



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer - 2018 (Jun 11 - Aug 18)

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.

Days & Times	Ages	Mem/Program
Monday 5:35 - 6:05 pm	Max 3	\$25.00/\$50.00
Tues/Thurs 10:30 - 11:00 am (SES I)	Max 3	\$20.00/\$40.00
Tues/Thurs 5:35 - 6:05 pm (SES I)	Max 3	\$20.00/\$40.00
Saturday 9:50 - 10:20 am	Max 3	\$25.00/\$50.00
Tues/Thurs 10:30 - 11:00 am (SES II)	Max 3	\$20.00/\$40.00
Tues/Thurs 5:35 - 6:05 pm (SES II)	Max 3	\$20.00/\$40.00

* Parent/child participation class; Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 6:10 - 6:40 pm	Max 3	\$25.00/\$50.00
Tues/Thurs 11:05 - 11:35 am (SES I)	Max 3	\$20.00/\$40.00
Tues/Thurs 6:10 - 6:40 pm (SES I)	Max 3	\$20.00/\$40.00
Saturday 10:25 - 10:55 am	Max 3	\$25.00/\$50.00
Tues/Thurs 11:05 - 11:35 am (SES II)	Max 3	\$20.00/\$40.00
Tues/Thurs 6:10 - 6:40 pm (SES II)	Max 3	\$20.00/\$40.00

* Parent/child participation class; Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Monday 6:25 - 7:10 pm	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES I)	3-5	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Saturday 10:40 - 11:25 am	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES II)	3-5	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES I)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES I)	3-5	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES I)	3-5	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES II)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES II)	3-5	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES II)	3-5	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES I)	3-5	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES II)	3-5	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 5:35 - 6:20 pm	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES I)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES I)	3-5	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	3-5	\$35.00/\$70.00
Tues/Thurs 10:30 - 11:15 am (SES II)	3-5	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES II)	3-5	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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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.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES I)	6-12	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES II)	6-12	\$30.00/\$60.00
Tues/Thurs 4:45 - 5:30 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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.

Days & Times	Ages	Mem/Program
Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26; Out I 6/11-6/27; Out II 7/9-7/25

Youth 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.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26; Out I 6/11-6/27; Out II 7/9-7/25

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.

Days & Times	Ages	Mem/Program
Monday 5:35 - 6:20 pm	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 9:50 - 10:35 am	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26; Out I 6/11-6/27; Out II 7/9-7/25

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.

Days & Times	Ages	Mem/Program
Monday 6:25 - 7:10 pm	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT I)	6-12	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 10:40 - 11:25 am	6-12	\$35.00/\$70.00
Mon/Wed 10:00 - 10:45 am (OUT II)	6-12	\$30.00/\$60.00
Tues/Thurs 5:35 - 6:20 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26; Out I 6/11-6/27; Out II 7/9-7/25

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.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30 pm	6-12	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES I)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES I)	6-12	\$30.00/\$60.00
Saturday 9:00 - 9:45 am	6-12	\$35.00/\$70.00
Tues/Thurs 11:20 - 12:05 pm (SES II)	6-12	\$30.00/\$60.00
Tues/Thurs 6:25 - 7:10 pm (SES II)	6-12	\$30.00/\$60.00

* Session I 6/12-6/23 (pm class until 7/3); Session II 7/10-7/26

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Aquatics

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Days & Times	Ages	Mem/Program
Saturday 8:00 - 8:45 am	12-100	\$35.00/\$70.00

Aqua Aerobics

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 the shallow or deep water of the lap pool.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 8:30-9:30 am	16-99	\$10.00/\$35.00
Mon & Wed 7:15 - 8:00 PM	16-99	\$7.00/\$30.00

Deep Water Aqua Aerobics

Days & Times	Ages	Mem/Program
Tues, Thurs 9:00 - 9:50 am	16-99	\$7.00/\$30.00

Arthritis Plus

Arthritis exercise is low-intensity, low-impact aquatic exercise class designed to ease the effects of arthritis, back pain, joint problems, Multiple Sclerosis, soft tissue injury, cardiac tissues and obesity. This class will be held in the warm water the

Days & Times	Ages	Mem/Program
Tues/Thurs 6:30-7:15 pm	16-99	\$10.00/\$40.00
Tues/Thurs 7:20 - 8:05 pm	16-99	\$10.00/\$40.00

* Please note the day/time change

Warm Water Arthritis Class

A low-intensity, low impact, exercise class designed to ease the effects of arthritis, back pain, joint problems, MS, soft tissue injury, cardiac issues and obesity. This class will be held in the warm water therapy pool and is not recommended for those with high blood pressure.

