



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Aquatics

Aqua Aerobics

Aqua Aerobics (16 years and up) 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 both shallow and deep parts of the pool.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall I	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Wednesday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall I	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Fall I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00
Fall II	Monday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall II	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall II	Wednesday 8:30-9:20am	16-99	\$20.00/\$75.00
Fall II	Wednesday 9:30-10:20AM	16-99	\$20.00/\$75.00
Fall II	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00

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
Fall I	Tuesday P/C A & B 10:40-11:10AM	Max	3 \$60.00/\$115.00
Fall I	Wednesday 5:00-5:30PM	Max	3 \$60.00/\$115.00
Fall I	Saturday 9:15-9:45 AM	Max	3 \$60.00/\$115.00
Fall II	Tuesday P/C A & B 10:40-11:10AM	Max	3 \$60.00/\$115.00
Fall II	Wednesday 5:00-5:30PM	Max	3 \$60.00/\$115.00
Fall II	Saturday 9:15-9:45 AM	Max	3 \$60.00/\$115.00

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
Fall I	Wednesday 5:40-6:10PM	Max	3 \$60.00/\$115.00
Fall I	Saturday 9:50-10:20 AM	Max	3 \$60.00/\$115.00
Fall II	Wednesday 5:40-6:10PM	Max	3 \$60.00/\$115.00
Fall II	Saturday 9:50-10:20 AM	Max	3 \$60.00/\$115.00

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
Fall I	Tuesday 11:20-11:50am	3-5	\$60.00/\$115.00
Fall I	Tuesday 4:55-5:25pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:35-6:05pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Wednesday 6:20-6:50pm Parent/Child 12-3		\$60.00/\$115.00
Fall I	3-5 3-5 3-5 3-5 2-3 3-5 3-5 Tuesday		\$60.00/\$115.00
Fall I	6:15-6:45pm 3-5 Wednesday 6:20-6:50pm		\$60.00/\$115.00
Fall I	Parent/Child 12-3 Thursday 4:55-5:25pm 3-5		\$60.00/\$115.00
Fall I	3-5 3-5 3-5 3-5 2-3		\$60.00/\$115.00
Fall I	Thursday 4:55-5:25pm		\$60.00/\$115.00
Fall I	Thursday 5:45-6:15pm		\$60.00/\$115.00
Fall II	Saturday 9:15-9:45am		\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20am		\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55am		\$60.00/\$115.00
Fall II	Sat 10:25-10:55am Parent/Child Stage		\$60.00/\$115.00
Fall II	Tuesday 11:20-11:50am		\$60.00/\$115.00
Fall II	Tuesday 4:55-5:25pm		\$52.00/\$100.00
Fall II	Tuesday 5:35-6:05pm		\$52.00/\$100.00
Fall II	Thursday 5:45-6:15pm		\$60.00/\$115.00
Fall II	Saturday 9:15-9:45am		\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20am		\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55am		\$60.00/\$115.00
Fall II	Sat 10:25-10:55am Parent/Child Stage		

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
Fall I	Tuesday 12:00-12:30PM	3-5	\$60.00/\$115.00
Fall I	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall I	Thursday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall I	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Fall I	Saturday 9:50 -10:20AM	3-5	\$60.00/\$115.00
Fall I	Saturday 10:25 -10:55AM	3-5	\$60.00/\$115.00
Fall I	Tuesday 12:00-12:30PM	3-5	\$60.00/\$115.00
Fall II	Tuesday 4:55-5:25PM	3-5	\$60.00/\$115.00
Fall II	Tuesday 5:35-6:05PM	3-5	\$60.00/\$115.00
Fall II	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Fall II	Saturday 9:15-9:45AM	3-5	\$60.00/\$115.00
Fall II	Saturday 9:50 -10:20AM	3-5	\$60.00/\$115.00
Fall II	Saturday 10:25 -10:55AM	3-5	\$60.00/\$115.00

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Wadsworth YMCA

Aquatics

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	
Fall I	Tuesday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Thursday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall I	Saturday	9:15-9:45AM	3-5	\$60.00/\$115.00
Fall I	Saturday	10:25-10:55AM	3-5	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	3-5	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45pm	3-5	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45pm	3-5	\$52.00/\$100.00
Fall II	Saturday	9:15-9:45AM	3-5	\$60.00/\$115.00
Fall II	Saturday	10:25-10:55AM	3-5	\$60.00/\$115.00
Fall II	Saturday	9:50-10:20AM	3-5	\$60.00/\$115.00

Preschool Stage 4 Stroke Introduction

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

Ses	Days & Times		Ages Mem/Program	
Fall I	Saturday	10:25 -10:55AM	3-5	\$60.00/\$115.00
Fall II	Saturday	10:25 -10:55AM	3-5	\$60.00/\$115.00

