



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Wadsworth YMCA

Spring (04/20-06/02)

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
Spring	Tuesday 10:45-11:15am PC A & B	Max 3	\$52.00/\$100.00
Spring	Wednesday 5:00-5:30PM	Max 3	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	Max 3	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 10:45-11:15am Parent/Child A	Max 3	\$52.00/\$100.00
Spring	Wednesday 5:40-6:10PM	Max 3	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	Max 3	\$52.00/\$100.00

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
Spring	Tuesday 11:20-11:50am Stage 1 & 2	3-5	\$52.00/\$100.00
Spring	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Tuesday 5:35-6:05pm	3-5	\$52.00/\$100.00
Spring	Wednesday 6:20-6:50PM Parent/Child 1	2-3	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	3-5	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	3-5	\$52.00/\$100.00

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
Spring	Tuesday 11:20-11:50	3-5	\$52.00/\$100.00
Spring	Tuesday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:00-9:30PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:35-10:05 AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:10-10:40 AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	3-5	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Tuesday 6:10-6:40PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	3-5	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	3-5	\$52.00/\$100.00

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
Spring	Tuesday 6:45-7:15PM	3-5	\$52.00/\$100.00
Spring	Thursday 4:55-5:25PM	3-5	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	3-5	\$52.00/\$100.00
Spring	Saturday 10:50-11:20AM	3-5	\$52.00/\$100.00

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Wadsworth YMCA

Spring (04/20-06/02)

Aquatics

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
Spring	Tuesday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Saturday 9-9:30AM	6-12	\$52.00/\$100.00

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
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:35-6:05PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:30AM	6-12	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	6-12	\$52.00/\$100.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 4:55-5:25PM	6-12	\$52.00/\$100.00
Spring	Tuesday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:10-6:40PM	6-12	\$52.00/\$100.00
Spring	Thursday 6:45-7:15PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:35-10:05AM	6-12	\$52.00/\$100.00
Spring	Saturday 10:10-10:40AM	6-12	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Saturday 9:00-9:45AM	6-12	\$52.00/\$100.00
Spring	Saturday 9:55-10:40AM	6-12	\$52.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 5:45-6:30PM	6-12	\$52.00/\$100.00
Spring	Thursday 4:55-5:40PM	6-12	\$52.00/\$100.00
Spring	Saturday 10:50-11:35AM	6-12	\$52.00/\$100.00

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
Spring	Thursday 5:45-6:30pm	6-12	\$52.00/\$100.00
Spring	Saturday 10:50-11:35AM	6-12	\$52.00/\$100.00

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
Spring	Thursday 7:10-7:40PM Youth w/ Caregi	4-14	\$52.00/\$100.00

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
Spring	Fri 10:15-11:30AM Youth Stages 1-6	5-12	\$52.00/\$100.00
Spring	Friday 11:00-12:15PM Youth Stages 1-	5-12	\$52.00/\$100.00

Swim Clinic

Stroke clinics are an excellent introduction to the sport of competitive swimming and are a great lead up for any swimmer wishing to participate on a swim team. They are also a great way for current swim team members to brush up on their skills. Participants will be presented with the four competitive strokes, starts and turns, and introduced to various drills and workouts for each.

Ses	Days & Times	Ages	Mem/Program
Spring	Mon, Wed, Fri 5:15-6:15pm Competitive	6-18	\$100.00/\$150.00
Spring	Mon-Thu 6:30-7:45pm Tsunami Preseas	6-18	\$200.00/\$300.00
Spring	Mon-Fri 3:30-5:00pm High School Prese	6-18	\$200.00/\$300.00

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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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 7:10-7:55PM	18-99	\$21.00/\$65.00

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
Spring	Mon 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Spring	Wednesday 9:30-10:20AM	16-99	\$17.00/\$65.00
Spring	Thurs 7:40-8:30am Older Adult Exercise	16-99	\$17.00/\$65.00
Spring	Friday 8:30-9:15AM Hi-Lo HIIT Class	16-99	\$17.00/\$65.00

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
Spring	Tues 9:30 - 10:20AM	16-99	\$17.00/\$65.00
Spring	Thursday 9:30 - 10:20AM	16-99	\$17.00/\$65.00

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
Spring	Monday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Monday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Monday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Monday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Monday 11:25-12:10PM	18-99	\$20.00/\$75.00
Spring	Monday 7:00-7:45PM	18-99	\$20.00/\$75.00
Spring	Wednesday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Wednesday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Wednesday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Wednesday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Wednesday 11:25-12:10PM	18-99	\$20.00/\$75.00
Spring	Wednesday 7:00-7:45PM	18-99	\$20.00/\$75.00
Spring	Friday 7:45-8:30AM	18-99	\$20.00/\$75.00
Spring	Friday 8:40-9:25AM	18-99	\$20.00/\$75.00
Spring	Friday 9:35-10:20AM	18-99	\$20.00/\$75.00
Spring	Friday 10:30-11:15AM	18-99	\$20.00/\$75.00
Spring	Friday 11:25-12:10PM	18-99	\$20.00/\$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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Monday 6:00pm-6:45pm	18-99	\$13.00/\$50.00
Spring	Wednesday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Friday 12:15-1:00PM	18-99	\$13.00/\$50.00
Spring	Saturday 12:00-12:45pm	18-99	\$13.00/\$50.00

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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
Spring	Tuesday 9:30 - 10:15 am	1-5	\$30.00/\$60.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 7:00 - 7:45 pm	9-12	\$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
Spring	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
Spring	Thursday 5:30 - 6:15 pm	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
Spring	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*

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

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
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	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
Spring	Monday 7:00 - 7:45 pm	1-3	\$50.00/\$80.00
Spring	Wednesday 6:00 - 6:45 pm	1-3	\$50.00/\$80.00
Spring	Friday 9:30 - 10:15 am	1-3	\$50.00/\$80.00

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
Spring	Thursday 7:30 - 8:15 pm	9-12	\$30.00/\$60.00

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

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Sports & Youth Programs

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
Spring	Tuesday 5:00 - 5:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 5:30 - 6:15 pm	3-5	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 7:00 - 7:45 pm	8-12	\$50.00/\$80.00

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.

Ses	Days & Times	Ages	Mem/Program
Spring	Thursday 7:00 - 7:45 pm	8-12	\$30.00/\$60.00

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).

Ses	Days & Times	Ages	Mem/Program
Spring	Monday 6:00 - 6:45 pm	3-5	\$50.00/\$80.00
Spring	Thursday 6:00 - 6:45 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.

Ses	Days & Times	Ages	Mem/Program
Spring	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.

Ses	Days & Times	Ages	Mem/Program
Spring	Tuesday 6:00 - 6:45 pm	6-8	\$50.00/\$80.00

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