



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/02-02/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 10:00 - 10:30 am	Max 3	\$25.00/\$50.00
Winter I	Thursday 5:35 - 6:05 pm	Max 3	\$25.00/\$50.00
Winter I	Saturday 9:50 - 10:20 am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 10:35 - 11:05 am	Max 3	\$25.00/\$50.00
Winter I	Thursday 6:10 - 6:40 pm	Max 3	\$25.00/\$50.00
Winter I	Saturday 10:25 - 10:55 am	Max 3	\$25.00/\$50.00

* Parent/child participation class

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Monday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 10:00 - 10:45 am	3-5	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Winter I	Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Monday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 10:50 - 11:35 am	3-5	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Winter I	Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 11:10 - 11:55 am	3-5	\$35.00/\$70.00
Winter I	Tuesday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Tuesday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
Winter I	Thursday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Winter I	Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00

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Aquatics

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Winter I	Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Youth Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Tuesday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Winter I	Thursday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Winter I	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

Home School Swim Lessons - (6-18 years)

Swimming lessons and open swim time.

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 12:30 - 2:00 pm	6-18	\$35.00/\$70.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 8:00 - 8:45 am	12-100	\$35.00/\$70.00

Aqua Aerobics

Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout, without the need for swimming skills. Aqua Aerobics is held in the shallow or deep water of the lap pool.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon, Wed, Fri 8:30-9:30 am	16-99	\$15.00/\$50.00
Winter I	Mon & Wed 7:15 - 8:00 PM	16-99	\$10.00/\$35.00

Deep Water Aqua Aerobics

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues, Thurs 9:00 - 9:50 am	16-99	\$10.00/\$35.00

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Aquatics

Arthritis Plus

Arthritis exercise is low-intensity, low-impact aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis, soft tissue injury, cardiac tissues and obesity. This class will be held in the warm water the

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues/Thurs 6:30-7:15 pm	16-99	\$15.00/\$50.00
Winter I	Tues/Thurs 7:20 - 8:05 pm	16-99	\$15.00/\$50.00

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon, Wed, Fri 9:00-9:45 am	16-99	\$20.00/\$75.00
Winter I	Mon, Wed, Fri 9:50 - 10:35 am	16-99	\$20.00/\$75.00
Winter I	Mon, Wed, Fri 10:45 - 11:30 am	16-99	\$20.00/\$75.00
Winter I	Tues, Thurs 9:00 - 9:45 am	16-99	\$15.00/\$50.00
Winter I	Wed, Fri 8:10 - 8:55 am	16-99	\$15.00/\$50.00
Winter I	Wednesday 7:00 - 7:45 pm - AI CHI	16-99	\$10.00/\$40.00

Older Adult Water Exercise

Older Adult Water Exercise Older Adult Water exercise increases range of motion, flexibility and strength while receiving a cardiovascular workout. Swimming skills not required. Recommended for seniors.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tues, Thurs 8:00 - 8:50 am	16-99	\$10.00/\$35.00

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Group Classes

BLT

Our BLT workout focuses on exercise for the back, legs and tummy. BLT is structured to strengthen and tone the entire core and lower body.

Ses	Days & Times	Ages	Mem/Program
Winter I	Saturday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Winter I	Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Thursday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Winter I	Friday 5:45 - 6:30 am	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Friday 10:30 - 11:15 am	16-99	\$0.00/\$40.00

Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Winter I	Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Winter I	Monday 5:45 - 6:30 pm	16-99	\$10.00/\$50.00
Winter I	Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Winter I	Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Winter I	Tuesday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
Winter I	Wednesday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Winter I	Wednesday 5:45 - 6:30 pm	16-99	\$10.00/\$50.00
Winter I	Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Winter I	Thursday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Winter I	Thursday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
Winter I	Friday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Winter I	Saturday 8:00 - 8:45 am	16-99	\$10.00/\$50.00
Winter I	Saturday 9:15 - 10:00 am	16-99	\$10.00/\$50.00

Kettlebell AMPD

This very dynamic training weight training class will get you the muscular strength and range of motion you have been looking for. Kettlebells are a traditional tool used in gyms all around the world. Participants must purchase their own kettlebell before class.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:30 - 11:15 am	16-99	\$10.00/\$50.00
Winter I	Saturday 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30 pm - 6:15 pm	16-99	\$10.00/\$50.00
Winter I	Tuesday 5:45 am - 6:30 am	16-99	\$10.00/\$50.00
Winter I	Wednesday 5:45 am - 6:30 am	16-99	\$10.00/\$50.00
Winter I	Saturday 10:30 am - 11:15 am	16-99	\$10.00/\$50.00

R.I.P.P.E.D.

