



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/02-08/18)

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
Summer	Monday 5:20-5:50 pm	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 10:30 - 11:00 am (SES I)	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 5:20 - 5:50pm (SES I)	Max 3	\$25.00/\$50.00
Summer	Saturday 9:50 - 10:20 am	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 10:30 - 11:00 am (SES II)	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 5:20 - 5:50 pm (SES II)	Max 3	\$25.00/\$50.00

* Parent/child participation class; Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Tues/Thurs 11:20 - 11:50 am (SES I)	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 6:10 - 6:40 pm (SES I)	Max 3	\$25.00/\$50.00
Summer	Saturday 10:25 - 10:55 am	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 11:20 - 11:50 am (SES II)	Max 3	\$25.00/\$50.00
Summer	Tues/Thurs 6:10 - 6:40 pm (SES II)	Max 3	\$25.00/\$50.00

* Parent/child participation class; Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Summer	Monday 6:10 - 6:55 pm	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Summer	Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES II)	3-5	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 5:20 - 6:05 pm	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12:05 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12:05 pm (SES II)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES II)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES II)	3-5	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 4:30 - 5:15 pm	3-5	\$35.00/\$70.00
Summer	Monday 6:10-6:55 pm	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES II)	3-5	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 5:20pm - 6:05pm	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES I)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES II)	3-5	\$35.00/\$70.00
Summer	Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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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
Summer	Monday 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12:05 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12:05 pm (SES II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES II)	6-12	\$35.00/\$70.00
Summer	Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 6:10 - 6:55 pm	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15a (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 10:30 - 11:15a (SES II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15p (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 4:30 - 5:15 pm (SES II)	6-12	\$35.00/\$70.00
Summer	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Session II 7/9-7/30

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
Summer	Monday 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES II)	5-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Out I 6/10-7/1, Session II 7/9-7/30, Out II 7/8-7/29

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
Summer	Mon/Wed 9:10 - 9:55am (OUT I)	5-12	\$35.00/\$70.00
Summer	Mon/Wed 9:10 - 9:55am (OUT II)	5-12	\$35.00/\$70.00
Summer	Monday 5:20- 6:05 pm	5-12	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 6:10 - 6:55 pm (SES II)	5-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Out I 6/10-7/1, Session II 7/9-7/30, Out II 7/8-7/29

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
Summer	Monday 5:20 - 6:05 pm	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES II)	6-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Out I 6/10-7/1, Session II 7/9-7/30, Out II 7/8-7/29

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
Summer	Monday 4:30 - 5:15 pm	6-12	\$35.00/\$70.00
Summer	Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$35.00/\$70.00
Summer	Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12: 05 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 11:20 - 12: 05 pm (SES II)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES I)	6-12	\$35.00/\$70.00
Summer	Tues/Thurs 5:20 - 6:05 pm (SES II)	6-12	\$35.00/\$70.00

* Summer 6/10-8/3, Session I 6/11-7/2, Out I 6/10-7/1, Session II 7/9-7/30, Out II 7/8-7/29

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Aquatics

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Ses	Days & Times	Ages	Mem/Program
Summer	Endurance Swim Mon. 9:10 - 9:55 am	10-17	\$35.00/\$70.00
Summer	Endurance Swim Sat 9:50 - 10:35 am	10-17	\$35.00/\$70.00

* Summer 6/10-8/3

Drew Howell Adaptive Swim Program

Classes are designed based on individual abilities to promote success in swim lessons.