Days & Times	Ages	Mem/Program
Mon, Wed, Fri 9:00-9:45 am	16-99	\$15.00/\$60.00
Mon, Wed, Fri 9:50-10:35 am	16-99	\$15.00/\$60.00
Mon, Wed, Fri 10:45-11:30 am	16-99	\$15.00/\$60.00
Tues, Thurs 9:00 - 9:50 am	16-99	\$10.00/\$40.00
Wed, Fri 8:10-8:55 am	16-99	\$10.00/\$40.00

Older Adult Water Exercise

Older Adult Water Exercise Older Adult Water exercise increases range of motion, flexibility and strength while receiving a cardio-vascular workout. Swimming skills not required. Recommended for seniors.

Days & Times	Ages	Mem/Program
Tues, Thurs 8:00 - 8:50 am	16-99	\$7.00/\$30.00

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Group Classes

Boot Camp

An action-packed cardio, strength and combo class that uses high intensity intervals, plyometrics, strength, and core training.

Days & Times	Ages	Mem/Program
Tuesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Tuesday 5:30 - 6:15 pm	16-99	\$0.00/\$40.00
Wednesday 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Wednesday 5:00 - 5:45 pm	16-99	\$0.00/\$40.00

Cardio Variety

Try something different! Cardio Variety is a multi-versatile class that a variety of aerobic activities, stepping, floor aerobics, weights and intervals.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Friday 10:30 - 11:15 am	16-99	\$0.00/\$40.00

Circuit Interval

This class combines aerobic and anaerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance.

Days & Times	Ages	Mem/Program
Monday 8:35 - 9:20 am	16-99	\$0.00/\$40.00

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.

Days & Times	Ages	Mem/Program
Monday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Monday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
Tuesday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Tuesday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Tuesday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
Wednesday 9:30 - 10:15 am	16-99	\$10.00/\$50.00
Wednesday 6:30 - 7:15 pm	16-99	\$10.00/\$50.00
Thursday 5:45 - 6:30 am	16-99	\$10.00/\$50.00
Thursday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Thursday 6:15 - 7:00 pm	16-99	\$10.00/\$50.00
Friday 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Saturday 8:00 - 8:45 am	16-99	\$10.00/\$50.00
Saturday 9:15 - 10:00 am	16-99	\$10.00/\$50.00

Kettlebell AMPD

This very dynamic training weight training class will get you the muscular strength and range of motion you have been looking for. Kettlebells are a traditional tool used in gyms all around the world. Participants must purchase their own kettlebell before class.

Days & Times	Ages	Mem/Program
Wednesday 10:30 - 11:15 am	16-99	\$10.00/\$50.00
Thursday 7:30 - 8:15 pm	16-99	\$10.00/\$50.00
Saturday 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Pilates

This class strengthens and reshapes your abs, back and trunk using lengthening and strengthening exercises along with proper breathing techniques.

Days & Times	Ages	Mem/Program
Monday 5:30 pm - 6:15 pm	16-99	\$10.00/\$50.00
Saturday 10:30 am - 11:15 am	16-99	\$10.00/\$50.00

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Group Classes

R.I.P.P.E.D.

The one stop body shock® that combines easy, yet effective cardio routines, interlaced with weights and resistance work. R – Resistance, I – Intervals, P – Power, P – Plyometrics, E – Endurance, and D – Diet.

Days & Times	Ages	Mem/Program
Wednesday 6:00 - 6:50 pm	16-99	\$10.00/\$50.00

R.I.P.P.E.D. RUMBLE

R.I.P.P.E.D. RUMBLE is a cardio mixed martial arts class that will burn a high level of calories through kicks, punches, elbow and knee strikes. It will help increase the efficiency of circulatory and cardio-respiratory systems and improve muscular endurance. RUMBLE will increase speed, agility, and coordination as well as increase balance and core stability. RUMBLE is for everybody - no MMA experience required. It's RUMBLE time!