The one stop body shock® that combines easy, yet effective cardio routines, interlaced with weights and resistance work. R – Resistance, I – Intervals, P – Power, P – Plyometrics, E – Endurance, and D – Diet.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:00 - 6:50 pm	16-99	\$10.00/\$50.00

R.I.P.P.E.D. RUMBLE

R.I.P.P.E.D. RUMBLE is a cardio mixed martial arts class that will burn a high level of calories through kicks, punches, elbow and knee strikes. It will help increase the efficiency of circulatory and cardio-respiratory systems and improve muscular endurance. RUMBLE will increase speed, agility, and coordination as well as increase balance and core stability. RUMBLE is for everybody - no MMA experience required. It's RUMBLE time!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00

Seniorobics

This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tue 8:35 - 9:20 am (M/Hd)	50-99	\$0.00/\$40.00
Winter I	Wed 8:35 - 9:20 am (Lt/M)	50-99	\$0.00/\$40.00
Winter I	Thur 8:35 - 9:20 am	50-99	\$0.00/\$40.00

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Group Classes

Silver Sneakers BOOM MIND

Focus on improving balance and flexibility in this class inspired by yoga and pilates. Practice mindful breathing and engage your core in a calming yet invigorating workout.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 12:05 - 12:35 pm	55-99	\$0.00/\$40.00
Winter I	Thursday 12:05 - 12:35 pm	55-99	\$0.00/\$40.00

Silver Sneakers BOOM MOVE IT

Dance to the beat of hip hop and move to the rhythms of the mambo. Have fun and learn steps from every era in this great cardio workout.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 11:30 - 12:00 pm	55-99	\$0.00/\$40.00
Winter I	Thursday 11:30 - 12:00 pm	55-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Winter I	Tuesday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Winter I	Wednesday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
Winter I	Thursday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Winter I	Friday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Winter I	Wednesday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Winter I	Friday 9:30 - 10:15 am	50-99	\$0.00/\$40.00

Small Group Personal Training

This class is designed to be the middle ground between personal training and group exercise classes. It will be for 4-6 people and will be more intense than classes but not quite the intensity of single person personal training.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:30 - 7:30 pm	16-99	\$105.00/\$147.00

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Winter I	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 5:45 - 6:30 am (Core)	16-99	\$0.00/\$10.00
Winter I	Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Winter I	Thursday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon 10:30 - 11:15 am	16-99	\$0.00/\$40.00
Winter I	Mon 5:45 - 6:30 pm	16-99	\$0.00/\$40.00
Winter I	Wed 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Thur 11:00 - 11:45 am	16-99	\$0.00/\$40.00
Winter I	Fri 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Sat 7:00 - 7:45 am	16-99	\$0.00/\$40.00
Winter I	Tue 9:30 - 10:15 am (Senior)	50-99	\$0.00/\$40.00
Winter I	Fri 8:35 - 9:20 am (Senior)	50-99	\$0.00/\$40.00

WERQ

WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Winter I	Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Winter I	Friday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00
Winter I	Saturday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