Ses	Days & Times	Ages	Mem/Program
Summer	Mon. 6:10 - 6:40p	6-12	\$40.00/\$80.00

* Summer 6/10-7/29

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 9:00 - 9:45 am	12-10	\$35.00/\$70.00

* Summer 6/15-8/3

Lifeguard Class & Pre-Test

Ses	Days & Times	Ages	Mem/Program
Summer	Lifeguard Certification - June 17, 18, 1		\$175.00/\$190.00
Summer	Lifeguard Certification - May 18, 19 &		\$175.00/\$190.00

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
Summer	Mon, Wed, Fri 8:30-9:30 am	16-99	\$15.00/\$50.00
Summer	Mon & Wed 7:30 PM to 8:15 PM	16-99	\$10.00/\$35.00

* Summer 6/10-8/2

Deep Water Aqua Aerobics

A very-low impact aerobic exercise class held in the deep end of the lap pool. Participants are invited to bring a flotation belt or borrow one of ours. This class finishes up in the shallow end of the pool with stretching and flexibility exercises.

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

* Summer 6/11-8/1

Arthritis Plus

Arthritis exercise is low-intensity, low-impact aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac tissues 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
Summer	Tues/Thurs 6:30-7:15 pm	16-99	\$15.00/\$50.00
Summer	Tues/Thurs 7:20 - 8:05 pm	16-99	\$15.00/\$50.00

* Summer 6/11-8/1

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
Summer	Mon, Wed, Fri 9:00-9:45 am	16-99	\$20.00/\$75.00
Summer	Mon, Wed, Fri 9:50-10:35 am	16-99	\$20.00/\$75.00
Summer	Mon, Wed, Fri 10:45-11:30 am	16-99	\$20.00/\$75.00
Summer	Tues, Thurs 9:00 - 9:50 am	16-99	\$15.00/\$50.00
Summer	Wed, Fri 8:10-8:55 am	16-99	\$15.00/\$50.00

* Summer 6/10-8/2

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
Summer	Tues, Thurs 8:00 - 8:50 am	16-99	\$10.00/\$35.00

* Summer 6/11-8/1

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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
Summer	Wednesday 10:30 - 11:15 am	16-99	\$0.00/\$40.00
Summer	Thursday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Summer	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
Summer	Tuesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Summer	Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Summer	Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Summer	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 utilizes a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Summer	Monday 9:30 - 10:15 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
Summer	Monday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Summer	Monday 6:00 - 6:45 pm	16-99	\$10.00/\$50.00
Summer	Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Summer	Wednesday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Summer	Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Thursday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Summer	Thursday 6:00 - 6:45 pm	16-99	\$10.00/\$50.00
Summer	Friday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Summer	Saturday 8:00 - 8:45 am	16-99	\$10.00/\$50.00
Summer	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
Summer	Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Saturday 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Mindfulness 101

Mindfulness is a series of tools that help you to better connect with loved ones, enjoy each day, and feel peace more often. In this class, you will learn and experience different ways to be in the present moment and how to bring this into your daily life. Mindfulness is the opposite of another thing on your to-do list and is, instead, a new perspective that has been found to improve health and life satisfaction to those that regularly practice. If you have been searching for ways to handle real life's stressors, have been interested in mindfulness, or have even practiced mindfulness yourself, we would love to have you join us!

Ses	Days & Times	Ages	Mem/Program
Summer	Mon 9:00 - 10:30 am (6/24-7/15)	18-99	\$10.00/\$50.00
Summer	Mon 9:00 - 10:30 am (7/22-8/12)	18-99	\$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
Summer	Monday 5:30 pm - 6:15 pm	16-99	\$10.00/\$50.00
Summer	Wednesday 5:45 am - 6:30 am	16-99	\$10.00/\$50.00
Summer	Wednesday 5:00 pm - 5:45 pm	16-99	\$10.00/\$50.00
Summer	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
Summer	Wednesday 6:00 - 6:50 pm	16-99	\$10.00/\$50.00

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Group Classes

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
Summer	Tue 8:35 - 9:20 am (M/Hd)	50-99	\$0.00/\$40.00
Summer	Wed 8:35 - 9:20 am (Lt/M)	50-99	\$0.00/\$40.00
Summer	Thur 8:35 - 9:20 am	50-99	\$0.00/\$40.00

