



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall II (10/29-12/16)

Sports & Youth Programs

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 II	Wednesday 5:30 - 6:15 pm	5-8	\$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
Fall II	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
Fall II	Monday 6:30 - 7:15 pm	6-12	\$45.00/\$75.00

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 II	Monday 10:00 - 10:45 am	3-5	\$45.00/\$75.00
Fall II	Monday 5:00 - 5:45 pm	3-5	\$45.00/\$75.00

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

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 II	Monday 6:00 - 6:45 pm	1-3	\$45.00/\$75.00
Fall II	Friday 9:30 - 10:15 am	1-3	\$45.00/\$75.00

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

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 II	Thursday 6:30 - 7:15 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
Fall II	Tuesday 5:30 - 6:15 pm	8-12	\$25.00/\$50.00

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 II	Wednesday 5:30 - 6:15pm	7-12	\$25.00/\$50.00

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 II	Tuesday 6:30 - 7:15 pm	3-5	\$45.00/\$75.00

**Parent participation may be required for some students*

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
Fall II	Thursday 5:30 - 6:15 pm	3-5	\$45.00/\$75.00

**Parent participation may be required for some students.*

Pickleball 101

Pickleball 101 will teach participants the basic skills and knowledge to move forward with confidence in this rapidly growing sport! Pickleball paddles will be provided.

Ses	Days & Times	Ages	Mem/Program
Fall II	Monday 5:30 - 6:15 pm	8-12	\$45.00/\$75.00

Register Online at AKRONYMCA.ORG



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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 II	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
Fall II	Thursday 5:30 - 6:15pm	8-12	\$25.00/\$50.00

*Class will be held outside, weather permitting, or on indoor track

Sporties For Shorties (ages 3-5)

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 II	Thursday 6:30 - 7:15 pm	3-5	\$45.00/\$75.00

*Parent participation may be required for some students

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 II	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
Fall II	Tuesday 9:30 - 10:15am	1-3	\$45.00/\$75.00

* 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 II	Tuesday 5:30 - 6:15 pm	6-9	\$45.00/\$75.00

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
Fall II	Monday 6:30 - 7:15pm	6-10	\$25.00/\$50.00