



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter II - 2018 (Feb 26 - Apr 14)

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.

| Days & Times | Ages | Mem/Program |
|--------------------------|-------|-----------------|
| Tuesday 10:00 - 10:30 am | Max 3 | \$25.00/\$50.00 |
| Thursday 5:35 - 6:05 pm | Max 3 | \$25.00/\$50.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|---------------------------|-------|-----------------|
| Tuesday 10:30 - 11:00 am | Max 3 | \$25.00/\$50.00 |
| Thursday 6:10 - 6:40 pm | Max 3 | \$25.00/\$50.00 |
| 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.

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

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

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Monday 4:45 - 5:30 pm | 3-5 | \$35.00/\$70.00 |
| Tuesday 11:10-11:55 am | 3-5 | \$35.00/\$70.00 |
| Tuesday 5:35 - 6:20 pm | 3-5 | \$35.00/\$70.00 |
| Thursday 4:45 - 5:30 pm | 3-5 | \$35.00/\$70.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Monday 6:25 - 7:10 pm | 3-5 | \$35.00/\$70.00 |
| Tuesday 5:35 - 6:20 pm | 3-5 | \$35.00/\$70.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Monday 5:35 - 6:20 pm | 6-12 | \$35.00/\$70.00 |
| Tuesday 6:25 - 7:10 pm | 6-12 | \$35.00/\$70.00 |
| Thursday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|---------------------------|------|-----------------|
| Monday 5:35 - 6:20 pm | 6-12 | \$35.00/\$70.00 |
| Tuesday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| Thursday 5:35 - 6:20 pm | 6-12 | \$35.00/\$70.00 |
| Saturday 9:50 - 10:35 am | 6-12 | \$35.00/\$70.00 |
| Saturday 10:40 - 11:25 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.

| Days & Times | Ages | Mem/Program |
|--------------------------|------|-----------------|
| Monday 6:25 - 7:10 pm | 6-12 | \$35.00/\$70.00 |
| Tuesday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| Thursday 6:25 - 7:10 pm | 6-12 | \$35.00/\$70.00 |
| Saturday 9:50 - 10:35 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.

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

| Days & Times | Ages | Mem/Program |
|---------------------------|------|-----------------|
| Monday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| Tuesday 6:25 - 7:10 pm | 6-12 | \$35.00/\$70.00 |
| Thursday 5:35 - 6:20 pm | 6-12 | \$35.00/\$70.00 |
| Saturday 10:40 - 11:25 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.

| Days & Times | Ages | Mem/Program |
|--------------------------|------|-----------------|
| Monday 5:35 - 6:20 pm | 6-12 | \$35.00/\$70.00 |
| Tuesday 6:25 - 7:10 pm | 6-12 | \$35.00/\$70.00 |
| Thursday 4:45 - 5:30 pm | 6-12 | \$35.00/\$70.00 |
| Saturday 9:50 - 10:35 am | 6-12 | \$35.00/\$70.00 |

Home School Lessons

These classes are tailored specifically for families with home-schooled children. Several skill levels are offered. This class is for school-aged children only.

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

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

| Days & Times | Ages | Mem/Program |
|-------------------------|--------|-----------------|
| Saturday 8:00 - 8:45 am | 13-100 | \$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.

| Days & Times | Ages | Mem/Program |
|----------------------------|-------|-----------------|
| Mon, Wed, Fri 8:30-9:30 am | 16-99 | \$10.00/\$35.00 |
| Mon & Wed 7:15 - 8:00 PM | 16-99 | \$7.00/\$30.00 |

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Aquatics

Deep Water Aqua Aerobics

| Days & Times | Ages | Mem/Program |
|----------------------------|-------|----------------|
| Tues, Thurs 9:00 - 9:50 am | 16-99 | \$7.00/\$30.00 |

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

| Days & Times | Ages | Mem/Program |
|--------------------------|-------|-----------------|
| Mon, Wed 7:00-7:45 pm | 16-99 | \$10.00/\$40.00 |
| Tues, Thurs 7:00-7:45 pm | 16-99 | \$10.00/\$40.00 |

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.

| Days & Times | Ages | Mem/Program |
|------------------------------|-------|-----------------|
| Mon, Wed, Fri 9:00-9:45 am | 16-99 | \$15.00/\$60.00 |
| Mon, Wed, Fri 9:50-10:35 am | 16-99 | \$15.00/\$60.00 |
| Mon, Wed, Fri 10:45-11:30 am | 16-99 | \$15.00/\$60.00 |
| Tues, Thurs 9:00 - 9:50 am | 16-99 | \$10.00/\$40.00 |
| Wed, Fri 8:10-8:55 am | 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.

