



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/05-10/24)

Sports & Youth Programs

Men's 40 & Over Basketball League

Stay active and enroll in our men's basketball league. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Players sign up as individuals and teams will be assigned.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 6:00 - 9:00pm	39-99	\$110.00/\$110.00

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
Fall I	Thursday 5:30- 6:15 pm	6-10	\$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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:30 - 7:15 pm	6-10	\$30.00/\$60.00

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 5:00 - 5:45 pm	4-6	\$30.00/\$60.00

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	Monday 10:00 - 10:45 am	3-5	\$30.00/\$60.00
Fall I	Friday 10:30 - 11:15 am	3-5	\$30.00/\$60.00

**New East Room Policy: Parents may be present in room during the last 5-10 minutes*

Creative Writing

From games to building writing skills, the Creative Writing class is designed to engage kids ages 8-12 with interesting prompts, space to share their writings and to build a continued love of the written word!

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 4:30 - 5:15 pm	8-12	\$30.00/\$60.00

Creative Writing II

Silly stories, personal narratives, poetry and way more are explored through Creative Writing Club 2! Utilizing the building blocks from Creative Writing 1, this program takes authors ages 8-12 through new skills with lots of fun and exciting prompts!

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

Discovering Art

Children will learn and practice basic art skills related to a variety of artists. Artwork will be taken home with them each week.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:30 - 6:15 pm	6-12	\$30.00/\$60.00

Family Fitness - Sports

(PRICE INCLUDES THE WHOLE FAMILY!) (6 years and up)
A workout designed for the whole family! Have fun and exercise together. Family Fitness -Sports involves obstacle courses, games, sports, and team building exercises.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 7:00 - 7:45 pm	6-99	\$15.00/\$30.00

Family Fitness - Wild Card

(PRICE INCLUDES THE WHOLE FAMILY!) (6 years and up)
A workout designed for the whole family! Have fun and exercise together. Family Fitness - Wild Card involves a variety of YMCA fitness classes such as cycling, toning, boot camp, yoga, etc.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:00 - 6:45 pm	6-99	\$15.00/\$30.00

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 6:00 - 6:45 pm	6-10	\$30.00/\$60.00

Home School Gym Class

Students will be led in various gym class games and sports activities while building friendships and learning about team work.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 11:30 am - 12:15 pm	6-10	\$30.00/\$60.00

Register Online at AKRONYMCA.ORG



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Indoor Soccer

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

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursday 6:00 - 6:45 pm	6-10	\$30.00/\$60.00

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
Fall I	Wednesday 10:00 - 11:00 am	Max 5	\$0.00/\$10.00

**This is an unstaffed play time for families to meet*

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	Tuesday 6:15 - 7:00 pm	8-12	\$15.00/\$30.00

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.

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

**Parent participation may be required for some students*

Outdoor Running Club

Outdoor Running club teaches children proper running technique, form, and gives them a variety of skills to enhance their performance. Participants will build endurance while enjoying the outdoors!

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 6:00 - 6:45 pm	10-13	\$15.00/\$30.00

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.)

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 10:15 - 11:00am	3-5	\$30.00/\$60.00
Fall I	Thursday 10:00 - 10:45 am	3-5	\$30.00/\$60.00

**Parent participation may be required for some students*

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
Fall I	Monday 6:15 - 7:00pm	5-10	\$15.00/\$30.00

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	Monday 10:30am - 11:15pm	3-5	\$30.00/\$60.00
Fall I	Monday 5:15 - 6:00 pm	3-5	\$30.00/\$60.00
Fall I	Thursday 10:30 - 11:15 am	3-5	\$30.00/\$60.00
Fall I	Friday 4:00 - 4:45 pm	3-5	\$30.00/\$60.00

**Parent participation may be required for some students*

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	Monday 5:30 - 6:15 pm	3-5	\$30.00/\$60.00
Fall I	Thursday 6:30 - 7:15 pm	3-5	\$30.00/\$60.00

**New East Room Policy: Parents may be present in room during the last 5-10 minutes*

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	Thursday 5:00 - 5:45 pm	7-12	\$30.00/\$60.00



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Wee 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! Each class will include a story that relates to the craft and all supplies.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 9:30 - 10:15am - Copy	1-3	\$30.00/\$60.00

* Parent/child participation class; only one participating parent in the classroom please

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
Fall I	Thursday 5:30 - 6:15 pm	1-3	\$30.00/\$60.00
Fall I	Friday 9:30 - 10:15 am	1-3	\$30.00/\$60.00

* Parent/child participation class; only one participating parent in the classroom please

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
Fall I	Tuesday 6:00 - 6:45 pm	9-12	\$30.00/\$60.00
Fall I	Wednesday 6:00 - 6:45 pm	9-12	\$30.00/\$60.00

Youth Karate

Karate class is designed for children to learn confidence, self-discipline and respect from a Black Belt instructor while in a fun environment. Karate is a unique form of physical activity using movements and exercises that are excellent for personal health. You will gain strength, stamina, flexibility, quickness, coordination, concentration and balance.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thursday 6:15 - 7:00 pm	5-8	\$30.00/\$60.00

*New East Room Policy: Parents may be present in room during the last 5-10 minutes

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.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesdays & Thursdays 6:00 - 7:00 pm	6-12	\$40.00/\$40.00

* October 10 - November 3; 6 total classes

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