

Aquatics – Healthy Living

Summer 2023 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 am	Swim Lessons 9:00–11:30am	Aquarobics 9:15–10 am	Swim Lessons 9:00–11:30am	Aquarobics 9:15–10 am		
	Open Aquarobics 9:00–9:50am		Open Aquarobics 9:00–9:50am			
Open Swim 1:15–4:00pm	Open Swim 11:30–4:00pm	Open Swim 11:15–4:00pm	Open Swim 11:30–4:00pm	Open Swim 11:15–4:00pm		
Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm	Swim Team 4:00–5:00pm		
Open Swim 5:00–8:00pm	Swim Lessons 5:30–7:00pm	Open Swim 5:00–8:00pm	Swim Lessons 5:30–7:00pm	Open Swim 5:00–6:30pm		
	Open Swim 7:00–8:00pm		Open Swim 7:00–8:00pm			

- Summer Sessions: May 30th – July 2nd & July 3rd – August 4th
- POOL SHUTDOWN: AUGUST 4th–21st
- 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 – 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: \$39 Members/\$74 Community Member

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. Summer Swim is June 1st-July 31st

For more information on becoming part of the team or various swimming levels go to our website, cantonfamilyymca.org/cudas-swim-team, or contact our Head Coach, Program Director, Caleb Taylor, 647-1616 or cantonymcaaquatics@gmail.com.

The team is currently practicing 4:30-5:30

WATER FITNESS

AQUAROBICS

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 & 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

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 Aquatics 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 6:15–6:45 pm
(Levels A & B)

Swim Starters Fees:

Y Members \$40

Community \$71

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 10:30–11:00am
5:30 – 6:00pm

School Age

Tues/Thurs 10:00–10:30am
6:15–6:45 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 9:00–9:45 am
5:30–6:15 pm