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
Summer	Tuesday 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
Summer	Tuesday 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
Summer	Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Summer	Tuesday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Summer	Wednesday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
Summer	Thursday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Summer	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
Summer	Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Summer	Wednesday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Summer	Friday 10:30 - 11:15 am	50-99	\$0.00/\$40.00

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
Summer	Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Summer	Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Summer	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
Summer	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
Summer	Mon 10:30 - 11:15 am	16-99	\$0.00/\$40.00
Summer	Mon 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Summer	Thur 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Summer	Thur 11:00 - 11:45 am	16-99	\$0.00/\$40.00
Summer	Fri 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Summer	Sat 7:00 - 7:45 am	16-99	\$0.00/\$40.00
Summer	Tue 9:30 - 10:15 am (Senior)	50-99	\$0.00/\$40.00
Summer	Fri 8:35 - 9:20 am (Senior)	50-99	\$0.00/\$40.00

Transform

TRANSFORM unites yoga and sport in a refreshing and unique journey. Engage your mind and BODY using sun salutations, plyometric hops and lunges, balance and strength poses, twisting and lengthening positions, and more. Get ready for a mind/ body experience unlike any you've seen before. It's time to create a new path in your fitness journey. It's time to TRANSFORM YOURSELF! *This class includes activities on the floor.*

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00

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Group Classes

WERQ

WERQ® is the wildly addictive cardio dance workout based on the hottest pop and hip hop music.

Ses	Days & Times	Ages	Mem/Program
Summer	(Family) Wednesday 6:30 - 7:15pm	7-99	\$0.00/\$40.00
Summer	Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Summer	Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Summer	Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Summer	Saturday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

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
Summer	Mon 10:15 - 11:00 am (beginner)	16-99	\$10.00/\$50.00
Summer	Mon 6:00 - 6:45 pm	16-99	\$10.00/\$50.00
Summer	Mon 7:00 - 7:45 pm (power)	16-99	\$10.00/\$50.00
Summer	Tue 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Summer	Tue 10:00 - 10:45 am (power)	16-99	\$10.00/\$50.00
Summer	Tue 6:00 - 6:45 pm (beginner)	16-99	\$10.00/\$50.00
Summer	Tue 7:00 - 7:45 pm (Buti)	16-99	\$10.00/\$50.00
Summer	Wed 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Wed 9:00 - 9:45 am (beginner)	16-99	\$10.00/\$50.00
Summer	Wed 10:00 - 10:45 am	16-99	\$10.00/\$50.00
Summer	Wed 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
Summer	Wed 6:00 - 6:45 pm (beginner)	16-99	\$10.00/\$50.00
Summer	Thur 9:15 - 10:00 am	16-99	\$10.00/\$50.00
Summer	Thur 10:05 - 10:50 am (power)	16-99	\$10.00/\$50.00
Summer	Thur 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
Summer	Thur 6:00 - 6:45 pm (power)	16-99	\$10.00/\$50.00
Summer	Fri 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Summer	Fri 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Summer	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
Summer	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
Summer	Monday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Summer	Monday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Summer	Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Summer	Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Summer	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
Summer	Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00

Register Online at AKRONYMCA.ORG

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
Summer	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
Summer	Friday 6:30 - 8:00pm	18-99	\$0.00/\$40.00

Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games

Ses	Days & Times	Ages	Mem/Program
Summer	Sunday 1:30 - 3:30pm	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
Summer	Wednesday 6:15 - 7:15pm	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
Summer	Wednesday 4:45 - 5:45pm	6-11	\$30.00/\$60.00
Summer	Wednesday 6:10 - 7:10pm	6-11	\$30.00/\$60.00

* 4 total classes - Foods from Around the World

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
Summer	Wednesday 4:15 - 5:00pm	4-6	\$30.00/\$60.00
Summer	Friday 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
Summer	Wednesday 4:45 - 5:30pm	6-12	\$30.00/\$60.00

CheerNastics

Participants will work on different skills and techniques for beginning in cheerleading. This is a great class for those interested in learning more about the sport and enhancing their skills!

