



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

2018 - Fall I (Sep 4 - Oct 22)

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 10:35 - 11:05 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
Tuesday 5:35 - 6:20 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 4:45 - 5:30 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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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 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Tuesday 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 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 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Tuesday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Tuesday 6:25 - 7:10 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 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Thursday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Saturday 9:00 - 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 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 Swim Lessons - (6-18 years)

Swimming lessons and open swim time.

Days & Times	Ages	Mem/Program
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.

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

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Aquatics

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

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
Tues/Thurs 6:30-7:15 pm	16-99	\$10.00/\$40.00
Tues/Thurs 7:20 - 8:05 pm	16-99	\$10.00/\$40.00

** Please note the day/time change*

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 - 9:45 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	16-99	\$0.00/\$40.00
Wednesday 5:15 - 6:00 pm	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 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Monday 5:30 - 6:15 pm	16-99	\$10.00/\$50.00
Monday 7:00 - 7:45 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 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
Wednesday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Wednesday 5:30 - 6:15 pm	16-99	\$10.00/\$50.00
Wednesday 7:00 - 7:45 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 6:30 - 7:15 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 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Kettlebell AMPD

Kettlebell just got LOUD! That's right, Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves, and combines them into 45 minutes of calorie torching fun! Each song will focus on a main area, while still maintaining a whole body workout. And cue the music, making the workout fun, and you will be begging for more!

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 5:30 pm - 6:15 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
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
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.

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

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.

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

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

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 anerobic 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
Tuesday 9:00 - 9:45 am	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 10:30 - 11:15 am	16-99	\$0.00/\$40.00
Wed 5:45 - 6:30 am	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
Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Friday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00
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.

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 7:00 - 7:45 pm (Buti)	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 9:15 - 10:00 am	16-99	\$10.00/\$50.00
Thur 10:05 - 10:50 am (power)	16-99	\$10.00/\$50.00
Thur 5:30 - 6:15 pm	16-99	\$10.00/\$50.00
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.

Days & Times	Ages	Mem/Program
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!

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

Men's 40 & Over Basketball League

Men's 40 and over basketball. Players sign up as individuals, they do not need a team or sponsor.

Days & Times	Ages	Mem/Program
Wednesday 5:45 - 9:00pm	39-99	\$100.00/\$100.00

* max. number of participants; register early

Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games

Days & Times	Ages	Mem/Program
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.

Days & Times	Ages	Mem/Program
Monday 6:30 - 7:30pm	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.

Days & Times	Ages	Mem/Program
Wednesday 4:45 - 5:45pm	6-9	\$35.00/\$65.00
Wednesday 6:10 - 7:10pm	6-9	\$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.

Days & Times	Ages	Mem/Program
Monday 5:30 - 6:15pm	6-12	\$10.00/\$25.00

* weather permitting held outside

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.

Days & Times	Ages	Mem/Program
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.

Days & Times	Ages	Mem/Program
Wednesday 4:45 - 5:30pm	6-12	\$30.00/\$60.00

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.

Days & Times	Ages	Mem/Program
Thursday 6:45 - 7:45pm	6-12	\$0.00/\$35.00

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 4:00 - 4:45pm	3-5	\$30.00/\$60.00

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.

Days & Times	Ages	Mem/Program
Wednesday 5:00 - 5:45pm	6-9	\$30.00/\$60.00

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Sports & Youth Programs

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
Monday 6:15 - 7:00pm	9-12	\$10.00/\$25.00
Thursday 6:00 - 6:45pm	6-9	\$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

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.

Days & Times	Ages	Mem/Program
Thursday 5:15 - 6:00pm	6-9	\$30.00/\$60.00

* weather permitting held outside

Home School Arts and Crafts

These classes are tailored specifically for families with home-schooled children. Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Days & Times	Ages	Mem/Program
Tuesday 10:45 - 11:30am	6-11	\$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.

Days & Times	Ages	Mem/Program
Wednesday 11:00 - 11:45am	8-11	\$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.

Days & Times	Ages	Mem/Program
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.

Days & Times	Ages	Mem/Program
Sunday 1:15 - 2:00pm	7-12	\$30.00/\$60.00

Kid's Cross Training

Come to an exciting Kids Cross Training Camp. Kids will learn how to safely perform upper and lower body strength training, speed and agility training, and endurance challenges. The camp will help to improve coordination and increase reaction time. Certified trainers will boost your child's enthusiasm to become physically fit in a positive learning environment!

Days & Times	Ages	Mem/Program
Monday 4:00 - 5:00pm	5-14	\$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.

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

Kid's Stretch & Relax

Kids learn to stretch and release tension in a fun and safe environment. We will meditate, balance, breathe, and build strength.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15am	3-5	\$10.00/\$35.00
Monday 4:15 - 5:00pm	5-8	\$10.00/\$35.00
Thursday 5:30 - 6:15pm	9-12	\$10.00/\$35.00

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FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

2018 - Fall I (Sep 4 - Oct 22)

Sports & Youth Programs

Lil Stars

Children 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
Tuesday 10:15 - 11:00am	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.

Days & Times	Ages	Mem/Program
Wednesday 6:00 - 6:45pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Little Heisman's Football

Down, set, hike! Come on out and learn how to play some football with us! Participants will have the opportunity to learn how to throw, kick, catch and run with the football.