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Group Classes

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Ses	Days & Times	Ages	Mem/Program
Winter I	Mon 10:15 - 11:00 am (beginner)	16-99	\$10.00/\$50.00
Winter I	Tue 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Winter I	Tue 10:00 - 10:45 am (power)	16-99	\$10.00/\$50.00
Winter I	Tue 7:00 - 7:45 pm (Buti)	16-99	\$10.00/\$50.00
Winter I	Wed 9:00 - 9:45 am (beginner)	16-99	\$10.00/\$50.00
Winter I	Wed 10:00 - 10:45 am	16-99	\$10.00/\$50.00
Winter I	Wed 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
Winter I	Wed 6:00 - 6:45 pm (beginner)	16-99	\$10.00/\$50.00
Winter I	Thur 9:15 - 10:00 am	16-99	\$10.00/\$50.00
Winter I	Thur 10:05 - 10:50 am (power)	16-99	\$10.00/\$50.00
Winter I	Fri 10:30 - 11:15 am	16-99	\$10.00/\$50.00

Yogilates

A program combining elements of Yoga and Pilates to develop flexibility, strength, and stability for the entire body.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Monday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Winter I	Monday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Winter I	Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Winter I	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Winter I	Thursday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Winter I	Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Zumba Toning

Zumba® Toning is an exciting Latin inspired dance and tone program taking our dance fitness class to the next level. Zumba® Toning is an innovative muscle-training program with the addition of a toning stick.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00

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Sports & Youth Programs

Adult Basketball

OPEN GYM 18+ Adult Basketball on wood court in the Field House. Pick up games can be played.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 7:30 - 9:00pm	18-99	\$0.00/\$40.00

Adult Open Dodgeball

OPEN GYM 18+ Adult Open Dodgeball. Adult participants will have the opportunity to play pick-up dodgeball games each week.

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 7:00 - 8:30pm	18-99	\$0.00/\$40.00

Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games

Ses	Days & Times	Ages	Mem/Program
Winter I	Sunday 3:30 - 5:30pm	18-99	\$0.00/\$40.00

Advanced Volleyball Class

Advanced class that allows participants to continue improving their skills and understanding of the game of volleyball. This class works on fundamentals, rules, and games for athletes to grow while allowing for improvement to take him or her to the next level of volleyball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:00 - 7:00pm	9-14	\$30.00/\$60.00

Aspiring Chefs

Junior aspiring chefs will chop, grate, measure, stir and whisk their way through a culinary journey. Not only will children learn an important life skill, cooking will improve concentration, fine motor skills and coordination. This class will stimulate children's interest in food, tastes and nutrition.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 4:45 - 5:45pm	6-11	\$35.00/\$65.00
Winter I	Tuesday 6:10 - 7:10pm	6-11	\$35.00/\$65.00

* 5 total classes

Ballet

Ballet is an introduction to simple and basic techniques with carefully graded, rhythmic exercises designed to develop poise, flexibility and grace within young children.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 4:15 - 5:00pm	4-6	\$30.00/\$60.00

Basic Tumbling

Begin learning the basics of tumbling by working on rolls, cartwheels, handstands and bridges. This is a great class for the beginner cheerleader and those who want to learn to tumble.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 4:30 - 5:15pm	6-12	\$30.00/\$60.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Rookies K - 1st	5-8	\$60.00/\$80.00
Winter I	Winners 2nd - 3rd	6-11	\$60.00/\$80.00
Winter I	Champions 4th - 6th	9-13	\$60.00/\$80.00

* Please contact Ryan Reavy directly if interested

CATCH

A program designed to promote physical activity and healthy food choices and to prevent tobacco use! We will keep your child moving by playing games while educating him/her about how decisions can impact long term health.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 7:15 - 8:15pm	6-12	\$0.00/\$35.00

Dance Combo

In this seven week session, this class will offer a fun skill based level learning environment for younger kids. It will cover skills for both jazz and tap. Boys and girls are to bring both jazz and tap shoes.

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 4:15 - 5:00pm	4-6	\$30.00/\$60.00

Discovering Art

Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:45 - 11:30am	6-12	\$30.00/\$60.00

Dodgeball

Each week, a different version of dodge ball will be played. Participants will also work on fundamentals such as throwing, catching, and different running techniques.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30pm	10-13	\$10.00/\$25.00
Winter I	Monday 6:30 - 7:15pm	6-9	\$10.00/\$25.00
Winter I	Thursday 5:30 - 6:15pm	6-9	\$10.00/\$25.00

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FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/02-02/20)

Sports & Youth Programs

Family Fitness

Fun, family-based exercise program. Class fee covers entire family.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 6:30 - 7:30pm	6-99	\$10.00/\$35.00

Hip Hop

Come and join us for Hip-Hop! Learn some fun ways to dance and learn different dances that will keep you movin' and groovin'. We look forward to having you join us for this dance class!