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 9:45 - 10:30am	5-8	\$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
Summer	Tuesday 10:45 - 11:30am	6-12	\$30.00/\$60.00

Drama Camp

Come and join us for a drama workshop! drama exercises and games to build acting skills such as characterization, movement, pantomime, and improv; short scenes to teach reactions, timing, and working with others to create a story; practice for a final per

Ses	Days & Times	Ages	Mem/Program
Summer	Mondays, Wednesdays & Fridays 9:15 - 10:45	5-9	\$30.00/\$60.00
Summer	Mondays, Wednesdays & Fridays 10:45 - 11:30am	10-14	\$30.00/\$60.00

* June 11-15

Family Fitness

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

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

* Also, check out the family-focused WERQ class on the Group Classes schedule!

Flag Football Clinic

Children will learn basic fundamentals of football. Throwing, catching, routing running, defense, and more will be taught through fun drills and games. This will be held at Kennedy Field.

Ses	Days & Times	Ages	Mem/Program
Summer	Saturday 12:00 - 12:45pm	6-10	\$30.00/\$60.00



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/02-08/18)

Sports & Youth Programs

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
Summer	Wednesday 5:15 - 6:00pm	7-12	\$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
Summer	Thursday 6:30 - 7:15pm	6-10	\$30.00/\$60.00
Summer	Friday 6:30 - 7:15pm	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
Summer	Wednesday 5:30 - 6:15pm	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
Summer	Monday 4:45 - 5:30pm	7-12	\$30.00/\$60.00

Kid's Boot Camp

Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength and core training.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 4:00 - 4:45pm	8-12	\$10.00/\$35.00

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 4:00 - 4:45pm	9-12	\$10.00/\$35.00

Kid's Pilates

This class for kid's helps provide strengthening exercises along with proper breathing techniques in a fun and unique atmosphere!

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 7:00 - 7:45pm	8-12	\$10.00/\$35.00

Kid's Strength & Conditioning

Kid's Strength & Conditioning will focus on improving participants body strength, help fitness and conditioning levels, and improve muscle mass. Fundamentals will be taught to develop better posture, speed and overall strength.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 4:00 - 4:45pm	8-12	\$10.00/\$35.00

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
Summer	Wednesday 5:45 - 6:30pm	6-8	\$10.00/\$35.00
Summer	Thursday 5:30 - 6:15pm	6-8	\$10.00/\$35.00

Lil Stars

Children ages 3-5 will let their dramatic tendencies shine in this play-based class. They will learn basic drama and music concepts as they act, sing, and move to the weekly theme. Don't miss the last class when our little stars showcase their new skills!

Ses	Days & Times	Ages	Mem/Program
Summer	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
Summer	Monday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Summer	Wednesday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Summer	Thursday 5:45 - 6:30pm	3-5	\$30.00/\$60.00
Summer	Friday 5:00 - 5:45pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Summer (06/02-08/18)

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
Summer	Monday 9:00 - 9:45am	3-5	\$30.00/\$60.00
Summer	Thursday 5:00 - 5:45pm	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
Summer	Monday 5:00 - 5:45pm	3-5	\$30.00/\$60.00
Summer	Tuesday 10:45 - 11:30am	3-5	\$30.00/\$60.00
Summer	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
Summer	Friday 5:15 - 6:00pm	7-12	\$30.00/\$60.00

Ping Pong Club

Ping-Pong Club is a club that is open to members and program members to enjoy the game of ping-pong while building relationships and meeting others in the process. This club will meet once a week to develop on table tennis skills, play games and grow with one another. The club is open for ages 9 years and older. Come and join us!