Days & Times	Ages	Mem/Program
Saturday 10:00 - 10:45am	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.

Days & Times	Ages	Mem/Program
Wednesday 10:00 - 10:45am	3-5	\$30.00/\$60.00
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
Monday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Wednesday 5:00 - 5:45pm	3-5	\$30.00/\$60.00

* Parent/child participation class; weather permitting held outside

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.

Days & Times	Ages	Mem/Program
Tuesday 5:00 - 5:45pm	8-12	\$30.00/\$60.00

Mom & Me Book Club

A great opportunity to explore books with your toddlers. Each week will be themed around a favorite children's book with story time, themed activities and a themed craft.

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

* Parent/child participation class

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). If there is a concern about kids' clothes getting messy then might a change of clothes or an oversized tee shirt is encouraged to be brought.

Days & Times	Ages	Mem/Program
Tuesday 10:00 - 10:45am	3-5	\$25.00/\$50.00
Wednesday 10:00 - 10:45am	3-5	\$25.00/\$50.00
Friday 10:30 - 11:15am	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!

Days & Times	Ages	Mem/Program
Wednesday 11:00 - 11:45am	3-5	\$20.00/\$40.00

* October 3-17

Running Club

Running club teaches children proper running technique, form, and gives them a variety of skills to enhance their performance. Club will meet at in front of the field house. We will run in the Field House, on the track, or outside.

Days & Times	Ages	Mem/Program
Monday 6:30 - 7:15pm	5-7	\$10.00/\$35.00
Thursday 5:30 - 6:15pm	8-14	\$10.00/\$35.00

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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.

Days & Times	Ages	Mem/Program
Tuesday 6:30 - 7:15pm	5-8	\$30.00/\$60.00

Softball & Baseball Clinic

Participants 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. The only thing you need to bring is your glove and a bottle of water.

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

** weather permitting held outside*

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).

Days & Times	Ages	Mem/Program
Tuesday 9:30 - 10:15am	3-5	\$30.00/\$60.00
Thursday 4:15 - 5:00pm	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.

Days & Times	Ages	Mem/Program
Wednesday 11:00 - 11:45am	3-5	\$20.00/\$40.00

** September 5-19*

Tap Dance

Tap dance will focus on the basic fundamentals of tap dancing. Each week participants will learn new skills and aspects of tap dancing. Tap shoes are recommended but tennis shoes will also work.

Days & Times	Ages	Mem/Program
Tuesday 6:30 - 7:15pm	6-9	\$30.00/\$60.00

Tennis

Athletes will begin learning the basic skills of tennis. They will learn different stroke technique, footwork, serving and also teamwork. This class is intended for beginner tennis players. All players need a tennis racquet. Balls will be provided.

Days & Times	Ages	Mem/Program
Tuesday 7:00 - 8:00pm	7-10	\$30.00/\$60.00

** Held outside on tennis courts weather permitting*

Tennis Tots

A great way to develop your child's hand eye coordination and introduce them to the lifetime sport of tennis! Children 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
Tuesday 6:15 - 7:00pm	4-6	\$30.00/\$60.00

** Tennis raquets will be provided; held outside on tennis courts weather permitting*

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.

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
Monday 11:00 - 11:45am	3-5	\$30.00/\$60.00
Tuesday 5:30 - 6:15pm	3-5	\$30.00/\$60.00
Wednesday 4:00 - 4:45pm	3-5	\$30.00/\$60.00
Friday 11:00 - 11:45am	3-5	\$30.00/\$60.00
Sunday 12:30 - 1:15pm	3-5	\$30.00/\$60.00

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Triathlon Sports

A program designed for participants to focus on running (outside), bike riding (cycling bikes), and swimming (lap pool).

Days & Times	Ages	Mem/Program
Tuesday 5:15 - 6:00pm	9-14	\$25.00/\$50.00

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 6:30 - 7:30pm	7-14	\$30.00/\$60.00

Wee Movement

This 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.

Days & Times	Ages	Mem/Program
Wednesday 10:00 - 10:45am	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.

Days & Times	Ages	Mem/Program
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.

Days & Times	Ages	Mem/Program
Monday 10:15 - 11:00am	1-3	\$20.00/\$40.00
Monday 5:15 - 6:00pm	1-3	\$20.00/\$40.00
Tuesday 11:05 - 11:50am	1-3	\$20.00/\$40.00
Thursday 4:30 - 5:15pm	1-3	\$20.00/\$40.00
Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

** Parent/child participation class*

Youth Basketball

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

Days & Times	Ages	Mem/Program
Thursday 5:15 - 6:00pm	6-9	\$30.00/\$60.00
Saturday 11:00 - 11:45am	6-9	\$30.00/\$60.00

Youth Wrestling

This opportunity allows youth to work with premier wrestling coaches. Program includes: Developing skills to become better overall athletes. Promotes teamwork, self-discipline, and wrestling techniques. Focus on tumbles, footwork drills, rules, and fundamentals along with pinning combination, escapes, and key nutrition components. This class is for boys grades 1st - 6th grade.

Days & Times	Ages	Mem/Program
Mondays & Wednesdays 6:00 - 7:00pm	6-12	\$30.00/\$60.00

** Oct. 22 - Nov. 7*

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