| Days & Times | Ages | Mem/Program |
|----------------------------|-------|----------------|
| Tues, Thurs 8:00 - 8:50 am | 16-99 | \$7.00/\$30.00 |

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Group Classes

Boot Camp

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

| Days & Times | Ages | Mem/Program |
|---------------------------------|-------|----------------|
| Tuesday 5:45 - 6:30 am | 16-99 | \$0.00/\$40.00 |
| Tuesday 5:30 - 6:15 pm | 16-99 | \$0.00/\$40.00 |
| Wednesday 5:45 - 6:30 am (Anna) | 16-99 | \$0.00/\$40.00 |
| Thursday 5:45 - 6:30 am | 16-99 | \$0.00/\$40.00 |
| Thursday 5:30 - 6:15 pm | 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.

| Days & Times | Ages | Mem/Program |
|-------------------------|-------|----------------|
| Monday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| 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.

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

| Days & Times | Ages | Mem/Program |
|----------------------------|-------|-----------------|
| Wednesday 10:30 - 11:15 am | 16-99 | \$10.00/\$50.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|------------------------------|-------|-----------------|
| Monday 6:00 pm - 6:45 pm | 16-99 | \$10.00/\$50.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|--------------------------|-------|-----------------|
| Monday 6:30 - 7:20 pm | 16-99 | \$10.00/\$50.00 |
| 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!

| Days & Times | Ages | Mem/Program |
|-------------------------|-------|----------------|
| Saturday 8:00 - 8:50 am | 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.

| Days & Times | Ages | Mem/Program |
|-------------------------|-------|----------------|
| Tuesday 8:35 - 9:20 am | 50-99 | \$0.00/\$40.00 |
| Thursday 8:35 - 9:20 am | 50-99 | \$0.00/\$40.00 |

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Group Classes

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.

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

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

Tabata

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

| Days & Times | Ages | Mem/Program |
|------------------------------|-------|----------------|
| Monday 8:35 - 9:20 am | 16-99 | \$0.00/\$40.00 |
| Tuesday 9:00 - 9:45 am | 16-99 | \$0.00/\$40.00 |
| Tuesday 7:30 - 8:15 pm | 16-99 | \$0.00/\$40.00 |
| Thursday 9:00 - 9:45 am | 16-99 | \$0.00/\$40.00 |
| Thursday 7:30 - 8:15 pm | 16-99 | \$0.00/\$40.00 |
| Friday 5:45 - 6:30 am (Core) | 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.

| Days & Times | Ages | Mem/Program |
|--------------------------|-------|-----------------|
| 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.

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

| Days & Times | Ages | Mem/Program |
|--------------------------|-------|----------------|
| Thursday 6:30 - 7:15 pm | 16-99 | \$0.00/\$40.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|---------------------------------|-------|-----------------|
| Mon 10:15 - 11:00 am (beginner) | 16-99 | \$10.00/\$50.00 |
| Tue 9:00 - 9:45 am | 16-99 | \$10.00/\$50.00 |
| Tue 10:00 - 10:45 am (power) | 16-99 | \$10.00/\$50.00 |
| Tue 6:15 - 7:00 pm | 16-99 | \$10.00/\$50.00 |
| Wed 9:00 - 9:45 am (beginner) | 16-99 | \$10.00/\$50.00 |
| Wed 10:00 - 10:45 am | 16-99 | \$10.00/\$50.00 |
| Thur 9:30 - 10:15 am | 16-99 | \$10.00/\$50.00 |
| Thur 5:30 - 6:15 pm | 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.

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

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Group Classes

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!

| Days & Times | Ages | Mem/Program |
|---------------------------|-------|----------------|
| Monday 10:00 - 10:45 am | 16-99 | \$0.00/\$40.00 |
| Monday 7:30 - 8:15 pm | 16-99 | \$0.00/\$40.00 |
| Tuesday 10:00 - 10:45 am | 16-99 | \$0.00/\$40.00 |
| Wednesday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| Thursday 9:30 - 10:15 am | 16-99 | \$0.00/\$40.00 |
| 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.

| Days & Times | Ages | Mem/Program |
|-------------------------|-------|----------------|
| Tuesday 6:30 - 7:15 pm | 16-99 | \$0.00/\$40.00 |
| Saturday 8:30 - 9:15 am | 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.

| Days & Times | Ages | Mem/Program |
|------------------------|-------|----------------|
| 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.

