FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Winter I (01/03-02/13)

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!

Ses	Days & Times	Ages	Mem/Program
Winter I	Tuesday 9:30-10:15am	1-5	$35.00/$65.00

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 I	Tuesday 6:30-7:15pm	1-3	$50.00/$80.00
Winter I	Thursday 5:30-6:15pm	1-3	$50.00/$80.00
Winter I	Friday 9:30-10:15am	1-3	$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
Winter I	Monday 6:30 - 7:15 pm	3-5	$50.00/$80.00
Winter I	Wednesday 5:30 - 6:15 pm	3-5	$50.00/$80.00
Winter I	Wednesday 6:30 - 7:15 pm	3-5	$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 I	Monday 12:30 - 1:15pm	3-5	$50.00/$80.00
Winter I	Monday 5:30 - 6:15pm	3-5	$50.00/$80.00
Winter I	Tuesday 5:30 - 6:15pm	3-5	$50.00/$80.00
Winter I	Wednesday 9:30-10:15am	3-5	$50.00/$80.00
Winter I	Thursday 5:30 - 6:15pm	3-5	$50.00/$80.00
Winter I	Thursday 6:30 - 7:15pm	3-5	$50.00/$80.00

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

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	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 I	Monday 5:30-6:15pm	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 I	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*

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	Wednesday 4:30 - 5:15pm	9-12	$35.00/$65.00

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	Friday 5:30 - 6:15 pm	8-12	$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 I	Tuesday 6:30-7:15pm	3-5	$50.00/$80.00

Speed & Agility

Our Speed and Agility class helps children ages 4–12 build coordination, balance, quickness, and confidence in a fun, supportive environment. Through engaging drills and age-appropriate activities, participants improve athletic skills while staying active

Ses	Days & Times	Ages	Mem/Program
Winter I	Friday 6:30-7:15 pm		$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 I	Wednesday 6:30 - 7:15pm	7-12	$50.00/$80.00

Youth and Family - Preschool Gym

formatted to help little ones develop coordination, balance, motor skills, and confidence through play. Children will enjoy age-appropriate games, obstacle courses, and movement activities. Parents are encouraged to participate and play alongside their ch

Ses	Days & Times	Ages	Mem/Program
Winter I	Wednesday 4:30-5:15pm	3-6	$35.00/$65.00