



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/06-10/25)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday P/C A & B 10:40-11:10AM	Max 3	\$60.00/\$115.00
Fall I	Wednesday 5:00-5:30pm Therapy Pool	Max 3	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05am	Max 3	\$60.00/\$115.00

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:40-6:10pm Therapy Pool	Max 3	\$60.00/\$115.00
Fall I	Saturday 9:00-9:30am	Max 3	\$60.00/\$115.00

Preschool Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Wednesday 11:15-11:45am	3-5	\$60.00/\$115.00
Fall I	Wednesday 6:20-6:50pm Parent/Child 1	2-3	\$60.00/\$115.00
Fall I	Thursday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05am	3-5	\$60.00/\$115.00
Fall I	Sat 10:10-10:40am Parent/Child Stage	2-3	\$60.00/\$115.00
Fall I	Saturday 10:10-10:40am	3-5	\$60.00/\$115.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 4:45-5:15PM	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Thursday 4:45-5:15PM	3-5	\$60.00/\$115.00
Fall I	Thursday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00-9:30am	3-5	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05AM	3-5	\$60.00/\$115.00
Fall I	Saturday 10:10-10:40am	3-5	\$60.00/\$115.00

Preschool Stage 3 Water Stamina

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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Fall I	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9-9:30am	3-5	\$60.00/\$115.00
Fall I	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Thursday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Thursday 6:30-7:00PM	3-5	\$60.00/\$115.00
Fall I	Saturday 9:00-9:30AM	3-5	\$60.00/\$115.00

Youth Stage 1 Water Acclimation

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00
Fall I	Thursday 4:45-5:15pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05AM	6-12	\$60.00/\$115.00

Youth Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 5:55-6:25pm	6-12	\$60.00/\$115.00
Fall I	Tuesday 6:30-7pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:20-5:50 PM	6-12	\$60.00/\$115.00
Fall I	Thursday 5:55-6:25pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:00-9:30am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:10-10:40am	6-12	\$60.00/\$115.00

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Wadsworth YMCA

Fall I (09/06-10/25)

Aquatics

Youth Stage 3 Water Stamina

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Fall I	Tuesday 6:30-7pm	6-12	\$60.00/\$115.00
Fall I	Thursday 6:30-7pm	6-12	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05am	6-12	\$60.00/\$115.00
Fall I	Saturday 10:10-10:45am	6-12	\$60.00/\$115.00

Youth Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 5:20-6:05pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:20-6:05pm	6-12	\$60.00/\$115.00
Fall I	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00

Saturday programs run 8 weeks

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 6:15-7:00pm Stage 5&6	6-12	\$60.00/\$115.00
Fall I	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thurs 5:20-6:05pm Stage 5&6	6-12	\$60.00/\$115.00
Fall I	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00

Drew Howell Adaptive Swim Program

This parent/child swim session is designed for parents to swim with their child in a warm water setting. Parents will have the opportunity to work with their child under the guidance of an instructor.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 7:00-7:30pm Parent/Child Ada	6-12	\$60.00/\$115.00

Summer 1: June 8 - July 12 (No PM class Tuesday, June 17) Summer 2: July 20 - August 23

Home School Lessons

These classes are tailored specifically for families with home-schooled children. Several skill levels are offered. This class is for school-aged children only.

Ses	Days & Times	Ages	Mem/Program
Fall I	Fri 10:15-11:30am Youth Stages 1-6	5-12	\$60.00/\$115.00
Fall I	Friday 11:00a-12:15p Youth Stages 1-	5-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Ses	Days & Times	Ages	Mem/Program
Fall I	Thurs 6:15PM Teen & Adult Lessons	13-99	\$60.00/\$115.00

Saturday programs run 8 weeks

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Wed 8:30am-9:15am Senior Aerobics	16-99	\$30.00/\$100.00
Fall I	Wednesday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00

Deep Water Aqua Aerobics

A very-low impact aerobic exercise class held in the deep end of the lap pool. Participants are invited to bring a flotation belt or borrow one of ours. This class finishes up in the shallow end of the pool with stretching and flexibility exercises.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall I	Thursday 9:30 - 10:20am	16-99	\$20.00/\$75.00

Summer 1: June 8 - July 12 Summer 2: July 20 - August 23

Register Online at AKRONYMCA.ORG

(330) 334-9622

623 School Drive, Wadsworth, OH 44281



FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Fall I (09/06-10/25)

Aquatics

Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool.
Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Fall I	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
Fall I	Friday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 11:00 - 11:45 am	18-99	\$25.00/\$90.00