Days & Times	Ages	Mem/Program
Monday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00

Seniorobics

This class is designed to help build cardiovascular endurance, improve flexibility, promote balance, increase muscular strength and enhance your energy level.

Days & Times	Ages	Mem/Program
Tuesday 8:35 - 9:20 am	50-99	\$0.00/\$40.00
Thursday 8:35 - 9:20 am	50-99	\$0.00/\$40.00

SilverSneakers Classic

Have fun and move to the music during a variety of exercises. Designed to increase muscular strength and range of movement for daily living skills and activities. Classic offers resistance using hand-held weights, elastic tubing with handles and a ball. A chair is used for seated or standing support.

Days & Times	Ages	Mem/Program
Monday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Tuesday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Wednesday 12:30 - 1:15 pm	50-99	\$0.00/\$40.00
Thursday 10:30 - 11:15 am	50-99	\$0.00/\$40.00
Friday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00

SilverSneakers Yoga

Yoga stretch will move your body through a series of seated yoga positions. Chair support is offered to increase flexibility and balance techniques.

Days & Times	Ages	Mem/Program
Wednesday 11:30 - 12:15 pm	50-99	\$0.00/\$40.00
Friday 9:30 - 10:15 am	50-99	\$0.00/\$40.00

Tabata

Combines aerobic and anerobic segments with intense drills to boost your metabolism and increase your cardiovascular endurance. This class is not recommended for women who are pregnant.

Days & Times	Ages	Mem/Program
Tuesday 9:00 - 9:45 am	16-99	\$0.00/\$40.00
Thursday 5:45 - 6:30 am (Core)	16-99	\$0.00/\$40.00
Thursday 9:00 - 9:45 am	16-99	\$0.00/\$40.00

Tai Chi

Learn the various traditional Tai Chi stances, postures, and exercises. The focus is on relaxation, coordination, balance, mobility, as well as overall health and wellness through improving Chi.

Days & Times	Ages	Mem/Program
Wednesday 7:00 - 7:45 pm	16-99	\$10.00/\$50.00

Toning

Toning emphasizes strengthening and conditioning of all major muscle groups while also increasing flexibility. Toning is appropriate for all fitness levels.

Days & Times	Ages	Mem/Program
Mon 10:30 - 11:15 am	16-99	\$0.00/\$40.00
Wed 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Thur 11:00 - 11:45 am	16-99	\$0.00/\$40.00
Fri 5:45 - 6:30 am	16-99	\$0.00/\$40.00
Sat 7:00 - 7:45 am	16-99	\$0.00/\$40.00
Tue 9:30 - 10:15 am (Senior)	50-99	\$0.00/\$40.00
Fri 8:35 - 9:20 am (Senior)	50-99	\$0.00/\$40.00

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Group Classes

WERQ

WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by Certified Fitness Professionals.

Days & Times	Ages	Mem/Program
Tuesday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Thursday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Friday 6:00 - 6:45 pm	16-99	\$0.00/\$40.00
Saturday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Yoga

The practice of poses, sequences and breathing techniques to help improve strength, flexibility and balance in body and mind.

Days & Times	Ages	Mem/Program
Mon 10:15 - 11:00 am (beginner)	16-99	\$10.00/\$50.00
Tue 9:00 - 9:45 am	16-99	\$10.00/\$50.00
Tue 10:00 - 10:45 am (power)	16-99	\$10.00/\$50.00
Wed 9:00 - 9:45 am (beginner)	16-99	\$10.00/\$50.00
Wed 10:00 - 10:45 am	16-99	\$10.00/\$50.00
Wed 5:00 - 5:45 pm	16-99	\$10.00/\$50.00
Thur 9:45 - 10:30 am	16-99	\$10.00/\$50.00
Thur 5:30 - 6:15 pm	16-99	\$10.00/\$50.00
Fri 10:30 - 11:15 am	16-99	\$10.00/\$50.00

Yogilates

A program combining elements of Yoga and Pilates to develop flexibility, strength, and stability for the entire body.