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 5:15 - 6:00pm	7-12	\$30.00/\$60.00

Home School Young Actors

Schoolage students will learn basic acting techniques (characterization, voice, movement, motivated action) and technical aspects of theater (set, costumes, prop, effects) through short scripts, improvisational activities, and games in this daytime, workshop-style class. The class may also explore script writing and directing.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 10:15 - 11:00am	8-11	\$30.00/\$60.00

Indoor Soccer

Children will learn basic fundamentals of soccer. Skills will include dribbling, passing, shooting, and more.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:45 - 6:30pm	6-10	\$30.00/\$60.00

Intermediate Tumbling

(Students Must be able to do Cartwheel, Forward Roll and Back-Bend and 6yrs old) Learning more advanced tumbling skills by working on Round-Off, Front Limber, Front Walkover, Back Walkover, Handstand Forward Roll and Back Handspring.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:15 - 6:00pm	6-12	\$30.00/\$60.00

Jazz

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolation, stretch, turning, and leaping are taught in this class.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:45 - 5:30pm	7-12	\$30.00/\$60.00

Kid's Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music. This class is designed for participants ages 9 - 12 years old.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:30 - 5:15pm	9-12	\$10.00/\$35.00

Kids Gym

Toddlers and their parents have fun in an open gym atmosphere in the Meadows Family Center. Activities encourage your child to engage in social behaviors and enhance physical and cognitive development. Parents must be present with child at all times.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:00am 12:00pm	Max 5	\$0.00/\$5.00

** Price listed is a per day cost*

Kid's Stretch & Relax

Kids learn to stretch and release tension in a fun environment full of pretend play, songs, and even practicing leadership. We will meditate, balance, breathe, and build strength.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30 - 6:15pm	8-12	\$10.00/\$35.00

Lil Music Makers

Children will discover fundamental music concepts (rhythm, pitch, dynamics, etc.) and explore various types of music and instruments through group song, movement, play, and fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 11:00 - 11:45am	3-5	\$30.00/\$60.00

Little Dribblers Basketball

The Little Dribblers class will teach the basic fundamentals of basketball: dribbling, shooting, passing and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Winter I	Wednesday 4:15 - 5:00pm	3-5	\$30.00/\$60.00
Winter I	Thursday 4:45 - 5:30pm	3-5	\$30.00/\$60.00

** Parent/child participation class*

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Winter I (01/02-02/20)

Sports & Youth Programs

Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:00 - 5:45pm	3-5	\$30.00/\$60.00
Winter I	Thursday 9:45 - 10:30am	3-5	\$30.00/\$60.00

* Parent/child participation class

Little Sluggers T-Ball

The Little Slugger class will teach the basic fundamentals of T-ball; throwing, catching, hitting and teamwork. Kids will spend time working on and improving skills through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 9:00 - 9:45am	3-5	\$30.00/\$60.00
Winter I	Thursday 10:45 - 11:30am	3-5	\$30.00/\$60.00

* Parent/child participation class

Modern Dance

Modern Dance is a free and expressive style not bound to the rules of ballet. This class will be set to today's music and will teach the basic movements of modern dance. No experience is required.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 5:15 - 6:00pm	7-12	\$30.00/\$60.00

Preschool Arts & Crafts

Children will work on a craft project each week as they learn cutting, painting and other artistic talents. (They will read a book each week and then complete a project associated with that book.)

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 10:00 - 10:45am	3-5	\$25.00/\$50.00
Winter I	Wednesday 10:00 - 10:45am	3-5	\$25.00/\$50.00

Princess Adventure

A magical adventure of princess secrets! Your child will learn to walk gracefully with confidence and poise, the introduction to becoming a princess, manners and etiquette, and how to do a proper curtsy, of course!