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

Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games Under 18 Years Old: Thursdays 7-8pm

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

ASHI Babysitting Training

WHAT TO BRING:

Life size baby doll

Lunch

Money for snack machine (optional)

| Days & Times | Ages | Mem/Program |
|---|-------|-----------------|
| Wed, March 21 4:00-6:30 pm and Sat, March | 12-18 | \$25.00/\$30.00 |

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. This program is designed for ages 6 - 8 years old. *5 total classes.

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Thursday 4:30 - 5:30pm | 6-8 | \$35.00/\$65.00 |

* 5 classes only

Backyard Sports

A program designed for participants to learn and play kickball, whiffle ball, and soccer. Students will spend two weeks on each sport. Our goal is to have class outside each week. This class is for ages 6 - 10 years old.

| Days & Times | Ages | Mem/Program |
|----------------------|------|-----------------|
| Monday 5:00 - 5:45pm | 6-10 | \$10.00/\$25.00 |

Ballet

Over the seven week session in Beginner Ballet the children will have been introduced to ballet steps and terminology and the basics of dance. Please have hair pulled back, leotard, tights and ballet shoes for the girls; for the boys long pants, t-shirt, and ballet shoes.

| Days & Times | Ages | Mem/Program |
|-----------------------|------|-----------------|
| Tuesday 6:30 - 7:15pm | 6-10 | \$25.00/\$50.00 |

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.

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

Basketball League

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

| Days & Times | Ages | Mem/Program |
|-------------------|------|-----------------|
| Rookies K - 1st | 5-8 | \$55.00/\$75.00 |
| Winners 2nd - 3rd | 6-11 | \$55.00/\$75.00 |

* Registration deadline is February 18th

Creative Movement

Creative movement is a fun class filled with fun music and continuous movement! Sing, march and jump!

| Days & Times | Ages | Mem/Program |
|---------------------------|------|-----------------|
| Tuesday 4:45 - 5:30pm | 3-5 | \$25.00/\$50.00 |
| Wednesday 11:00 - 11:45am | 3-5 | \$25.00/\$50.00 |

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Sports & Youth Programs

Date Night

Date Night allows children to participate in fun physical activities, enjoy a healthy meal and spend time with friends while you enjoy a night out. Child must be potty trained.

| Days & Times | Ages | Mem/Program |
|--|------|-----------------|
| March 17 4:00 - 9:00 pm - First Child | 4-12 | \$25.00/\$35.00 |
| March 17 4:00 - 9:00 pm - Additional Sibling | 4-12 | \$5.00/\$5.00 |
| April 21 4:00 - 9:00 pm - First Child | 4-12 | \$25.00/\$35.00 |
| April 21 4:00 - 9:00 pm - Additional Sibling | 4-12 | \$5.00/\$5.00 |

* Registration closes Thursday before each Date Night; includes dinner

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.

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Wednesday 5:00 - 5:45pm | 6-10 | \$10.00/\$25.00 |

Family Fitness

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

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

* Fee covers entire family

Indoor Soccer

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

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Wednesday 7:00 - 7:45pm | 6-9 | \$30.00/\$60.00 |

Jazz

Jazz dance combines basic ballet techniques with modern music. It is fun, energetic, and full of fancy footwork and big jumps. This class is designed for ages 8 - 12 years old.

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Thursday 4:45 - 5:30pm | 8-12 | \$25.00/\$50.00 |

Jump Rope

Jump Rope class is designed to help jumpers learn jump rope beginner through intermediate single rope, pairs, and long rope skills. The class will focus on building character and leadership skills while offering a positive environment that encourages each

| Days & Times | Ages | Mem/Program |
|----------------------|-------|-----------------|
| Monday 4:00 - 5:00pm | 6-9 | \$25.00/\$50.00 |
| Monday 4:00 - 5:00pm | 10-14 | \$25.00/\$50.00 |

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. This class is designed for participants ages 9 - 12 years old.

| Days & Times | Ages | Mem/Program |
|----------------------|------|-----------------|
| Monday 5:00 - 5:45pm | 8-12 | \$10.00/\$35.00 |

Kid's 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.

| Days & Times | Ages | Mem/Program |
|-----------------------|------|-----------------|
| Tuesday 4:30 - 5:15pm | 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. This program is designed for ages 9 - 12 years old.

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Monday 4:00 - 4:45pm | 3-5 | \$10.00/\$35.00 |
| Monday 4:50 - 5:35pm | 6-8 | \$10.00/\$35.00 |
| Thursday 6:15 - 7:00pm | 9-12 | \$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!