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	
Fall I	Tuesday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Thursday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15 -10:25AM	6-12	\$60.00/\$115.00
Fall I	Saturday	10:25 -10:55AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	5:35-6:05PM	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45PM	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15 -10:25AM	6-12	\$60.00/\$115.00
Fall II	Saturday	10:25 -10:55AM	6-12	\$60.00/\$115.00

Youth Stage 2 Water Movement

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

Ses	Days & Times		Ages Mem/Program	
Fall I	Tuesday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Thursday	5:45-6:15PM	6-12	\$60.00/\$115.00
Fall I	Thursday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15-9:45AM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall I	Saturday	11-11:30AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-6:45	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15-9:45AM	6-12	\$60.00/\$115.00
Fall II	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall II	Saturday	11-11:30AM	6-12	\$60.00/\$115.00

Youth Stage 3 Water Stamina

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

Ses	Days & Times		Ages Mem/Program	
Fall I	Tuesday	5:45-6:15	6-12	\$60.00/\$115.00
Fall I	Tuesday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Thursday	6:25-6:55PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall I	Saturday	11:00-11:30AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	6:15-6:45PM	6-12	\$60.00/\$115.00
Fall II	Thursday	5:35-6:05	6-12	\$52.00/\$100.00
Fall II	Saturday	9:50-10:20AM	6-12	\$60.00/\$115.00
Fall II	Saturday	11:00-11:30AM	6-12	\$60.00/\$115.00

Youth Stage 4 Stroke Introduction

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

Ses	Days & Times		Ages Mem/Program	
Fall I	Tuesday	5:45-6:30PM	6-12	\$60.00/\$115.00
Fall I	Saturday	9:15-10AM	6-12	\$60.00/\$115.00
Fall II	Tuesday	5:45-6:30PM	6-12	\$60.00/\$115.00
Fall II	Thursday	6:15-7PM	6-12	\$52.00/\$100.00
Fall II	Saturday	9:15-10AM	6-12	\$60.00/\$115.00

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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
Fall I	Thursday 5:45-6:30PM	6-12	\$60.00/\$115.00
Fall I	Saturday 10:15-11AM	6-12	\$60.00/\$115.00
Fall II	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Fall II	Saturday 10:15-11AM	6-12	\$60.00/\$115.00

Youth Stage 6 Stroke Mechanics

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Saturday 10:15-11AM	6-12	\$60.00/\$115.00
Fall II	Saturday 10:15-11AM	6-12	\$60.00/\$115.00

Drew Howell Adaptive Swim Program

This parent/child swim session is designed for parents to swim with their child in a warm water setting. Parents will have the opportunity to work with their child under the guidance of an instructor.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 7:00-7:30pm Parent/Child	Ada6-12	\$60.00/\$115.00
Fall I	Saturday Parent Child Swim age 2 & und	Max 9	\$60.00/\$115.00
Fall II	Tuesday 7:00-7:30pm Parent/Child	Ada6-12	\$60.00/\$115.00
Fall II	Saturday Parent Child Swim age 2 & und	Max 9	\$60.00/\$115.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Fri 10:15-11:30am Youth Stages 1-6	5-12	\$60.00/\$115.00
Fall I	Friday 11:00a-12:15p Youth Stages 1-5	12-15	\$60.00/\$115.00
Fall II	Friday 11:00-12:15PM Youth Stages 1-5	12-15	\$60.00/\$115.00
Fall II	Fri 10:15-11:30AM Youth Stages 1-6		\$60.00/\$115.00

Lifeguard Certification Class

Ses	Days & Times	Ages	Mem/Program
Fall I	Lifeguard Class 9/2 - 9/12/2026	15-99	\$200.00/\$230.00 Lifeguard
Fall I	Instructor Certification - LG17-99		\$275.00/\$300.00 Lifeguard
Fall I	Instructor Recertification - LG17-99		\$120.00/\$140.00

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
Fall I	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall I	Thursday 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall II	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall II	Thursday 9:30 - 10:20am	16-99	\$17.00/\$64.00

Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Fall I	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
Fall I	Friday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall II	Monday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall II	Monday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall II	Monday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall II	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall II	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Fall II	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall II	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall II	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall II	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall II	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
Fall II	Friday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall II	Friday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall II	Friday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall II	Friday 11:00 - 11:45 am	18-99	\$25.00/\$90.00

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Warm Water Open Swim

Independent exercise time in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages Mem/Program	
Fall I	Monday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Monday 6:00-6:45pm	18-99	\$25.00/\$90.00
Fall I	Wednesday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Thursday AI Chi 7:00-7:45pm	18-99	\$25.00/\$90.00
Fall I	Friday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall I	Saturday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Monday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Monday 6:00-6:45pm	18-99	\$25.00/\$90.00
Fall II	Wednesday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Thursday AI Chi 7:00-7:45pm	18-99	\$22.00/\$75.00
Fall II	Friday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II	Saturday 12:00-12:45p	18-99	\$25.00/\$90.00
Fall II			

Private Swim Lessons

Private lessons available. Contact our Aquatics Director to set up one on one instructions.

