

SWIM LESSONS & ADULT WATER FITNESS

Ages: 6 months & up

Franklin YMCA

The Franklin YMCA has been teaching people how to be safe around water for decades. Please note - the YMCA revised its swim lesson structure to simplify and more accurately describe skill levels.

Swim Stages: Stages, which better reflect the skills learned, are now used instead of fish levels. The curriculum better serves the different learning styles of children. The structure is simplified and focuses on benchmark skills and goals in each stage. Students progress from fundamentals to stroke technique over six distinct stages.

Program Member Fee: When you register through Medway Community Education, registrants receive the Program Member Fee without having to pay an annual fee. Register through our department – online or by mail. Do not register through the YMCA's portal.

Registration for Summer Lessons Opens on Tuesday, May 29

To Register for Swim Lessons:

1. Visit [Swim Lesson Stages](#) to determine the appropriate swim stage for your child.
2. Visit [Swim Lessons](#) to determine the appropriate stage, day and time of swim lesson.
3. Visit our website to register, www.medwayce.org. Select **Online Registration: FamilyID**. Include lesson **stage, day** and **time** in the "Special Request" box when registering online at FamilyID
4. Complete the one-time [YMCA Waiver Form](#) (if not already on file) and return to the Community Education office communityed@medwayschools.org . See the [Waiver Form Process](#) below.

Summer Program

Course # DY-18

Monday, June 25-Sunday, August 26

9 sessions (includes 2 free) \$125

8 sessions (Wednesdays only-includes 2 free) \$107

45 Forge Hill Road, Franklin

YMCA Waiver Form

All families participating as a “Program Member” in the swim program must complete the form before the first lesson. This is only required of families who have NOT completed the form previously.

- Complete Adult Name & Additional Members
- Complete Fields – address, city, cell phone, emergency contact info only
- Sign & date page 2

If your computer has the most up-to-date Adobe program, you can click on *Fill & Sign* to complete fields.

If not, please print, complete the [Waiver Form](#) and scan back to our office. You may also take a photo, attach and return to our office.

Our email is communityed@medwayschools.org

ADULT WATER FITNESS PROGRAMS – Franklin YMCA

YMCA Aquatics Staff

The Franklin YMCA offers a variety of fitness programs that allow all ages and abilities to enjoy the pool. Participants pay \$5 per Water Fitness class. Please register and pay for the number of classes you plan on attending; passes will be mailed to your home address. You may attend any of the programs/days/times noted below. Class descriptions are available on our website. Visit www.medwayce.org and select the link **YMCA Programs**. There is no deadline for registration and passes do not expire. All classes are 45 minutes in length.

Course # DY-18 45 Forge Hill Road, Franklin \$5/class

Aqua Yoga & Stretch *Mondays 11:15am* *New*

Balance, strength, flexibility and focus are practiced through a variety of Asanas (positions) in the pool. You will benefit from the water’s buoyancy for joints, and the surprising challenge to subtle core stability while holding poses. Leave the pool feeling centered and relaxed. All levels welcome.

Aqua Circuit Training *Tuesdays 7:30pm* *New*

This class is designed to offer a variety of cardiovascular and muscular endurance exercises. You will get your blood pumping and body moving in this high energy class. All levels welcome.

Deep End Water Fitness *Thursdays 9:30am* *New*

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

Water Walk/Yoga Stretch *Wednesdays 11:15am*

Half cardio, half flexibility; Water Walk/ Yoga Stretch provides members with a balanced workout. This class starts

with medium to high intensity water walking in a variety of pool depths. Lively music provides the tempo and inspiration. The second half of class brings members back to a practice of focus and flexibility. Meditative music wraps up the class, leaving you centered and relaxed.

Hydro Fit *Mondays 7:30pm*

This class is designed to offer a variety of cardiovascular and muscular endurance exercises taking influences from kickboxing, Plyometrics and Zumba. You will get your heart pumping and your body moving in this class.

Cardio Aqua *Mondays, Wednesdays, Fridays, Saturdays 8:00am*

This water workout is as intense as you make it. Class includes stretching, cardiovascular activity and muscle conditioning.

Aqua Arthritis *Tuesdays, Thursdays 8:00am*

YMCA Aquatic Arthritis Program provides soothing exercises in shallow water, specifically designed for people with arthritis.

Aqua Zumba *Tuesdays, Thursdays 12:10pm; Fridays 11:10am*

This impact-free high intensity workout burns calories and tones muscles while you dance and move to Latin music.