



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:00-5:30pm Therapy Pool		Max 3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 5-5:30PM		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		Max 3	\$60.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:40-6:10pm Therapy Pool		Max 3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 5:40-6:10PM		Max 3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Wednesday 6:20-6:50pm Parent/Child 1		2-3	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:00-9:30am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Wednesday 6:20-6:50PM Parent/Child		2-3	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$60.00/\$115.00

Register Online at AKRONYMCA.ORG



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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:00-9:30am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 5:20-5:50PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05 AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40 AM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:20AM		3-5	\$60.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:30am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 4:45-5:15PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:00-6:30PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 5:20-5:50PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		3-5	\$60.00/\$100.00

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Fall I (09/08-10/26), Fall II (11/03-12/21)

Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		3-5	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:40-6:10PM		3-5	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:40-6:10PM		3-5	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		3-5	\$60.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 4:45-5:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 6:00-6:30PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9-9:30AM		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Tuesday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:55-6:25pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:30am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:10-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:20-5:50PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 4:45-5:15PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:00-9:30AM		6-12	\$60.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:35-10:05AM		6-12	\$60.00/\$100.00

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Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 4:45-5:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:20-5:50pm		6-12	\$52.00/\$100.00
Fall I	Wadsworth YMCA	Saturday 9:35-10:05am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:20am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 5:40-6:10PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:40-6:10PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:10-10:40AM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:20AM		6-12	\$60.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-6:05pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 5:30-6:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9-9:45am		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:55-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:15-7PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 5:20-6:05PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Thursday 6:15-7PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 9:50-10:35AM		6-12	\$60.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 6:15-7:00pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 6:30-7:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 9:55-10:40am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Tuesday 6:15-7:00PM		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

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Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 6:30-7:15pm		6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Saturday 10:50-11:35am		6-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Thursday 6:15-7:00PM		6-12	\$52.00/\$100.00
Fall II	Wadsworth YMCA	Saturday 10:50-11:35AM		6-12	\$60.00/\$100.00

Pathways Completed All Stages

Must have completed all previous stages 1-6. This class is for the swimmer who wants to continue swimming, but not competitively on swim team. Swimmers will continue to work on endurance and class may add deck exercises.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Saturday 10:50-11:35am Competitive S	Lydia Lange	12-15	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Sat 9:00-9:45AM Competitive Skills		10-15	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 6:30-7:00pm Parent/Child Ada	Jeff Vogel	6-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Thursday 6:30-7:00pm Parent Child Ada	Jeff Vogel	6-12	\$60.00/\$115.00

* No swim lessons on June 18 and July 3, 4, or 6.

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Fri 10:15-11:30am Youth Stages 1-6		5-12	\$60.00/\$115.00
Fall I	Wadsworth YMCA	Friday 11:00a-12:15p Youth Stages 1-		5-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Fri 10:15-11:30AM Youth Stages 1-6		5-12	\$60.00/\$115.00
Fall II	Wadsworth YMCA	Friday 11:00-12:15PM Youth Stages 1-		5-12	\$60.00/\$115.00

Teen/Adult Group Swim Lessons

Introduction to swim skills for teens and adults.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:20-5:50pm Adult Lessons		13-99	\$60.00/\$115.00

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Aquatics

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 9:30-10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Tues 8:00 - 8:50am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Wednesday 9:30-10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Friday 8:30-9:15a Hi-Lo HIIT Class		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Mon 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Tues 8:00 - 8:50AM Older Adult Exercis	Lisa	16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Wednesday 9:30-10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Friday 8:30-9:15AM Hi-Lo HIIT Class	Sarah	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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tues 9:30 - 10:20am		16-99	\$20.00/\$75.00
Fall I	Wadsworth YMCA	Thursday 9:30 - 10:20am		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Tues 9:30 - 10:20AM		16-99	\$20.00/\$75.00
Fall II	Wadsworth YMCA	Thursday 9:30 - 10:20AM		16-99	\$20.00/\$75.00

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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall I	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Monday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Wednesday 11:25-12:10PM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 7:45-8:30AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 8:40-9:25AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 9:35-10:20AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 10:30-11:15AM		18-99	\$25.00/\$90.00
Fall II	Wadsworth YMCA	Friday 11:25-12:10PM		18-99	\$25.00/\$90.00