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Monday 10:30 - 11:15am | 3-5 | \$20.00/\$40.00 |

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter II - 2018 (Feb 26 - Apr 14)

Sports & Youth Programs

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.

| Days & Times | Ages | Mem/Program |
|-------------------------|------|-----------------|
| Monday 11:00 - 11:45am | 3-5 | \$30.00/\$60.00 |
| Wednesday 5:45 - 6:30pm | 3-5 | \$30.00/\$60.00 |
| Thursday 9:15 - 10:00am | 3-5 | \$30.00/\$60.00 |

* Parent/child participation class

Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more. Our goal is to have every class outside!

| Days & Times | Ages | Mem/Program |
|--------------------------|------|-----------------|
| Thursday 10:30 - 11:15am | 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. Our goal is to have every class outside!

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Friday 10:00 - 10:45am | 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. This program is designed for ages 13 - 18 years old.

| Days & Times | Ages | Mem/Program |
|------------------------|-------|-----------------|
| Thursday 5:30 - 6:15pm | 13-18 | \$25.00/\$50.00 |

Preschool Arts & Crafts

Children ages 3-5 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.)

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

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. (youth ages 7-14) or (adult)

| Days & Times | Ages | Mem/Program |
|----------------------|------|-----------------|
| Monday 6:30 - 7:15pm | 5-10 | \$10.00/\$25.00 |

Small Stuff Soccer League

This class will teach the basic fundamentals of soccer; dribbling, shooting, passing, and teamwork. Kids will spend time working on and improving skills through fun drills, games, and scrimmages. Teams will be formed and parent volunteers will coach.

| Days & Times | Ages | Mem/Program |
|-----------------------|------|-----------------|
| Tuesday 6:00 - 7:00pm | 3-5 | \$35.00/\$65.00 |

*Parent Volunteer Assistant coaches are needed

SNAP

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

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

* Special Needs Activities Program

Sporties For Shorties

The Sporties for Shorties class will introduce your child to a variety of sports while improving their motor skills and coordination.

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

* Parent/child participation class

Tennis Tots

A great way to develop your child's hand eye coordination and introduce them to the lifetime sport of tennis! Children ages 3-5 will be taught some tennis basics and progress their own hand, foot and coordination skills. Size and age appropriate racquets and balls will be provided.

| Days & Times | Ages | Mem/Program |
|--------------------------|------|-----------------|
| Wednesday 9:15 - 10:00am | 3-5 | \$30.00/\$60.00 |

* Tennis raquets will be provided

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Winter II - 2018 (Feb 26 - Apr 14)

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.

| Days & Times | Ages | Mem/Program |
|----------------------------|------|-----------------|
| 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.

| Days & Times | Ages | Mem/Program |
|--------------------------|------|-----------------|
| Tuesday 9:15 - 10:00am | 3-5 | \$30.00/\$60.00 |
| Wednesday 4:30 - 5:15pm | 3-5 | \$30.00/\$60.00 |
| Thursday 10:15 - 11:00am | 3-5 | \$30.00/\$60.00 |
| Thursday 5:30 - 6:15pm | 3-5 | \$30.00/\$60.00 |
| Friday 11:00 - 11:45am | 3-5 | \$30.00/\$60.00 |

Ultimate Sports

A program designed for participants to learn and play handball, floor hockey, and ultimate frisbee. Students will spend two weeks on each sport. This class is designed for participants ages 7-10 years old.

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Thursday 5:15 - 6:00pm | 7-10 | \$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.

| Days & Times | Ages | Mem/Program |
|------------------------|------|-----------------|
| Thursday 6:45 - 7:45pm | 9-14 | \$30.00/\$60.00 |

Youth Wrestling

This unique opportunity allows youth to work with premier wrestling coaches from the high school. To help develop wrestlers. Meet at the YMCA. Program includes: Developing skills to become better overall athletes. Promotes teamwork, self-discipline, and w

| Days & Times | Ages | Mem/Program |
|------------------------------------|------|-----------------|
| Mondays & Wednesdays 6:30 - 7:30pm | 6-12 | \$30.00/\$60.00 |

* February 26 - March 14

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! This program is designed for ages 1 - 3 years old.

| Days & Times | Ages | Mem/Program |
|-----------------------|------|-----------------|
| Monday 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.

| Days & Times | Ages | Mem/Program |
|---------------------------|------|-----------------|
| Monday 5:45 - 6:30pm | 1-3 | \$20.00/\$40.00 |
| Tuesday 11:00 - 11:45am | 1-3 | \$20.00/\$40.00 |
| Tuesday 5:30 - 6:15pm | 1-3 | \$20.00/\$40.00 |
| Wednesday 10:00 - 10:45am | 1-3 | \$20.00/\$40.00 |
| Friday 10:00 - 10:45am | 1-3 | \$20.00/\$40.00 |

* Parent/child participation class

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