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:00 - 10:45am	3-5	\$20.00/\$40.00

* January 30 - February 13

Running Club

Are you bored with your running routine? Join us for some specific sports drills and fun-filled running. Whether you are a novice or an expert runner, come prepared to sweat.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 5:45 - 6:30pm	6-10	\$10.00/\$35.00

SNAP

Special Needs Activities Program will help individuals with developmental disabilities learn and play various activities, sports, and fun movements. In addition, allow for the opportunity to socialize and learn new skills while making friends that will last a lifetime.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 5:30 - 6:15pm	5-8	\$30.00/\$60.00

Sporties For Shorties

Sporties for Shorties will introduce your child to a variety of sports while improving their motor skills and coordination (Basketball, Soccer, and Tball).

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 5:30 - 6:15pm	3-5	\$30.00/\$60.00
Winter I	Tuesday 10:15 - 11:00am	3-5	\$30.00/\$60.00
Winter I	Wednesday 5:00 - 5:45pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Superhero Training

Everyone can learn how to be a superhero at the Y. This class help kids go from sidekick to hero by focusing on physical, mental, and social skill development. Students will work as a team to solve a problem through a mission. Missions will involve imagined circumstances that require traveling to a new setting to stop the bad behavior of a villain. Bad behaviors can be lying, theft, or potentially hurtful outcomes. Students will work to define why the bad behavior is bad, then stop the evil plan of the villain, seeing that justice is served. Kids may also dress as their favorite superhero.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 10:00 - 10:45am	3-5	\$20.00/\$40.00

* January 2 - 16

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Sports & Youth Programs

Tiny Chefs

With parental assistance, children will chop, grate, measure, stir and whisk their way through a culinary journey. Not only will Tiny Chefs learn an important life skill, cooking will help develop concentration, fine motor skills and coordination. This class will stimulate children's interest in food, tastes and nutrition. This program is designed for ages 3 - 5 years old. *5 total classes.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 11:00am - 12:00pm	3-5	\$35.00/\$65.00

* Parent/child participation class; 5 classes only

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 11:00 - 11:45am	3-5	\$30.00/\$60.00
Winter I	Tuesday 10:30 - 11:15am	3-5	\$30.00/\$60.00
Winter I	Tuesday 1:00 - 1:45pm	3-5	\$30.00/\$60.00
Winter I	Tuesday 6:30 - 7:15pm	3-5	\$30.00/\$60.00
Winter I	Wednesday 11:00 - 11:45am	3-5	\$30.00/\$60.00

Ultimate Sports

A program designed for participants to learn and develop skills playing various sports classes each week. This class will help participants learn the fundamentals of each sport played and then we will play games each week!

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 12:30 - 1:15pm	6-12	\$30.00/\$60.00

Volleyball Class

Developmental class that allows all skill levels to learn the game of volleyball. This class works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:30 - 7:30pm	7-14	\$30.00/\$60.00

Wee Movement

This 45 minute creative movement class introduces the joys of dance, where we focus on taking directions, develops young imaginations and basic coordination skills in a structured yet fun environment. We will incorporate props such as scarfs, rhythm sticks, parachute, and instruments.

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 9:15 - 10:00am	1-3	\$20.00/\$40.00

* Parent/child participation class

Wee Music Makers

Children with an accompanying adult will discover fundamental music concepts (rhythm, pitch, dynamics, etc.) and explore various types of music and instruments through group song, movement, play, and fun!

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:30 - 10:15am	1-3	\$20.00/\$40.00

* Parent/child participation class

Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 4:30 - 5:15pm	1-3	\$20.00/\$40.00
Winter I	Tuesday 11:15am - 12:00pm	1-3	\$20.00/\$40.00
Winter I	Tuesday 5:45 - 6:30pm	1-3	\$20.00/\$40.00
Winter I	Wednesday 10:00 - 10:45am	1-3	\$20.00/\$40.00
Winter I	Thursday 9:45 - 10:30am	1-3	\$20.00/\$40.00
Winter I	Thursday 5:00 - 5:45pm	1-3	\$20.00/\$40.00
Winter I	Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

* Parent/child participation class

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