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Aquatics

Ai CHI

Ai Chi - similar to Tai Chi but performed in the warm water therapy pool. Learn to move through a flowing progression of slow, broad movement using your arms, legs, torso, and deep breathing. Improve range of motion and mobility and experience deep relaxation to ease the mind.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00
Fall I	Wadsworth YMCA	Thursday 7:10-7:55PM	No Instructor Provided	18-99	\$25.00/\$75.00
Fall II	Wadsworth YMCA	Tuesday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00
Fall II	Wadsworth YMCA	Thursday 7:10-7:55PM	Judy	18-99	\$25.00/\$75.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Saturday 12:00-12:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall I	Wadsworth YMCA	Monday 6:00-6:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Monday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Monday 6:00pm-6:45pm	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Wednesday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Friday 12:15-1:00PM	No Instructor Provided	18-99	\$15.00/\$60.00
Fall II	Wadsworth YMCA	Friday 12:00-12:45pm	No Instructor Provided	18-99	\$15.00/\$60.00

Swim Team

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wadsworth Waves - Team Fee/Concessi		5-17	\$25.00/\$25.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Tidal Mo/Th		6-17	\$315.00/\$315.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Swell Mo/Tu/We		6-17	\$325.00/\$325.00
Fall I	Wadsworth YMCA	Wadsworth Waves - Tsunami M-Th	Noah Peterson	6-17	\$335.00/\$335.00
Fall I	Wadsworth YMCA	Wadsworth Waves - High School Pre/Po	Noah Peterson	13-17	\$125.00/\$125.00

Register Online at AKRONYMCA.ORG



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$45.00/\$75.00
Fall II	Wadsworth YMCA	Tuesday 9:30 - 10:15 am		1-5	\$45.00/\$75.00

Men's 40 & Over Basketball League

Stay active and enroll in our men's basketball league. Leagues are open to all skill levels and provide an opportunity to play in a competitive and professionally managed environment. Players sign up as individuals and teams will be assigned.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:00 - 9:00pm		40-99	\$125.00/\$125.00

Beginner Volleyball

Come practice some gross motor skills, move around, learn the very basics of volleyball, and most of all have fun!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		5-8	\$50.00/\$80.00

Creative Movement

Creative movement is a fun class filled with fun music and continuous movement! Sing, march and jump!

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Friday 10:30 - 11:15 am		2-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Friday 10:30 - 11:15 am		2-5	\$50.00/\$80.00

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

Dance Variety

This unique dance class will incorporate classes of ballet, classes of tap dance and classes of jazz. Our goal is to allow each participant to gain the opportunity to learn and develop skills in a variety of dance.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-10	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		6-10	\$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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		6-12	\$45.00/\$75.00
Fall II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		6-12	\$45.00/\$75.00

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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Gymnastics - Tiny Tumblers

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		3-5	\$43.00/\$69.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		1-3	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Friday 9:30 - 10:15 am		1-3	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		1-3	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		1-3	\$43.00/\$69.00
Fall II	Wadsworth YMCA	Friday 9:30 - 10:15 am		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		8-12	\$30.00/\$60.00
Fall II	Wadsworth YMCA	Thursday 6:30 - 7:15 pm		8-12	\$26.00/\$52.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$30.00/\$60.00
Fall II	Wadsworth YMCA	Thursday 5:30 - 6:15 pm		7-12	\$26.00/\$52.00

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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 5:00 - 5:45 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		3-5	\$50.00/\$80.00

*Summer 1 (6/10-7/8); Summer 2 (7/22-8/19); Parent participation may be required for some students.

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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Little Kickers Soccer

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Thursday 6:30-7:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Thursday 6:30-7:15 pm		3-5	\$43.00/\$69.00

**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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 6:30 - 7:15 pm		8-12	\$50.00/\$80.00

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).

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall I	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Monday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Tuesday 5:30 - 6:15 pm		3-5	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 5:30 - 6:15 pm		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.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00
Fall II	Wadsworth YMCA	Wednesday 6:30 - 7:15 pm		7-12	\$50.00/\$80.00

Youth Basketball

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

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tues. 7:00 - 7:45 pm		6-8	\$50.00/\$80.00

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FOR YOUTH DEVELOPMENT
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Wadsworth YMCA

Fall I (09/08-10/26), Fall II (11/03-12/21)

Sports & Youth Programs

Youth Wrestling

This opportunity allows youth to work with premier wrestling coaches. Program includes: Developing skills to become better overall athletes. Promotes teamwork, self-discipline, and wrestling techniques. Focus on tumbles, footwork drills, rules, and fundamentals along with pinning combination, escapes, and key nutrition components. This class is for boys grades 1st - 6th grade.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Mondays & Thursdays 6:00 - 7:00 pm		5-12	\$40.00/\$40.00

* October 14 - October 31; 6 total classes

Basketball Clinic

The basketball clinic will focus on the fundamentals of basketball through drills, games, and activities that will help your child become a better basketball player.

Session	Branch	Days & Times	Instructor Name	Ages	Mem/Program
Fall I	Wadsworth YMCA	Tuesday 6:00 - 6:45 pm		9-12	\$50.00/\$80.00

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