

# Aquatics – Healthy Living

## Summer 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	<div>Schedule is subject to change.</div> <div>Watch our website: <a href="http://cantonfamilyymca.org">cantonfamilyymca.org</a></div> <div>Call us at: 309-647-1616</div>	
Aquazumba 10:15–11:05am	Swim Lessons 9:00–11:30am	Aquazumba 10:15–11:05am	Swim Lessons 9:00–11:30am	Aquazumba 10:15–11:05am		
Open Swim 11:15–4:30pm	Open Swim 11:30–4:30pm	Open Swim 11:15–4:30pm	Open Swim 11:30–4:30pm	Open Swim 11:15–4:30pm		
Swim Team 4:30–5:30pm	Swim Team 4:30–5:30pm	Swim Team 4:30–5:30pm	Swim Team 4:30–5:30pm	Swim Team 4:30–5:30pm		
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 7:00–8:15pm	Open Swim 5:30–6:30pm		

- Summer Sessions: May 31 – July 3 & July 5 – August 4
- POOL SHUTDOWN: AUGUST 5-22
- Schedule is subject to change; watch our website, [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org), and Facebook for updates.
- Lockers and showers are available. Please enter the pool through the locker rooms.
- One lap lane will be available, except during swim team.
- The lap lane will only be taken out during Water Fitness classes if it prevents social distancing.
- Open Aquarobics – Is set time for Aquatic Fitness Participants without an instructor.



Questions? Contact Aquatics Director Caleb Taylor at [cantonymcaaquatics@gmail.com](mailto: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](http://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 Aquatics Director Caleb Taylor, 647-1616 or [cantonymcaaquatics@gmail.com](mailto: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:** 30 minutes

(Levels A & B)

Tues/Thurs 6:30 am–7:00 pm

**Swim Starters Fees:**

**Y Members \$34**

**Community \$59**



## 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:** 30 minutes

(Levels 1, 2 & 3)

Preschool

Tues/Thurs

10:30–11:00 am

5:30 – 6:00 pm

School Age

Tues/Thurs

10:00–10:30 am

6:00–6:30 pm

**Swim Basics Fees:**

**Y Members \$39**

**Community \$74**

## 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:** 45 minutes

(Levels 4, 5 & 6)

Tues/Thurs

9:00–9:45 am

6:15–7:00 pm

**Swim Strokes Fees:**

**Y Members \$39**

**Community \$74**

# Aquatics – Healthy Living

## PRE-COMPETITIVE/CONDITIONING

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

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

### Fees:

**Y Members \$39                      Community \$74**

## 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.** We strive for quality instruction and workouts, which suit each swimmer's abilities and goals. Typical swim season begins in October and ends in March.

**For more information on becoming part of the team or various swimming levels go to our website, [cantonfamilyymca.org/cudas-swim-team](http://cantonfamilyymca.org/cudas-swim-team), or contact our Head Coach, Aquatics Director, Caleb Taylor, 647-1616 or [cantonymcaaquatics@gmail.com](mailto:cantonymcaaquatics@gmail.com).**

## 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**

**UNLIMITED– \$74**

**3 day/week– \$65**

**Daily Drop in– \$8**



## PRIVATE LESSONS

Adult, children & family 1/2 hour long lessons are available. Lessons for younger children (Levels 1–3) may require a parent or caregiver on the pool deck or in the water, depending on the child's comfort level in the water. This will allow instructors to stay socially distanced on the pool deck or in the water.

### Private Lesson Fees:

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

**Community–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 3 or more people from the same family. 3 to 1 student/teacher ratio. Price is per person for a total of 10 lessons.

### Semi-Private Lesson Fees:

**Y Members \$50**

**Community \$85**