



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Wadsworth YMCA

Winter II (02/22-04/11)

## 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
Winter II	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
Winter II	Wednesday 5:30 - 6:15 pm	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
Winter II	Thursday 4:30 - 5:15pm	7-12	\$50.00/\$80.00

### 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 II	Friday 10:30 - 11:15am	2-5	\$50.00/\$80.00

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

### 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
Winter II	Tuesday 6:30 - 7:15 pm	3-5	\$50.00/\$80.00
Winter II	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
Winter II	Monday 10:00 - 10:45 am	1-3	\$50.00/\$80.00
Winter II	Tuesday 5:30 - 6:15pm	1-3	\$50.00/\$80.00
Winter II	Thursday 5:30 - 6:15pm	1-3	\$50.00/\$80.00
Winter II	Friday 9:30 - 10:15am	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
Winter II	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
Winter II	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
Winter II	Thursday 6:30 - 7:15pm	3-5	\$50.00/\$80.00

### Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more.

Ses	Days & Times	Ages	Mem/Program
Winter II	Tuesday 6:30-7:15 pm	3-5	\$50.00/\$80.00

*\*Parent participation may be required for some students. 6/8/25 - 7/12/25 & 7/20/25 - 8/23/25*

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### 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
Winter II	Thursday 5:30 - 6:15pm	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
Winter II	Monday 12:30 - 1:15pm	3-5	\$50.00/\$80.00
Winter II	Tuesday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Winter II	Thursday 5:30 - 6:15pm	3-5	\$50.00/\$80.00
Winter II	Thursday 11:00 - 11:45am	3-5	\$50.00/\$80.00

### 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 II	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
Winter II	Wednesday 10:00 - 10:45 am	5-12	\$30.00/\$60.00

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