Days & Times	Ages	Mem/Program
Monday 9:30 - 10:15 am	16-99	\$10.00/\$50.00

Zumba

Are you ready to party yourself into shape? Lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. You are sure to burn calories and have fun!

Days & Times	Ages	Mem/Program
Monday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Monday 7:30 - 8:15 pm	16-99	\$0.00/\$40.00
Tuesday 10:00 - 10:45 am	16-99	\$0.00/\$40.00
Wednesday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Thursday 9:30 - 10:15 am	16-99	\$0.00/\$40.00
Friday 9:30 - 10:15 am	16-99	\$0.00/\$40.00

Zumba Toning

Zumba® Toning is an exciting Latin inspired dance and tone program taking our dance fitness class to the next level. Zumba® Toning is an innovative muscle-training program with the addition of a toning stick.

Days & Times	Ages	Mem/Program
Tuesday 6:30 - 7:15 pm	16-99	\$0.00/\$40.00
Saturday 8:30 - 9:15 am	16-99	\$0.00/\$40.00

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Sports & Youth Programs

Adult Basketball

OPEN GYM 18+ Adult Basketball on wood court in the Field House. Pick up games can be played.

Days & Times	Ages	Mem/Program
Thursday 7:30 - 9:00pm	18-99	\$0.00/\$40.00

Adult Open Dodgeball

OPEN GYM 18+ Adult Open Dodgeball. Adult participants will have the opportunity to play pick-up dodgeball games each week.

Days & Times	Ages	Mem/Program
Friday 7:00 - 8:00pm	18-99	\$0.00/\$40.00

Open Volleyball

OPEN GYM VOLLEYBALL: Pick Up Games

Days & Times	Ages	Mem/Program
Sunday 1:30 - 3:30pm	18-99	\$0.00/\$40.00

Aspiring Chefs

Junior aspiring chefs will chop, grate, measure, stir and whisk their way through a culinary journey. Not only will children learn an important life skill, cooking will improve concentration, fine motor skills and coordination. This class will stimulate children's interest in food, tastes and nutrition. This program is designed for ages 6 - 8 years old. *5 total classes.

Days & Times	Ages	Mem/Program
Tuesday 4:45 - 5:45pm	6-9	\$35.00/\$65.00
Tuesday 6:05 - 7:05pm	6-9	\$35.00/\$65.00

Backyard Sports

A program designed for participants to learn and play kickball, whiffle ball, and soccer. Students will spend two weeks on each sport. Our goal is to have class outside each week. This class is for ages 6 - 10 years old.

Days & Times	Ages	Mem/Program
Thursday 6:30 - 7:15pm	6-10	\$10.00/\$25.00

Ballet

Ballet is an introduction to simple and basic techniques with carefully graded, rhythmic exercises designed to develop poise, flexibility and grace within young children.

Days & Times	Ages	Mem/Program
Monday 6:15 - 7:00pm	4-6	\$30.00/\$60.00

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.

Days & Times	Ages	Mem/Program
Wednesday 4:45 - 5:30pm	6-12	\$30.00/\$60.00

Baton Twirling

Baton twirling classes will teach Intermediate II baton twirling. Each 7-week session will focus on progressive skills, techniques and body work for ages 5-13. At the end of each 7 week session, students will perform a choreographed routine in studio.

Days & Times	Ages	Mem/Program
Tuesday 4:30 - 5:15pm	5-11	\$25.00/\$50.00

CheerNastics

Begin learning the basics of tumbling with CheerNastics. Tumblers age 6 and up will work on rolls, cartwheels, handstands, and bridges. This is a great class for beginner cheerleaders and those interested in learning how to tumble!

Days & Times	Ages	Mem/Program
Tuesday 3:45 - 4:30pm	5-8	\$30.00/\$60.00

Dance Combo

In this seven week session, this class will offer a fun skill based level learning environment for younger kids. It will cover skills for both jazz and tap. Boys and girls are to bring both jazz and tap shoes.

Days & Times	Ages	Mem/Program
Tuesday 6:30 - 7:15pm	6-9	\$30.00/\$60.00

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.

