



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer (06/07-08/14)

Sports & Youth Programs

Adult Sand Volleyball League

Participants 18+ years or older will have a chance to play sand volleyball. This league is a co-ed league. Tuesday and Wednesday nights from 6-8pm. 6 weeks long with a tournament to follow. Maximum of 6 teams. We will see you on the court!

Ses	Days & Times	Ages	Mem/Program
Summer	Tues/Wed 6:00 - 8:00pm	18-99	\$260.00/\$260.00

* Registration deadline June 5

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	Monday 7:00 - 7:45 pm Summer 1	6-12	\$22.00/\$44.00
Summer	Monday 7:00 - 7:45 pm Summer 2	6-12	\$22.00/\$44.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:15 - 7:00pm Summer 2	6-10	\$22.00/\$44.00

* Summer 2: 7/12-8/14

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	Friday 5:00 - 5:45pm Summer 2	9-15	\$8.00/\$22.00
Summer	Friday 5:00 - 5:45pm Summer 1	9-15	\$8.00/\$22.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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	Monday 6:00 - 6:45 pm Summer 1	6-12	\$22.00/\$44.00
Summer	Monday 6:00 - 6:45 pm Summer 2	6-12	\$22.00/\$44.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

Kids Gym

Parents and children come and join us! This will be a time of open gym for families to participate with one another. Participants will play with balls, scarves, various sports equipment and other options. We encourage families to use this time to spend with others in the class and grow with one another!

Ses	Days & Times	Ages	Mem/Program
Summer	Friday 10:00am - 11:00am Summer 1	Max 5	\$0.00/\$10.00
Summer	Friday 10:00am - 11:00am Summer 2	Max 5	\$0.00/\$10.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

Family Fitness

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

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 6:30 - 7:30pm Summer 1	6-99	\$8.00/\$22.00
Summer	Wednesday 6:30 - 7:30pm Summer 2	6-99	\$8.00/\$22.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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	Friday 6:00 - 6:45pm Summer 1	8-12	\$8.00/\$22.00
Summer	Friday 6:00 - 6:45pm Summer 2	8-12	\$8.00/\$22.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

Indoor Soccer

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

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 5:30 - 6:15pm Summer 1	6-10	\$22.00/\$44.00
Summer	Wednesday 5:30 - 6:15pm Summer 2	6-10	\$22.00/\$44.00
Summer	Saturday 9:00 - 9:45am Summer 1	6-10	\$22.00/\$44.00
Summer	Saturday 9:00 - 9:45am Summer 2	6-10	\$22.00/\$44.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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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 10:30 - 11:15am Summer 1	3-5	\$22.00/\$44.00
Summer	Tuesday 5:00 - 5:45pm Summer 1	3-5	\$18.00/\$35.00
Summer	Tuesday 9:30 - 10:15am Summer 2	3-5	\$22.00/\$44.00
Summer	Wednesday 4:45 - 5:30pm Summer 2	3-5	\$22.00/\$44.00

* Parent/child participation class; Summer 1: 6/7-7/10 (no pm classes Tue 6/22), Summer 2: 7/12-8/14

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 10:30 - 11:15am Summer 2	3-5	\$22.00/\$44.00
Summer	Wednesday 4:45 - 5:30pm Summer 1	3-5	\$22.00/\$44.00
Summer	Tuesday 7:00 - 7:45pm Summer 2	3-5	\$22.00/\$44.00

* Parent/child participation class; Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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 9:30 - 10:15am Summer 1	3-5	\$22.00/\$44.00

* Parent/child participation class; Summer 1: 6/7-7/10

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	Wednesday 6:15 - 7:00 pm Summer 1	5-10	\$8.00/\$22.00
Summer	Thursday 4:45 - 5:30 pm Summer 1	5-10	\$8.00/\$22.00
Summer	Thursday 5:45 - 6:30pm Summer 2	5-10	\$8.00/\$22.00

* Summer 1: 6/7-7/10, Summer 2: 7/12-8/14

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	Monday 9:30 - 10:15am Summer 2	3-5	\$22.00/\$44.00
Summer	Tuesday 9:30 - 10:15am Summer 1	3-5	\$22.00/\$44.00
Summer	Tuesday 5:30 - 6:15pm Summer 2	3-5	\$22.00/\$44.00
Summer	Tuesday 6:00 - 6:45pm Summer 1	3-5	\$18.00/\$35.00
Summer	Wednesday 10:00 - 10:45am Summer 1	3-5	\$22.00/\$44.00
Summer	Wednesday 10:00 - 10:45am Summer 2	3-5	\$22.00/\$44.00
Summer	Thursday 4:45 - 5:30pm Summer 2	3-5	\$22.00/\$44.00
Summer	Thursday 6:45 - 7:30pm Summer 1	3-5	\$22.00/\$44.00

* Parent/child participation class; Summer 1: 6/7-7/10 (no pm classes Tue 6/22), Summer 2: 7/12-8/14

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	Tuesday 5:00 - 5:45pm Summer 1	3-5	\$18.00/\$35.00
Summer	Tuesday 5:00 - 5:45pm Summer 2	3-5	\$22.00/\$44.00
Summer	Thursday 10:00 - 10:45am Summer 1	3-5	\$22.00/\$44.00
Summer	Thursday 10:00 - 10:45am Summer 2	3-5	\$22.00/\$44.00

* Summer 1: 6/7-7/10 (no pm classes Tue 6/22), Summer 2: 7/12-8/14

Volleyball Camp

Developmental camp 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 12:00 - 2:00pm Su	7-13	\$50.00/\$50.00

* July 12-15

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	Tuesday 6:00 - 6:45pm	1-3	\$22.00/\$44.00
Summer	Tuesday 6:00 - 6:45pm Summer 1	1-3	\$18.00/\$35.00
Summer	Thursday 11:00 - 11:45am	1-3	\$22.00/\$44.00
Summer	Thursday 11:00 - 11:45am Summer 1	1-3	\$22.00/\$44.00

* Parent/child participation class; Summer 1: 6/7-7/10 (no pm classes Tue 6/22), Summer 2: 7/12-8/14

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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	Tuesday 7:00 - 7:45pm Summer 1	6-8	\$18.00/\$35.00
Summer	Wednesday 6:15 - 7:00pm Summer 2	6-8	\$22.00/\$44.00
Summer	Thursday 5:45 - 6:30pm Summer 1	9-12	\$22.00/\$44.00
Summer	Thursday 6:45 - 7:30pm Summer 2	9-12	\$22.00/\$44.00

* Summer 1: 6/7-7/10 (no pm classes Tue 6/22), Summer 2: 7/12-8/14

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(330) 334-9622

623 School Drive, Wadsworth, OH 44281