Ses	Days & Times	Ages Mem/Program	
Fall I	Private Lessons ages 5 & up	5-99	\$150.00/\$250.00
Fall I	Semi-Private Lessons Age 5 & up	5-99	\$200.00/\$300.00
Fall I	Family Lessons (1 adult & 1-2 kids age 3-99)		\$200.00/\$300.00
Fall II	Private Lessons ages 5 & up		\$150.00/\$250.00
Fall II	Semi-Private Lessons Age 5 & up		\$200.00/\$300.00
Fall II	Family Lessons (1 adult & 1-2 kids age 3-99)		\$200.00/\$300.00

Swim Team

Ses	Days & Times	Ages Mem/Program	
Fall I	Wadsworth Waves - Booster For Coaches	5-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Tidal Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Rip Tide High School	13-	\$325.00/\$325.00
Fall I	Wadsworth Waves - Swell Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Tsunami Mon - Thu	6-17	\$325.00/\$325.00
Fall I			

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Fall I (09/06-10/24), Fall III (11/01-12/19)

Sports & Youth Programs

Arts & Crafts

This parent-child class will enable you to enjoy arts and crafts experiences without a mess at home and with a guide! Bring a "paint shirt" to class each week and come excited to make fun arts and crafts with your child, helping him/her learn scissor skills as well as many other fine motor skills each week!

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 9:30-10:15am	1-5	\$30.00/\$60.00
Fall II	Tuesday 9:30-10:15am	1-5	\$30.00/\$60.00

Gymnastics - Wee Tumblers

Parent and child interactive class with an open-gym style organization. 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
Fall I	Wednesday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall I	Thursday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall I	Friday 9:30-10:15am	1-3	\$50.00/\$80.00
Fall I	Friday 5:30-6:15am	1-3	\$50.00/\$80.00
Fall II	Wednesday 5:30-6:15pm	1-3	\$50.00/\$80.00
Fall II	Thursday 5:30-6:15pm	1-3	\$45.00/\$70.00
Fall II	Friday 9:30-10:15am	1-3	\$50.00/\$80.00
Fall II	Friday 5:30-6:15am	1-3	\$50.00/\$80.00

Gymnastics - 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
Fall I	Wednesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Friday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall II	Wednesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall II	Thursday 6:30 - 7:15 pm	3-5	\$45.00/\$70.00
Fall II	Friday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

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
Fall I	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Thursday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15pm	3-5	\$50.00/\$80.00
Fall II	Monday 12:30-1:15 pm	3-5	\$50.00/\$80.00
Fall II	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall II	Thursday 5:30 - 6:15pm	3-5	\$45.00/\$70.00
Fall II	Thursday 6:30 - 7:15pm	3-5	\$45.00/\$70.00

Little Dribblers

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
Fall I	Monday 6:30-7:15pm	3-5	\$50.00/\$80.00
Fall II	Monday 6:30-7:15pm	3-5	\$50.00/\$80.00

Beginner Volleyball

Come practice some gross motor skills, move around, learn the very basics of volleyball, and most of all have fun!

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00
Fall II	Wednesday 5:30 - 6:15 pm	5-8	\$50.00/\$80.00

Creative Movement

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Friday 10:30-11:15am	2-5	\$50.00/\$80.00
Fall II	Friday 10:30-11:15am	2-5	\$50.00/\$80.00

**NewEastRoomPolicy:Parents may be present in room during the last 5-10 minutes*

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
Fall I	Tuesday 6:30 - 7:15pm	9-12	\$30.00/\$60.00
Fall II	Tuesday 6:30 - 7:15pm	9-12	\$30.00/\$60.00

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
Fall I	Monday 6:30 - 7:15 pm	8-12	\$45.00/\$70.00
Fall II	Monday 6:30 - 7:15 pm	8-12	\$50.00/\$80.00

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Sports & Youth Programs

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 using yoga type poses.

Ses	Days & Times	Ages Mem/Program	
Fall I	Tuesday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00
Fall II	Tuesday 5:30 - 6:15 pm	7-12	\$50.00/\$80.00

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	
Fall I	Tuesday 6:30-7:15pm	3-5	\$50.00/\$80.00
Fall II	Tuesday 6:30-7:15pm	3-5	\$50.00/\$80.00

Speed & Agility

Our Speed and Agility class helps children ages 4-12 build coordination, balance, quickness, and confidence in a fun, supportive environment. Through engaging drills and age-appropriate activities, participants improve athletic skills while staying active.

Ses	Days & Times	Ages Mem/Program	
Fall I	Monday 5:30-6:15 pm		\$45.00/\$70.00
Fall II	Monday 5:30-6:15 pm		\$50.00/\$80.00

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	
Fall I	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00
Fall II	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00

Register Online at AKRONYMCA.ORG