Days & Times	Ages	Mem/Program
Tuesday 10:45 - 11:30am	6-9	\$30.00/\$60.00

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.

Days & Times	Ages	Mem/Program
Monday 7:15 - 8:00pm	6-9	\$10.00/\$25.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Summer - 2018 (Jun 11 - Aug 18)

Sports & Youth Programs

Drama Camp

Come and join us for a drama workshop! drama exercises and games to build acting skills such as characterization, movement, pantomime, and improv; short scenes to teach reactions, timing, and working with others to create a story; practice for a final per

Days & Times	Ages	Mem/Program
Monday - Friday 9:00 - 10:30am	5-9	\$30.00/\$60.00
Monday - Friday 10:30am - 12:00pm	10-14	\$30.00/\$60.00

* June 11-15

Family Fitness

Fun, family-based exercise program. Class fee covers entire family.

Days & Times	Ages	Mem/Program
Tuesday 6:30 - 7:30pm	6-99	\$10.00/\$35.00

Intermediate Tumbling

(Students Must be able to do Cartwheel, Forward Roll and Back-Bend and 6yrs old) Learning more advanced tumbling skills by working on Round-Off, Front Limber, Front Walkover, Back Walkover, Handstand Forward Roll and Back Handspring.

Days & Times	Ages	Mem/Program
Wednesday 5:30 - 6:15pm	6-12	\$30.00/\$60.00

Jazz

Jazz is sharp and fluid movements to create a visually technical dance and style. It is usually done to popular music. Body isolation, stretch, turning, and leaping are taught in this class.

Days & Times	Ages	Mem/Program
Wednesday 6:00 - 6:45pm	8-12	\$30.00/\$60.00

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 eac

Days & Times	Ages	Mem/Program
Monday - Thursday 4:00 - 5:30pm	5-14	\$25.00/\$50.00
Monday - Thursday 4:00 - 5:30pm	5-14	\$25.00/\$50.00

* July 9-12 or July 23-26

Kid's Boot Camp

Boot Camp is an action-packed cardio, strength and combo class that uses high-intensity intervals, plyometrics, strength, and core training. This class is designed for participants ages 9 - 12 years old.

Days & Times	Ages	Mem/Program
Monday 4:45 - 5:30pm	8-12	\$10.00/\$35.00

Kid's Cross Training

Come to an exciting Kids Cross Training Camp. Kids will learn how to safely perform upper and lower body strength training, speed and agility training, and endurance challenges. The camp will help to improve coordination and increase reaction time. Certif

Days & Times	Ages	Mem/Program
Monday - Thursday 4:00 - 5:30pm	5-14	\$25.00/\$50.00
Monday - Thursday 4:00 - 5:30pm	5-14	\$25.00/\$50.00

* June 25-28 or July 30-August 2

Lil Music Makers

Children will discover fundamental music concepts (rhythm, pitch, dynamics, etc.) and explore various types of music and instruments through group song, movement, play, and fun! This program is designed for ages 3 - 5 years old.

Days & Times	Ages	Mem/Program
Thursday 11:00 - 11:45am	3-5	\$25.00/\$50.00

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.

Days & Times	Ages	Mem/Program
Saturday 10:00 - 10:45am	3-5	\$30.00/\$60.00

* Parent/child participation class

Little Kickers Soccer

Children will learn basic fundamentals through drills and fun games. Skills include kicking, dribbling, passing, shooting and more. Our goal is to have every class outside!

Days & Times	Ages	Mem/Program
Monday 6:30 - 7:15pm	3-5	\$30.00/\$60.00

* Parent/child participation class

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Sports & Youth Programs

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. Our goal is to have every class outside!

Days & Times	Ages	Mem/Program
Monday 10:00 - 10:45am	3-5	\$30.00/\$60.00
Wednesday 5:30 - 6:15pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Modern Dance

Modern Dance is a free and expressive style not bound to the rules of ballet. This class will be set to today's music and will teach the basic movements of modern dance. No experience is required. This program is designed for ages 13 - 18 years old.

