

2–Water Movement: Encourages forward movement in water and basic self-rescue skills.

3–Water Stamina: Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Class Times:

Preschool

Tues/Thurs 5:30 – 6:00pm

School Age

Tues/Thurs 6:00–6:30 pm

SWIM STROKES

Ages 5 Years and up

Skills to support a healthy lifestyle. Having mastered the basics, students of any age learn additional water safety skills and build stroke technique, developing skills that foster a lifetime of physical activity.

4–Stroke Introduction: Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

5–Stroke Development: Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

6–Stroke Mechanics: Reinforces stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Class Times:

Tues/Thurs 6:15–7:00 pm

Questions? Contact Program Director Caleb Taylor at cantonymcaaquatics@gmail.com

Aquatics – Healthy Living

PRE-COMPETITIVE/CONDITIONING

This class provides specialized instruction and training for competitive swimming, skill development, athletic training and physical endurance. Requires Program Director's approval. Instructor: Head Coach Caleb Taylor.

Class Times: 45 minutes
Tues/Thurs 5:30–6:15 pm

Fees: \$39 Members
\$74 Program Members

CUDAS SWIM TEAM

The Canton Y Barracudas, alias Can-Y-Cudas or Cudas, is a team which accommodates all swimmers from those who have recently learned to swim to national qualifiers. Ages range from 5 to 18 years of age. Short Course Season is October 1st–Mid March.

For more information on becoming part of the team contact our Head Coach, Program Director Caleb Taylor, 647-1616 or cantonymcaaquatics@gmail.com.

The team practices: 3:30–5:30
Monday–Friday.

WATER FITNESS

AQUAROBCICS

This class uses easy to follow aerobic exercises, occasionally adding foam barbells and noodles for a fun way to get a great calorie burning, muscle toning workout.

M/W/F 9:15 – 10:05 am

AQUA ZUMBA

A fun water workout done to Latin Music. This workout will provide cardio and strength training and burn fat!

M/W/F 10:15 – 11:05 am

WATER FITNESS PASS FEES:

Y MEMBER– FREE

Program Member:

2 day/week– \$53 Daily Drop in– \$8

3 day/week– \$65 UNLIMITED– \$74



PRIVATE LESSONS

Adult & children 1/2 hour long lessons are available. Work one on one to advance your skill. Open to anyone. Lessons are 30 minutes

Private Lesson Fees:

Members–1 lesson \$15 / 5 lessons \$75

Program Member –1 lesson \$25 / 5 lessons \$100

SEMI PRIVATE LESSONS

Have multiple children? Do you want them to take swim lessons together? Check out our Semi-Private lesson. Semi-Private lessons may have 2 or more people from the same family. 2 to 1 student/teacher ratio. Price is per person for a total of 10 lessons.

Semi-Private Lesson Fees:

Y Members \$50

Program Members \$85