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 5:00 - 7:00pm	16-99	\$0.00/\$25.00
Summer	Thursday 5:30 - 6:15pm	9-15	\$0.00/\$25.00

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
Summer	Tuesday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Summer	Wednesday 10:00 - 10:45am	3-5	\$30.00/\$60.00

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
Summer	Monday 6:30 - 7:15pm	5-10	\$10.00/\$25.00
Summer	Thursday 5:45 - 6:30pm	5-10	\$10.00/\$25.00

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
Summer	Tuesday 5:00 - 5:45pm	5-8	\$30.00/\$60.00

Softball & Baseball Clinic

Participants ages 6 - 12yrs old will learn and develop the basic skills of baseball and softball through fun games and drills. We will learn throwing, catching, pitching, base running, hitting, and more.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 5:45 - 6:30pm	6-12	\$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
Summer	Tuesday 9:45 - 10:30am	3-5	\$30.00/\$60.00
Summer	Wednesday 5:15 - 6:00pm	3-5	\$30.00/\$60.00
Summer	Thursday 9:45 - 10:30am	3-5	\$30.00/\$60.00
Summer	Friday 5:45 - 6:30pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Teen Boot Camp

Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength and core training.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:00 - 5:45pm	13-18	\$0.00/\$35.00

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Wadsworth YMCA

Summer (06/02-08/18)

Sports & Youth Programs

Teen 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 13 - 16 years old.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 4:45 - 5:30pm	13-18	\$10.00/\$35.00

Teen Strength & Conditioning

Teen Strength & Conditioning will focus on improving participants body strength, help fitness and conditioning levels, and improve muscle mass. Fundamentals will be taught to develop better posture, speed and overall strength.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 5:00 - 5:45pm	13-18	\$0.00/\$35.00

Teen Yoga

Yoga focuses on transitional flexibility movements and requires you to use body strength and proper breathing techniques.

Ses	Days & Times	Ages	Mem/Program
Summer	Thursday 6:30 - 7:15pm	13-18	\$10.00/\$35.00

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
Summer	Monday 6:00 - 6:45pm	3-5	\$30.00/\$60.00
Summer	Tuesday 10:30 - 11:15am	3-5	\$30.00/\$60.00
Summer	Tuesday 6:30 - 7:15pm	3-5	\$30.00/\$60.00
Summer	Wednesday 11:00 - 11:45am	3-5	\$30.00/\$60.00
Summer	Wednesday 6:15 - 7:00pm	3-5	\$30.00/\$60.00
Summer	Thursday 9:45 - 10:30am	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
Summer	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
Summer	Monday - Thursday 6:30 - 7:45pm	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
Summer	Wednesday 10:00 - 10:45am	1-3	\$20.00/\$40.00
Summer	Thursday 4:45 - 5:30pm	1-3	\$20.00/\$40.00

* Parent/child participation class

Wee Stars

In a fun and relaxed environment, children with an adult caregiver, will explore the basics of acting and elements of theater, such as costumes and props, through interactive storytelling, song, nursery rhymes, games, and creative play. Parent participation is required.

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

* Parent/child participation class

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Summer (06/02-08/18)

Sports & Youth Programs

Youth Basketball

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:30 - 7:15pm	6-8	\$30.00/\$60.00
Summer	Tuesday 5:00 - 5:45pm	6-8	\$30.00/\$60.00
Summer	Wednesday 7:30 - 8:15pm	9-12	\$30.00/\$60.00
Summer	Thursday 7:30 - 8:15pm	9-12	\$30.00/\$60.00
Summer	Saturday 11:00 - 11:45am	6-8	\$30.00/\$60.00

Youth 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
Summer	Monday 7:30 - 8:15pm	10-13	\$10.00/\$25.00
Summer	Tuesday 5:45 - 6:30pm	6-9	\$10.00/\$35.00
Summer	Saturday 10:00 - 10:45am	6-9	\$10.00/\$25.00

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