Days & Times	Ages	Mem/Program
Wednesday 6:45 - 7:30pm	13-18	\$30.00/\$60.00

Preschool Arts & Crafts

Children ages 3-5 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.)

Days & Times	Ages	Mem/Program
Tuesday 10:00 - 10:45am	3-5	\$25.00/\$50.00
Thursday 10:00 - 10:45am	3-5	\$25.00/\$50.00
Friday 10:30 - 11:15am	3-5	\$25.00/\$50.00

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. (youth ages 7-14) or (adult)

Days & Times	Ages	Mem/Program
Thursday 5:30 - 6:15pm	5-10	\$10.00/\$25.00

SNAP

Special Needs Activities Program. This program will help individuals with developmental disabilities to learn and play various activities, sports, and fun movements. In addition, allow for the opportunity to socialize and learn new skills while making friends.

Days & Times	Ages	Mem/Program
Tuesday 5:30 - 6:15pm	5-8	\$30.00/\$60.00

Sporties For Shorties

The Sporties for Shorties class will introduce your child to a variety of sports while improving their motor skills and coordination.

Days & Times	Ages	Mem/Program
Monday 5:45 - 6:30pm	3-5	\$30.00/\$60.00
Wednesday 6:30 - 7:15pm	3-5	\$30.00/\$60.00

* Parent/child participation class

Tennis Camp

Athletes will begin learning the basic skills of tennis. They will learn different stroke technique, footwork, serving and also teamwork. This class is intended for beginner tennis players. All players need a tennis racquet. Balls will be provided.

Days & Times	Ages	Mem/Program
Monday - Friday 9:15 - 10:00am	3-4	\$30.00/\$60.00
Monday - Friday 10:00 - 11:00am	5-7	\$30.00/\$60.00
Monday - Friday 11:00am - 12:00pm	8-10	\$30.00/\$60.00
Monday - Friday 9:15 - 10:00am	3-4	\$30.00/\$60.00
Monday - Friday 10:00 - 11:00am	5-7	\$30.00/\$60.00
Monday - Friday 11:00am - 12:00pm	8-10	\$30.00/\$60.00

* June 25-29 or July 23-27

Tiny Tumblers

Tiny Tumblers is a class designed for beginner gymnasts. Beginners learn basic tumbling skills along with motor skills and coordination.

Days & Times	Ages	Mem/Program
Monday 11:00 - 11:45am	3-5	\$30.00/\$60.00
Tuesday 6:30 - 7:15pm	3-5	\$30.00/\$60.00
Wednesday 4:00 - 4:45pm	3-5	\$30.00/\$60.00
Friday 11:00 - 11:45am	3-5	\$30.00/\$60.00

Summer Soccer Camp

This program focuses on the fundamentals of soccer through drills, games, and activities. Soccer will help your child become a better soccer player and teammate.

Days & Times	Ages	Mem/Program
Wednesday 7:30 - 8:15pm	6-9	\$30.00/\$60.00

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Sports & Youth Programs

Volleyball Camp

Developmental camp 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.

Days & Times	Ages	Mem/Program
Monday - Thursday 6:00 - 7:15pm	7-10	\$30.00/\$60.00
Monday - Thursday 7:15 - 8:30pm	11-14	\$30.00/\$60.00

* July 16-19

Wee Movement

This 45 minute creative movement class introduces the joys of dance, where we focus on taking directions, develops young imaginations and basic coordination skills in a structured yet fun environment. We will incorporate props such as scarfs, rhythm sticks

Days & Times	Ages	Mem/Program
Wednesday 10:00 - 10:45am	1-3	\$20.00/\$40.00

Wee Tumblers

With parental assistance, Wee Tumblers helps the development of gross motor skills and basic motor skills that are formed during early childhood.

Days & Times	Ages	Mem/Program
Tuesday 5:30 - 6:15pm	1-3	\$20.00/\$40.00
Friday 10:00 - 10:45am	1-3	\$20.00/\$40.00

* Parent/child participation class

Youth Basketball

Children will learn basic fundamentals of basketball. Dribbling, passing, and shooting will be taught through fun drills and games.

Days & Times	Ages	Mem/Program
Saturday 10:45 - 11:30am	6-9	\$30.00/\$60.00

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