



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/02-02/18)

Sports & Youth Programs

Basketball Clinic

The basketball clinic will focus on the fundamentals of basketball through drills, games, and activities that will help your child become a better basketball player.

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 6:30 - 7:15 pm	10-14	\$45.00/\$75.00

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
Winter I	Monday 6:30 - 7:15 pm	5-8	\$45.00/\$75.00

Basketball League

The Basketball League provides a positive environment where everyone participates and learns the skills of basketball.

Ses	Days & Times	Ages	Mem/Program
Winter I	Rookies K - 1	5-8	\$70.00/\$100.00
Winter I	Winners 2nd - 3rd	6-11	\$70.00/\$100.00
Winter I	Champions 4th - 6th	9-13	\$70.00/\$100.00

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
Winter I	Wednesday 5:30 - 6:15 pm	4-6	\$45.00/\$75.00

Cheerleading

Show us your spirit! This program will teach the basics of cheer. Incorporating elements of dance, basic movements and learning small routines.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:00pm - 6:45pm	5-8	\$45.00/\$75.00
Winter I	Thursday 7:00pm - 7:45pm	8-12	\$45.00/\$75.00

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
Winter I	Friday 10:30 - 11:15 am	3-5	\$45.00/\$75.00

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

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
Winter I	Monday 6:30 - 7:15 pm	6-12	\$45.00/\$75.00

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
Winter I	Wednesday 7:15 - 8:00 pm	6-99	\$25.00/\$50.00

Indoor Soccer

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

Ses	Days & Times	Ages	Mem/Program
Winter I	Monday 6:00 - 6:45 pm	6-10	\$45.00/\$75.00

Jump Rope Camp

Jump Rope class is designed to help jumpers learn jump rope beginner through intermediate single rope, pairs, and long rope skills. The class will focus on building character and leadership skills while offering a positive environment that encourages each.

Ses	Days & Times	Ages	Mem/Program
Winter I	Thursday 6:15 - 7:00 pm	6-10	\$45.00/\$75.00

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.

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 7:00 - 7:45 pm	9-12	\$45.00/\$75.00

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
Winter I	Tuesday 6:00 - 6:45 pm	8-12	\$25.00/\$50.00

Register Online at AKRONYMCA.ORG



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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
Winter I	Monday 10:30 - 11:15 am	3-5	\$45.00/\$75.00
Winter I	Tuesday 5:30 - 6:15 pm	3-5	\$45.00/\$75.00

*Parent participation may be required for some students

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
Winter I	Tuesday 10:15 - 11:00 am	3-5	\$45.00/\$75.00

*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
Winter I	Wednesday 5:00 - 5:45pm	5-10	\$25.00/\$50.00

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
Winter I	Monday 5:15 - 6:00 pm	3-5	\$45.00/\$75.00
Winter I	Thursday 10:30am - 11:15pm	3-5	\$45.00/\$75.00
Winter I	Thursday 5:15 - 6:00 pm	3-5	\$45.00/\$75.00

*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
Winter I	Monday 5:30 - 6:15 pm	3-5	\$45.00/\$75.00
Winter I	Tuesday 6:30 - 7:15 pm	3-5	\$45.00/\$75.00

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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
Winter I	Wednesday 6:15 - 7:00 pm	7-12	\$45.00/\$75.00

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
Winter I	Tuesday 9:30 - 10:15am	1-3	\$45.00/\$75.00

* 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
Winter I	Friday 9:30 - 10:15 am	1-3	\$45.00/\$75.00
Winter I	Thursday 5:00 - 5:45 pm	1-3	\$45.00/\$75.00

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

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
Winter I	Tuesday 7:00 - 7:45pm	6-10	\$25.00/\$50.00

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
Winter I	Thursday 7:15 - 8:00 pm	5-8	\$45.00/\$75.00
Winter I	Wednesday 6:15 - 7:00 pm	8-10	\$45.00/\$75.00

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