Summer 1: June 8 - July 12 Summer 2: July 20 - August 23

Warm Water Open Swim

Independent exercise time in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Monday 6:00-6:45pm	18-99	\$15.00/\$60.00
Fall I	Wednesday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Thursday 7:00-7:45pm	18-99	\$15.00/\$60.00
Fall I	Friday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Saturday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Saturday Parent Child Swim age 2 & und 18-99		\$20.00/\$75.00

Summer 1: June 8 - July 12 (No class Saturday, 7/5) Summer 2: July 20 - August 23

Swim Team

Ses	Days & Times	Ages	Mem/Program
Fall I	Wadsworth Waves - Booster Fee/Conces	5-17	\$25.00/\$25.00
Fall I	Wadsworth Waves - Tidal Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Swell Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Tsunami Mon - Thu	6-17	\$335.00/\$335.00
Fall I	Wads Waves - High School	13-17	\$150.00/\$150.00

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Sports & Youth Programs

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	1-5	\$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 5:30 - 6:15pm	5-8	\$50.00/\$80.00

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
Fall I	Thursday 4:30 - 5:15pm	7-12	\$50.00/\$80.00

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	Monday 5:30 - 6:15pm	6-12	\$50.00/\$80.00

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 I	Monday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Tuesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

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 I	Tuesday 5:30 - 6:15pm	1-3	\$50.00/\$80.00
Fall I	Thursday 5:30 - 6:15pm	1-3	\$50.00/\$80.00

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 I	Monday 5:30 - 6:15pm	8-12	\$30.00/\$60.00

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 I	Tuesday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

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 I	Tuesday 6:30 - 7:15pm	3-5	\$50.00/\$80.00

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 I	Monday 6:30 - 7:15pm	8-12	\$50.00/\$80.00
Fall I	Saturday 9:00 - 9:45am	8-12	\$50.00/\$80.00

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 12:30 - 1:15pm	3-5	\$50.00/\$80.00
Fall I	Monday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00

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Fall I (09/06-10/25)

Sports & Youth Programs

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	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00

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	Wednesday 11:00 - 11:45am	5-12	\$30.00/\$60.00

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Fall II (11/02-12/20)

Aquatics

Parent/Child Stage A Water Discovery

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday P/C A & B 10:40-11:10AM	Max 3	\$60.00/\$115.00
Fall I	Wednesday 5:00-5:30pm Therapy Pool	Max 3	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05am	Max 3	\$60.00/\$115.00

Parent/Child Stage B Water Exploration

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

Ses	Days & Times	Ages	Mem/Program
Fall I	Wednesday 5:40-6:10pm Therapy Pool	Max 3	\$60.00/\$115.00
Fall I	Saturday 9:00-9:30am	Max 3	\$60.00/\$115.00

Preschool Stage 1 Water Acclimation

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Fall I	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:20-5:50pm	3-5	\$60.00/\$115.00
Fall I	Tuesday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Wednesday 11:15-11:45am	3-5	\$60.00/\$115.00
Fall I	Wednesday 6:20-6:50pm Parent/Child 1	2-3	\$60.00/\$115.00
Fall I	Thursday 4:45-5:15pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9:35-10:05am	3-5	\$60.00/\$115.00
Fall I	Sat 10:10-10:40am Parent/Child Stage	2-3	\$60.00/\$115.00
Fall I	Saturday 10:10-10:40am	3-5	\$60.00/\$115.00

Preschool Stage 2 Water Movement

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

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Fall I	Tuesday 5:55-6:25pm	3-5	\$60.00/\$115.00
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Fall I	Thursday 5:55-6:25pm	3-5	\$60.00/\$115.00
Fall I	Saturday 9-9:30am	3-5	\$60.00/\$115.00
Fall I	Saturday 10:50-11:20AM	3-5	\$60.00/\$115.00

Preschool Stage 4 Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

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Fall I	Tuesday 4:45-5:15pm	3-5	\$60.00/\$115.00
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Youth Stage 2 Water Movement

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Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tuesday 5:20-6:05pm	6-12	\$60.00/\$115.00
Fall I	Thursday 5:20-6:05pm	6-12	\$60.00/\$115.00
Fall I	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00

Saturday programs run 8 weeks

Youth Stage 5 Stroke Development

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 6:15-7:00pm Stage 5&6	6-12	\$60.00/\$115.00
Fall I	Saturday 10:50-11:35am	6-12	\$60.00/\$115.00

Youth Stage 6 Stroke Mechanics

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Ses	Days & Times	Ages	Mem/Program
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Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

