



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Summer (06/05-08/13)

Sports & Youth Programs

## Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 6:15 - 8:00pm		\$0.00/\$10.00

\*Summer 6/7 - 8/2 (not available on 6/21 or 7/5)

## 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	Thursday 7:00 - 7:45pm	6-10	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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
Summer	Thursday 10:30 - 11:15am	4-6	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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 5:00 - 5:45pm	6-10	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## Kid's Cycling

This class is a stationary cycling workout. It is designed to promote cardiovascular health and increase stamina. Cycling is led by an instructor and motivates you through fun music.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:15 - 7:00pm	8-12	\$10.00/\$20.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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	Max 5	\$0.00/\$10.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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	Monday 7:00 - 7:45pm	8-12	\$10.00/\$20.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## Lil 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
Summer	Thursday 6:45 - 7:30pm	3-5	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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 12:30 - 1:15pm	3-5	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## 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	Thursday 6:00 - 6:45pm	5-10	\$15.00/\$30.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

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

\* Summer 6/6 - 7/29 (no classes July 4-8); Parent/child participation class

Register Online at [AKRONYMCA.ORG](http://AKRONYMCA.ORG)



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## Summer Kid's Gym

Bring in your kiddos to burn off some of that summer energy with us! We will play and learn a variety of games, sports, & activities in a structured, yet fun environment.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 9:45 - 10:30am	3-8	\$20.00/\$40.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## Youth Dodgeball

Each week, a different version of dodge ball will be played. Participants will also work on fundamentals such as throwing, catching, and different running techniques.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 5:15 - 6:00pm	6-10	\$10.00/\$20.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Ses	Days & Times	Ages	Mem/Program
Summer	Monday 6:15 - 7:00pm	3-5	\$30.00/\$60.00
Summer	Wednesday 6:15 - 7:00pm	3-5	\$30.00/\$60.00
Summer	Thursday 6:00 - 6:45pm	3-5	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8)

## Volleyball Class

Developmental class that allows all skill levels to learn the game of volleyball. This class works on fundamentals, rules, and games for athletes to grow in the game of volleyball.

Ses	Days & Times	Ages	Mem/Program
Summer	Tuesday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

\* Summer 6/7 - 8/2 (no class on 6/21 or 7/5)

## Wee Tumblers Gymnastics

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
Summer	Tuesday 10:30 - 11:15am	1-3	\$30.00/\$60.00
Summer	Wednesday 4:00 - 4:45pm	1-3	\$30.00/\$60.00
Summer	Thursday 5:00 - 5:45pm	1-3	\$30.00/\$60.00

\* Summer 6/6 - 7/29 (no classes July 4-8); 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.

Ses	Days & Times	Ages	Mem/Program
Summer	Wednesday 6:00 - 6:45pm	9-12	\$30.00/\$60.00
Summer	Wednesday 6:45 - 7:30pm	6-8	\$30.00/\$60.00

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