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Saturday programs run 8 weeks

Aqua Aerobics

Aqua Aerobics (16 years and up) Aqua Aerobics is similar to a Land Aerobics class, but adapted for the unique properties of the water. The water's resistance provides a low-impact, high-intensity workout without the need for swimming skills. Aqua aerobics is held in both shallow and deep parts of the pool.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Wed 8:30am-9:15am Senior Aerobics	16-99	\$30.00/\$100.00
Fall I	Wednesday 9:30-10:20am	16-99	\$20.00/\$75.00
Fall I	Friday 8:30-9:15a Hi-Lo HIIT Class	16-99	\$20.00/\$75.00

Deep Water Aqua Aerobics

A very-low impact aerobic exercise class held in the deep end of the lap pool. Participants are invited to bring a flotation belt or borrow one of ours. This class finishes up in the shallow end of the pool with stretching and flexibility exercises.

Ses	Days & Times	Ages	Mem/Program
Fall I	Tues 9:30 - 10:20am	16-99	\$20.00/\$75.00
Fall I	Thursday 9:30 - 10:20am	16-99	\$20.00/\$75.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Wadsworth YMCA

Fall II (11/02-12/20)

Aquatics

Warm Water Arthritis Class

Instructor led exercise in the warm water therapy pool.
Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Monday 7:00-7:45PM	18-99	\$25.00/\$90.00
Fall I	Wednesday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 11:00 - 11:45 am	18-99	\$25.00/\$90.00
Fall I	Wednesday 7:00 - 7:45 pm	18-99	\$25.00/\$90.00
Fall I	Friday 8:00 - 8:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 9:00 - 9:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 10:00 - 10:45 am	18-99	\$25.00/\$90.00
Fall I	Friday 11:00 - 11:45 am	18-99	\$25.00/\$90.00

Warm Water Open Swim

Independent exercise time in the warm water therapy pool. Please arrive no more than 10 minutes before class, dressed to swim, to avoid overcrowding the changing rooms. Family changing rooms are available for use as needed.

Ses	Days & Times	Ages	Mem/Program
Fall I	Monday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Monday 6:00-6:45pm	18-99	\$15.00/\$60.00
Fall I	Wednesday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Thursday 7:00-7:45pm	18-99	\$15.00/\$60.00
Fall I	Friday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Saturday 12:00-12:45p	18-99	\$15.00/\$60.00
Fall I	Saturday Parent Child Swim age 2 & und	18-99	\$20.00/\$75.00

Swim Team

Ses	Days & Times	Ages	Mem/Program
Fall I	Wadsworth Waves - Booster Fee/Conces	5-17	\$25.00/\$25.00
Fall I	Wadsworth Waves - Tidal Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Swell Mon - Wed	6-17	\$325.00/\$325.00
Fall I	Wadsworth Waves - Tsunami Mon - Thu	6-17	\$335.00/\$335.00
Fall I	Wads Waves - High School	13-17	\$150.00/\$150.00

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Wadsworth YMCA

Fall II (11/02-12/20)

Sports & Youth Programs

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	1-5	\$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 5:30 - 6:15pm	5-8	\$50.00/\$80.00

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
Fall I	Thursday 4:30 - 5:15pm	7-12	\$50.00/\$80.00

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	Monday 5:30 - 6:15pm	6-12	\$50.00/\$80.00

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 I	Monday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Tuesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Fall I	Thursday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00

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 I	Tuesday 5:30 - 6:15pm	1-3	\$50.00/\$80.00
Fall I	Thursday 5:30 - 6:15pm	1-3	\$50.00/\$80.00

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 I	Monday 5:30 - 6:15pm	8-12	\$30.00/\$60.00

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 I	Tuesday 5:30 - 6:15 pm	7-12	\$30.00/\$60.00

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 I	Tuesday 6:30 - 7:15pm	3-5	\$50.00/\$80.00

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 I	Monday 6:30 - 7:15pm	8-12	\$50.00/\$80.00
Fall I	Saturday 9:00 - 9:45am	8-12	\$50.00/\$80.00

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 12:30 - 1:15pm	3-5	\$50.00/\$80.00
Fall I	Monday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Fall I	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00

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Fall II (11/02-12/20)

Sports & Youth Programs

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	Wednesday 6:30 - 7:15pm	7-12	\$50.00/\$80.00

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	Wednesday 11:00 - 11:45am	5-12	\$30.00/\$60.00

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(330) 334-9622

623 School Drive, Wadsworth, OH 44281